Time To Be

can help young people with the following:

ANXIETY

LOW MOOD

LOW SELF ESTEEM

TRANSITIONS INTO FURTHER EDUCTION/UNIVERSITY/
WORK

STUDY/EXAM STRESS

RISKY BEHAVIOUR

CONFLICT AT HOME





For further information please contact:

My Time Team
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enquiriesmytime@fsncharity.co.uk

FSN Robsack Centre
Bodiam Drive
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TN38 9TW

Website: www.fsncharity.co.uk

Charity Number: 208446

Funded by the Voluntary Community and Social Enterprise Health and Wellbeing Programme,









Time To Be



A fully funded membership group supporting the emotional wellbeing of young people aged 15-19 years

Weekly Membership Group

Groups run weekly and young people can join as members and drop-in for support for up to one year from enrolment.

In line with

5 Ways to Wellbeing.

Opportunities for physical exercise, creativeness, life skills coaching, relaxation and mindfulness techniques, healthy eating and sleeping, along with strategies for coping with stress.

TIME TO BE

A fully funded service for young people 15-19 years.
Offering a weekly drop-in group for members.
We have a holistic approach which includes creative ways of supporting vulnerable teenagers.

Referrals

Can be made by professionals, young people or their families via FSN's website or by direct contact with the team (details on reverse).

Peer Mentors

Groups are facilitated by qualified youth workers and supported by trained peer mentors.