



Referrals can be made by parent/carers, schools and other professionals supporting children and young people via:  
 Telephone  
 Email or  
 via FSN's website where a referral form can be found

Charity Number 208446



For further information please contact:

My Time Team

Tel: 01424 855222 Ext: 207

Email: enquiriesmytime@fsncharity.co.uk

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 Bodiam Drive  
 St. Leonard's on Sea  
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Website: www.fsncharity.co.uk

www.facebook.com/mytimeatfsn

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Supporting children, young people and families

# MY TIME



**A FREE peer based service supporting the emotional wellbeing of children and young people aged 5—15 years**

**A FREE service for 5 –15 year olds  
offering a series of  
10 x 1 hour peer group  
support sessions**

Groups run in schools and  
at local community venues  
across Hastings, St Leonards,  
Bexhill, Eastbourne  
and Rother

We have a holistic  
approach which includes  
creative ways of supporting  
vulnerable children and  
young people

**Peer Support**

Peer groups help encourage young people to talk to other  
young people of the same age who may be going  
through similar experiences.

Being with others can help develop emotional  
wellbeing, knowing there is someone else who  
understands



My Time groups provide safe  
spaces for children and young  
people to:

**Explore their feelings**

**Develop coping strategy skills**

**Develop positive  
relationships**

**Increase self-awareness**

**Raise self-esteem and  
confidence**

**Help to reduce feelings of  
isolation and loneliness**

**Improve understanding of  
mental health issues and  
emotional wellbeing**