

WRAP

GIVE WRAP A GO, IT WON'T BE A BORE,
IT WILL HELP YOU GROW!

What is WRAP?

Barnardo's WRAP groups are open to all children and young people aged 10 to 18. (Up to 25 for young people with additional needs) Who are struggling with their emotional well being.

It is for young people who want to learn about how they can keep themselves well and cope with difficult times and challenging feelings.

WRAP helps you to

- Feel better
- Control your own life
- Make friends
- Understand your feelings
- Plan and achieve your goals
- Good mood food

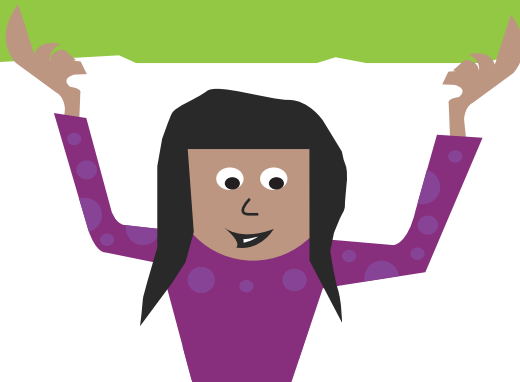


What happens in a WRAP group?

Wrap groups are safe and fun.
The groups run for two hours every week
for 6 - 8 weeks.

In the groups young people:

- Work through the WRAP programme
- Creative activities
- Work in small groups
- Enjoy 'good mood food'



How can WRAP help me?

- WRAP will help look at what kind of things make us feel anxious, upset, angry and unwell. We look at things that stress us out and how to deal with them.
- We will support you to make your own wellness toolbox.



Young person views


"When I first started WRAP I was very quiet, stayed in my bubble and didn't try leave it but throughout the course of wrap I slowly came out my bubble and became so more comfortable and confident around people. I am now a peer mentor for other wrap groups as I enjoyed wrap so much and hope to help other people get the same out of wrap as I did."



Who will be in the WRAP group?

- We have friendly, bubbly staff and volunteers who have done WRAP themselves and want to help young people.
- We have WRAP Peer Mentors who are young people who have been through a WRAP Group themselves and want to help other young people.





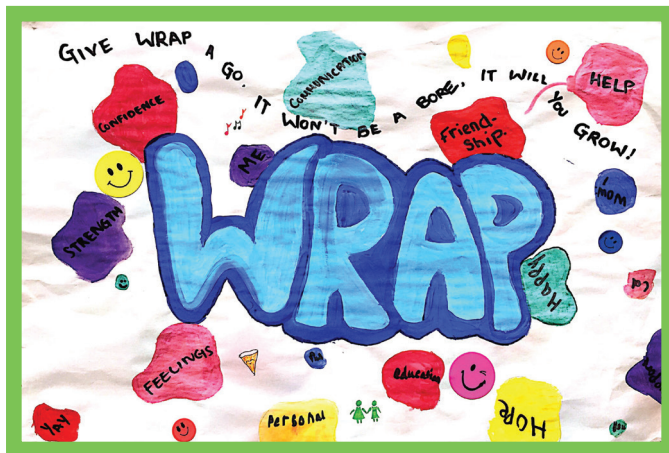
If you would like to join
a WRAP group?

Contact the WRAP Team

01274 513300

Email:

admin.listerhills@barnardos.org.uk



If you have any questions regarding WRAP.
Please contact the Barnardos WRAP team.

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