

service provided by

LUDLOW YOUNG HEALTH

proud to be part of



With support from



BEAM IN LUDLOW

Ludlow Youth Centre, Ludlow SY8 1RT

FIRST and THIRD Wednesday of each month Open: 3.30pm Close: 7pm

February 6th, 20th

March 6th, 20th

April 3rd, 17th

May 1st, 15th

June 5th, 19th

July 3rd, 17th

August 7th, 21st

September 4th, 18th

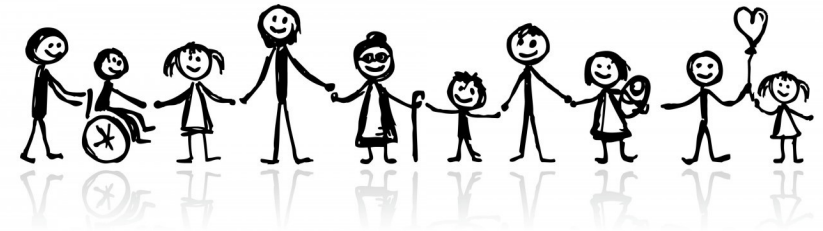
October 2nd, 16th

November 6th, 20th

December 4th, 18th

January— TBC

emotional wellbeing drop-in for children and young people under the age of 25, their parents and carers



WEEKLY BEAM DROP-INS ARE HELD:

Mondays & Tuesdays	9 Market Square, Wellington, Telford TF1 1BP	Open: 12pm Close: 7pm
Thursdays	Upstairs at Palmer's Café, Claremont Street, Shrewsbury SY1 1QG	Open: 2pm Close: 7pm
Saturdays	9 Market Square, Wellington, Telford TF1 1BP	Open: 11am Close: 4pm

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AskBeam@childrenssociety.org.uk

WHO CAN USE BEAM?

Anyone under the age of 25 can get support from Beam.

Parent and carer support can be given in conjunction with a young person.

No referrals & no appointments: those wishing to access the Beam service can just come along to a drop-in session.



Beam is run by **The Children's Society**, a national charity that works with the most vulnerable children and young people in Britain today. For more information about the history of our organisation, as well as details of our various projects, please visit our website:

<https://www.childrensociety.org.uk>

You can come and see us when YOU want to!

We are a friendly team made up of **Therapists, Youth Workers & Wellbeing Volunteers.**

We listen & know this can make all the difference.

Our aim is to give **advice, signposting and support** with any concerns relating to **feelings and emotional wellbeing.**



WE WILL

Help you to understand your thoughts and feelings, give you practical support and suggestions as well as worksheets to take away if needed.

WE WON'T

Diagnose, automatically make referrals or provide appointments.

Contact us about...

BEAM WORKSHOPS giving therapeutic group support relating to a range of common mental health and emotional wellbeing topics. These run from our Shrewsbury & Telford venues.

BEAM YOUTH PARTICIPATION, giving young people the chance to be involved with shaping the Beam service

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