

WHO WE ARE

Visyon is a wellbeing charity that provides early help support you children, young people and their families.

We offer a safe place to gain support, talk about your emotional wellbeing and gain tools that will help you manage your emotional health.

We offer opportunities to learn about emotional wellbeing, to build confidence in knowing what makes us healthy and to understand how we can help ourselves and others.

WHAT WE DO

Space to talk

This is time to drop in to have a chat with a member of the Visyon team and to find out more about what Visyon does and how we can help you.

Group support

Creative ways to explore what wellbeing means, build your confidence and manage your emotional wellbeing

1:1 Mentoring

Someone to talk to offer practical information and guide you to find solutions to problems and ways to help you achieve your goals.

1:1 Therapeutic support

A space for you to make sense of your thoughts feelings and behaviours to help you move forward and achieve your goals.

Visyon is a safe non-judgemental place for you to express yourself, grown in confidence and realise your potential

GET SUPPORT

If you are interested in support from Visyon please

Complete referral on website – www.visyon.org.uk and then call in to one of our Space To Talk sessions for an initial chat.

If you would like to speak to someone about your referral or the support we offer please call the Visyon office on 01260 290000 or email

administration@visyon.org.uk



© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557

BIDDULPH



BIDDULPH YOUTH AND COMMUNITY ZONE

Tuesdays

3.30-5pm Space To Talk

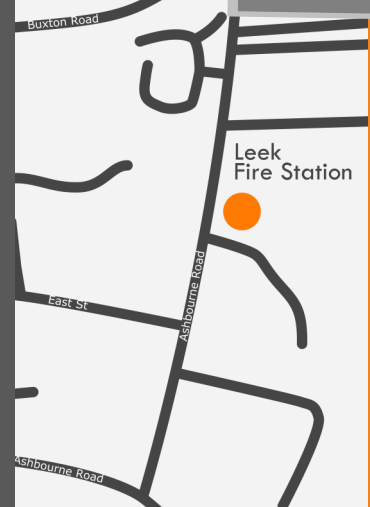
3.30-7.30pm 1:2:1 support

BIDDULPH FIRE STATION

Thursdays

4.30-7.30pm Group support

LEEK



LEEK FIRE STATION

Wednesdays

3.30-5pm Space To Talk

3.30-7.30pm 1:2:1 support

5.30-7pm Group support

Thursdays

4.30-6.30pm Group

Support

FOR MORE INFORMATION ABOUT THE SUPPORT WE OFFER:

LAURA WHITAKER
LAURA.WHITAKER@VISION.ORG.UK

VISON

WWW.VISION.ORG.UK

enquiries@visyon.org.uk

01260 290000

Fellowship House,

Park Road, Congleton, CW12 1DP



Supported by

BBC
Children
in Need

© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557

VISON

EMPOWERING
YOUNG
PEOPLE



Emotional health and wellbeing support for children aged 5-18 years in Staffordshire Moorlands