

## Reducing the impact of BULLYING

Bullying takes many forms and is something most people have experienced at some point. For some, this experience can be particularly challenging and have a significant impact on their life. This impact however, can often be reduced.

At Cheviot Youth, our new All STARS summer club aims to provide young people who have experienced bullying the opportunity to learn and practice new skills, strategies and ways of thinking when faced with bullying. Developed by our Emotional Wellbeing and Mental Health Support Service and run by Senior Counselling Skills Practitioner Lee Armitage, sessions will be relaxed and informal but structured and based at our Kelso Hub.

Open to young people in P6 – S4, All STARS club will run across five weeks, split between junior and senior groups. Sessions will be on Wednesday 30<sup>th</sup> June, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> July. Each two and a half hours long, junior group will run from 10am - 12.30pm and senior group from 1pm – 3.30pm. There will also run a dedicated evening session on Wednesday 21<sup>st</sup> July for parents/carers with mental health and youth work professionals on hand to provide support and information.

To book a place in our 'All STARS' club please email [allstars@cheviotyouth.co.uk](mailto:allstars@cheviotyouth.co.uk) for more information and an application pack. Places are limited so do not hesitate to contact us if you require information.

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