

THE ESTEEM PROJECT



Family Hub Service

For young people with low self-esteem or at risk of social isolation

Ofsted Inspection 2020 said; " Inspectors were impressed by the ESTEEM group, which offers support to children receiving early help and statutory social work interventions. Children who spoke to inspectors were enthusiastic about these groups, which help them develop valuable social skills."

ESTEEM WINDSOR

EVERY TUESDAY (50p a session)

At the Alma Road Youth Centre, Windsor

Juniors: 9 to 12 years*

4.30 to 6.00pm

Seniors: 13 to 16 years

6.30 to 8.00pm

ESTEEM MAIDENHEAD

EVERY WEDNESDAY (50p a session)

At **Riverside Family Hub, West Dean (off Ray Mill Rd West), Maidenhead SL6 7JB**

Juniors: 9 to 12 years*

4.30 to 6.00pm

Seniors: 13 to 16 years

6.30 to 8.00pm

Esteem is a place where you are made to feel comfortable and given the opportunity to make new friends. You get to try new things like activities, trips, learning, which can help boost your self-confidence.

"YOU WILL NEVER BE MADE TO FEEL LIKE YOU DON'T FIT IN."

The **Esteem Project** is made up of four groups that meet for one and half hours a week.

The aim of the project is to give young people the chance to make friends with others outside of school in a fun, friendly and relaxed environment. Each week a different activity is on offer and the young people help to design the programme to make sure it is full of things they enjoy talking part in.

Numbers are limited to 16 young people in each session and staff levels are high to ensure young people get the support they need.

Young people need to be referred to the group by a professional who is working with them. We will then offer the young person two trial sessions to make sure that the group is right for them - these sessions are free. Beyond this there is a charge of 50p a session.

Whilst sessions are closed in the school holidays young people are offered the opportunity to take part in fun and varied activities and off site trips.

If you have any questions about the groups please see overleaf for contact details.

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