

Hampshire & IoW Social Prescribing Network Webinar

Tuesday 12 May

***‘Supporting Young People to Thrive:
Community-Based Approaches’***



Hampshire and Isle of Wight



Social Prescribing
Network



- **Welcome and Programme Review** – **Angela Gill**, (HSPN & Voluntary Sector Health & Wellbeing Forums Facilitator)
- **Tim Houghton**, Chief Executive, [Community First](#)
- **Alex Thakore**, [Head of Alternative Education](#), [Oarsome Chance](#)
- **Carly Seymour**, [Engagement Lead](#), [Kooth](#)
- **Julie Poling**, [Service Manager](#), [Catch-22](#)

Dates for the **2026** Hants & IoW Social Prescribing Network and Voluntary Sector Health & Wellbeing **Webinars** and **Events**

A PERSPECTIVE FROM THE VOLUNTARY & COMMUNITY SECTOR

Tim Houghton

tim.houghton@cfirst.org.uk



Thriving Young People

Supporting Young People to Thrive

Prevention and wellbeing start in communities, not clinics.

Social Prescribing: Connecting to what keeps people well

Social prescribing provides a **bridge** between health, education, families and community support.

- Early, non-clinical intervention
- Choice, voice and strengths-based support
- Flexible responses that adapt as needs change

It helps young people access support without stigma, thresholds or long waits.

Social prescribing connects young people to what keeps them well – early and locally.

Role of the Voluntary Sector

Voluntary organisations offer what young people often need most:

- Trusted relationships
- Safe, familiar community settings
- Support that feels human, not institutional

The sector creates opportunities for: belonging, confidence, participation and contribution.

This strengthens outcomes for young people and reduces pressure across the whole system.

If we want young people to thrive, social prescribing must be backed by a strong, trusted voluntary sector.



Social Prescribing Highlights

- A new report highlights untapped potential of faith communities in neighbourhood health. NASP and Good Faith Partnership have released a new report, [*Faith and Social Prescribing Roundtable report: Building Strategic Partnerships for Neighbourhood Health*](#)
- **Increasing people's physical activity through social prescribing**
NASP welcomes the cross-party Culture, Media and Sport Committee's Game On: Community and school sport report, which highlights how social prescribing could increase physical activity. The report calls for stronger guidance and intervention to support this work.
- Over 70 Social Prescribing events were held nationally this year
- **Thank you** to the c195 attendees who were able to join us for 11 March's SP Celebration Event held at the Vineyard Church, Winchester.
- We have been reviewing the feedback and will share it with all attendees shortly.
- Meantime, here's a few photos of the day..





Funding and Health

- <https://www.sportengland.org/funding-and-campaigns/our-funding/movement-fund>
- <https://www.postcodedreamfund.org.uk/dream-fund>
- <https://www.jamestudor.org.uk/> (Physical and mental health)
- <https://www.caremark.co.uk/community-care-fund/>
- <https://julesthorntrust.org.uk/>
- <https://newby-trust.org.uk/>
- <https://www.bhcfoundation.org.uk/>
- For more help and resource links, see:
<https://www.cfirst.org.uk/resources/?category=244>
- **New Forest Young Carers** - <https://www.cfirst.org.uk/wellbeing/young-carers/>
- **Health Walks** there are a range of VCFSE walks - Fareham, Gosport, New Forest, Winchester.. <https://www.cfirst.org.uk/wellbeing/health-walks/>



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Chance

Alex Thakore
Head of Alternative Education
Oarsome Chance

**OARSOME
CHANCE**
Enabling young people to
**'FEEL SAFE
BELONG AND
ACHIEVE'**

OARSOME CHANCE

Helping young people Feel Safe Belong and Achieve...



Who are Oarsome Chance?

- Oarsome Chance is a registered charity providing Alternative Education Provision and Community Engagement, supporting students with SEND across Hampshire since 2016.
- We use a model that aims to bridge **inequalities within the education system**, by offering a broad range of purposeful activities, enabling young people to explore their strengths and interests, **discover new skills and identify future opportunities**.
- Our **trauma-aware programmes** take a relational approach, blending vocational learning with wellbeing and personal development support. By focusing on each individual, we give young people the best possible chance to succeed.
- We consider the specific needs of our young people identified through the referrals process, review of their EHCP and through working closely with our commissioning bodies and professional networks; we offer a **tailored approach** to holistically address the concerns that prevent young people from accessing education.

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We pride ourselves on our exclusion prevention, transitional/re-integration and community inclusion support.





OARSOME CHANCE PROVISION



AREAS

oarsome
Pathways

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An Oarsome Chance provision

Oarsome Pathways - Post 16 - Special Post 16 Institution (SPI)

- DfE Section 41 approved provider.
- Works with young people aged 16-19 years with special educational needs and disabilities (SEND). Delivers a holistic programme of Personal Development, Vocational Training, Careers Pathway planning, Well Being and Enrichment and Functional Skills.

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Foundations

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Chance

An Oarsome Chance provision

Oarsome Foundations - Pre 16 – Alternative Provision

- Assured provider on Portsmouth CC, Southampton CC and Hampshire CC frameworks.
- Works with young people aged 11 to 16, delivering a range of accredited practical learning and enrichment activities, alongside wellbeing support.

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Community

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Chance

An Oarsome Chance provision

Oarsome Community – Out of school hours activity programme

- After school and school holiday programme, delivering activity sessions targeted at young people aged 11-16 years.
- Working collaboratively with local community partners to ensure we are reaching young people not currently accessing holiday activities due to barriers to engagement.

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OARSOME PATHWAYS



Mission: Oarsome Pathways is dedicated to empowering young people by building confidence, self-awareness and the motivation to make meaningful contributions to their communities as they move into adulthood.

Aim: The provision aims to deliver learning opportunities that build personal and social development, vocational skills, workplace readiness and the tools necessary to succeed independently.

Focus: To create personalised, full-time post-16 programmes driven by individual aspirations, guiding focused steps toward positive early adulthood outcomes while supporting overall wellbeing.

Delivery: Portsmouth site, 3 days per week, 9:00 – 15:00. (2 site based, 1 community based)

Accreditation:

- NCFE Level 1/2 Award in Occupational Studies for the workplace
- NCFE Level 1 Award in Personal and Social Development
- NCFE Functional Skills Qualification English (EL1 – L2)
- NCFE Functional Skills Qualification Maths (EL1 – L2)

" Coming to college is working well – it's giving me confidence – I never went out the house before "

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OARSOME PATHWAYS



Curriculum: Preparation for Adulthood

The **PfA** curriculum is designed to:

- Prepare young people to move successfully towards adulthood and manage the associated stresses and strains with confidence.
- Build skills to access social opportunities in which to build friendships; to be confident in their use of health care and well-being services and to be an integral part of their local communities.
- Develop skills to lead enriched, independent lives, with appropriate skills to access future education, training and employment opportunities.

Sessions include:

- **Personal development** - Builds self-awareness, confidence and emotional resilience. Focuses on managing emotions, setting goals and developing communication and problem-solving skills.
- **Healthy relationships** - Supports understanding of respectful, safe and positive relationships. Covers consent, boundaries, communication, and recognising healthy and unhealthy behaviours.
- **Community Access** - Develops confidence to engage in the local community and social settings. Includes travel training, accessing local services and participating in community activities.
- **Healthy Lifestyle** - Promotes knowledge of nutrition, exercise and overall wellbeing. Encourages healthy routines, mental health awareness and self-care strategies.
- **Careers and Employability** - Prepares learners for future employment and training opportunities. Focuses on career exploration, CV writing, interview skills, and workplace expectations. Work experience opportunities.
- **Independent Living Skills** - Builds practical skills needed for everyday independence. Includes budgeting, household skills, time organisation and accessing services.

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OARSOME PATHWAYS



Curriculum: Vocational Skills Training

The **Vocational Training** curriculum is designed to:

- Show young people the breadth of opportunity in the world of education, training and employment and introduce them to some of the basic skills and knowledge they will need to access it.
- Develop young people's functional, practical skills that can support both employability opportunities and skills for independent living.

Sessions include:

- Carpentry
- Cycle Mechanics
- Basic Car Mechanics
- Sport and Fitness
- Arts and Crafts
- Cooking
- Horticulture
- Industry Visits

Curriculum: Functional Skills (Maths and English)

The **Functional Skills** curriculum is designed to:

- Develop functional numeracy and literacy skills to support them in adult life with a focus on reading skills and clear verbal and written communication.
- Rebuild a sense of accomplishment and self confidence in their ability to successfully access maths and English.

Sessions include:

- Applied to real world context
- 1:1 tutored sessions
- Individually tailored support

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OARSOME FOUNDATIONS



Aim: The provision aims to make a difference to the lives of young people who are at risk of low self-esteem, social isolation, unfulfilled potential and a lack of belonging.

Focus: To complement the young persons wider educational package, support transitions, develop vocational skills and support their overall wellbeing.

Delivery: Gosport site, up to 2 days/week, 9:30 – 14:30.

Accreditation: NCFE Level 1 Award in Occupational Studies for the workplace

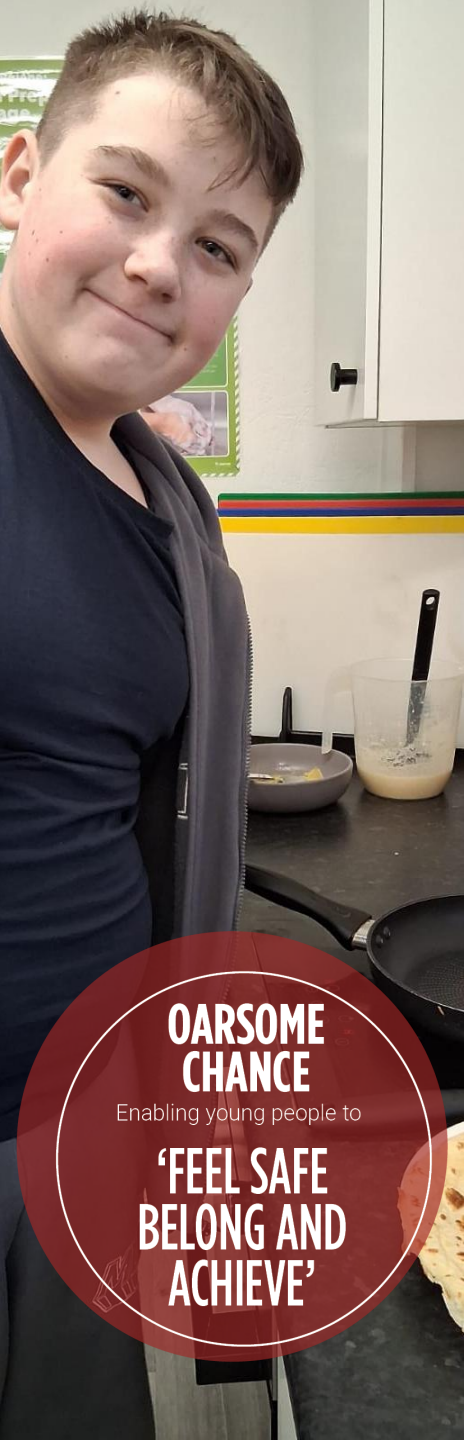


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" Oarsome Chance is a place I will not be judged, I don't have to wear make-up, and I feel that people care about me – I always wear make-up otherwise as I don't feel comfortable without it."



OARSOME FOUNDATIONS

Curriculum: Skills Learning

Skills learning curriculum is designed to:

- broaden young people's awareness of education, training and employment opportunities.
- equip young people with essential functional and practical skills.
- build skills that enhance future education, training and/or employability options.

Sessions include:

- Carpentry
- Outdoor Education
- Cycle Mechanics
- Basic Car Mechanics
- Sport and Fitness
- Arts and Crafts
- Cooking
- Horticulture
- Industry Visits

Curriculum: Wellbeing and Enrichment

Wellbeing and Enrichment is interwoven into all aspects of the programme and is designed to help young people:

- confidently engage with education while managing stress and emotional challenges.
- promote mental health awareness, resilience and emotional regulation through practical strategies.
- foster independence, personal growth and positive social connections, preparing them for enriched lives and future opportunities in education, training, and employment.

Sessions include:

- Outside facilitators – Sexual Health, County lines, Anti racism, Community related teams, online exploitation...
- Awareness weeks – Mental Health awareness, Pride, Anti Bullying etc.
- Cultural Visits – local community visits, museums and places of historical interest.
- Young people can access 1-2-1 support from their mentors where they can unpick any concerns they may have, e.g. school-based anxiety, concerns in the community, navigating disagreements in their relationships with others.

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'FEEL SAFE BELONG AND ACHIEVE'

OARSOME COMMUNITY



Mission: The Oarsome Community programme delivers activities targeted at young people aged 9-16 years who are not currently accessing activities during out of school hours, due to barriers to engagement, such as Special Education Needs.

Aim: Echoing Oarsome Chance's trauma aware educational programmes, Oarsome Community activity programmes blend a range of engaging activities alongside wellbeing support, all focused on individual needs.

Focus: Via a collaborative approach with other agencies and local groups involved in the support of young people, we target those young people who will benefit most from accessing the Oarsome Community programmes.

Delivery: The Oarsome Community programme delivers activity sessions, to small groups of young people, out of school hours via after school sessions, and a school holiday programme.

"Thank you ever so much for inviting us to your wonderful club, B & I had such a fab time. It was such a massive step for B leaving the house and joining a club and everyone was so kind to him, thank you!"

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OARSOME COMMUNITY



Activity Programme

The programme is designed to:

- Make after school and holiday activities more accessible to young people that may face additional barriers to accessing normally available provision e.g. transport, low ratios etc
- Provide a safe and supportive environment where young people can develop a strong sense of belonging, alongside increased confidence and self-esteem.
- Support local families during periods when support often drops off (outside of term time)

Activities include:

- Carpentry
- Outdoor Education - *Paddlesports, Sailing, Fishing, Mountain Biking, Bushcraft, Orienteering*
- Cycle Mechanics
- Basic Car Mechanics
- Sport and Fitness
- Arts and Crafts
- Cooking
- Horticulture
- Industry Visits

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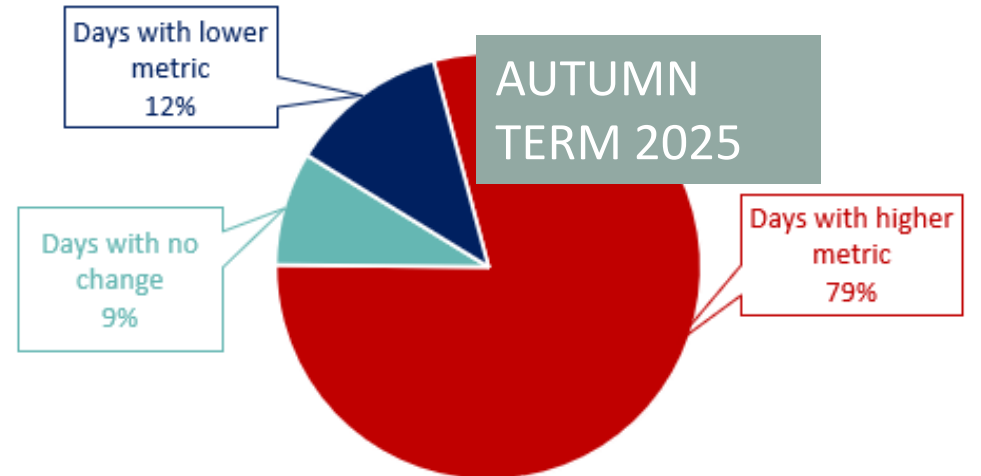
OARSOME CHANCE IMPACT



WELLBEING – OUR FSBA METRIC

We measure progress using our **FSBA (Feel Safe, Belong, Achieve) wellbeing framework**, grounded in Maslow's Hierarchy of Needs. Staff assess each young person's wellbeing level on arrival and departure, enabling us to track daily regulation as well as longer term progress.

For instance, in the last year 74-79% of young people attending OC provisions consistently ended the day with a higher FSBA Metric than on arrival.



YOUNG PEOPLE'S OUTCOMES

Our trauma informed work across our programmes results in positive outcomes for young people:

- 90% of students meeting or progressing towards their EHCP targets.
- 64% completing NCFE units contributing to Level 1 Occupational Studies.
- 16 young people achieved their Level 1 qualification in Summer 2025.
- 64% of students transitioned back into education and 86% of pre 16s progressed into post 16 placements.

OARSOME CHANCE



Key Information

Telephone: 02392 504492
Email: info@oarsomechance.org
Website: www.oarsomechance.org
Main address: Oarsome Chance
The Boathouse
St Vincents College
Mill Lane
Gosport
PO12 4QA



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Any Questions or Comments - via Chat Please



Hampshire and Isle of Wight



Social Prescribing
Network





Carly Seymour

Engagement Lead

cseymour@kooth.com

Mobile: 07818 890814





Welcome

Kooth Information Session

Free, safe and anonymous digital mental health support





Who are Kooth Digital Health?

Founded in 2001, Kooth is trusted and proven at scale to support the nation's young people (Hampshire 11–25-year-olds)



BACP accredited service

Kooth have delivered **1.1** million hours of mental health support and moderated **1.4** million messages

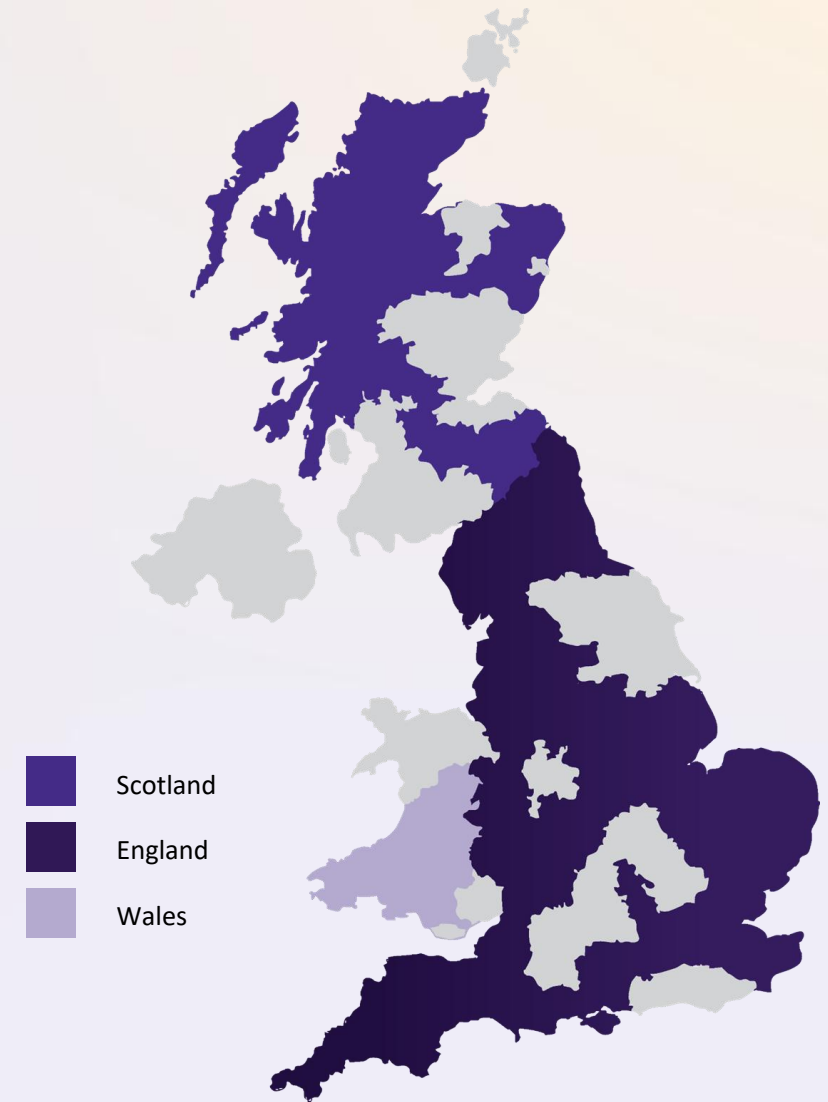


We're a trusted partner of the NHS

Kooth is available free to **7.0M** people in **73%** of England, **22%** of Wales & **42%** of Scotland

24 years of data

Our experience with the NHS has allowed us to deliver support in line with Long Term Plan (LTP) priorities. Kooth is the No 1 contributor to NHS England Digital MHSDS



Areas where Kooth is commissioned today for young people



Access to all

No referral is needed, and there's no waiting list or threshold to meet and anyone aged 11-25 can use Kooth.

While access to Kooth.com is 24/7, 365 days a year, chats with a fully qualified practitioner are during set times:

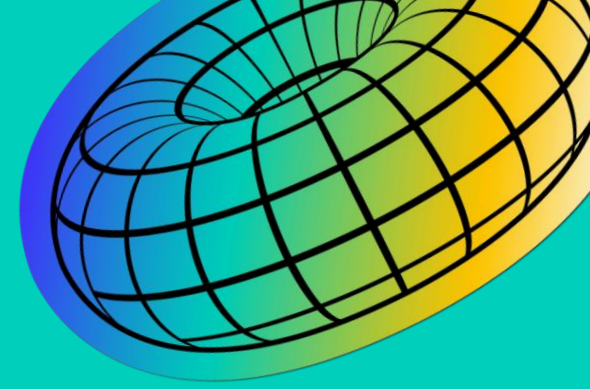
- 12pm -10pm, weekdays
- 6pm - 10pm, weekends

There can be wait times during busy periods but there are NO bots, AI, Chat GPT involved in our text-based therapy services.





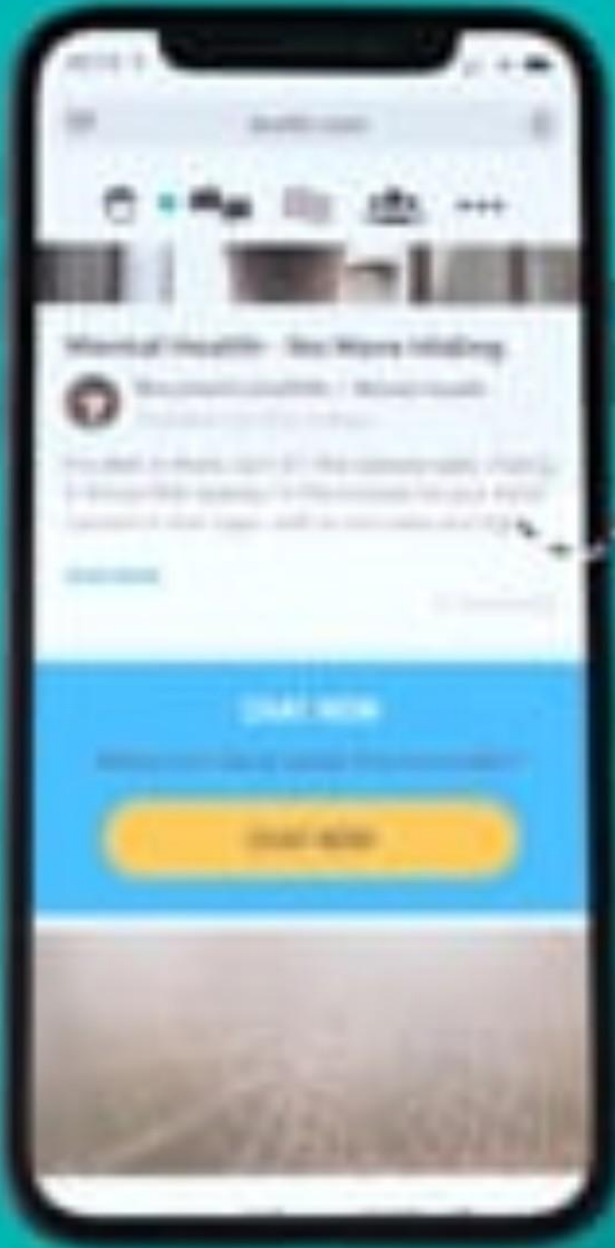
A quick guide to Kooth



[What is Kooth? - Video](#)



Free



Sa



Personalised, accessible support

Anonymity:

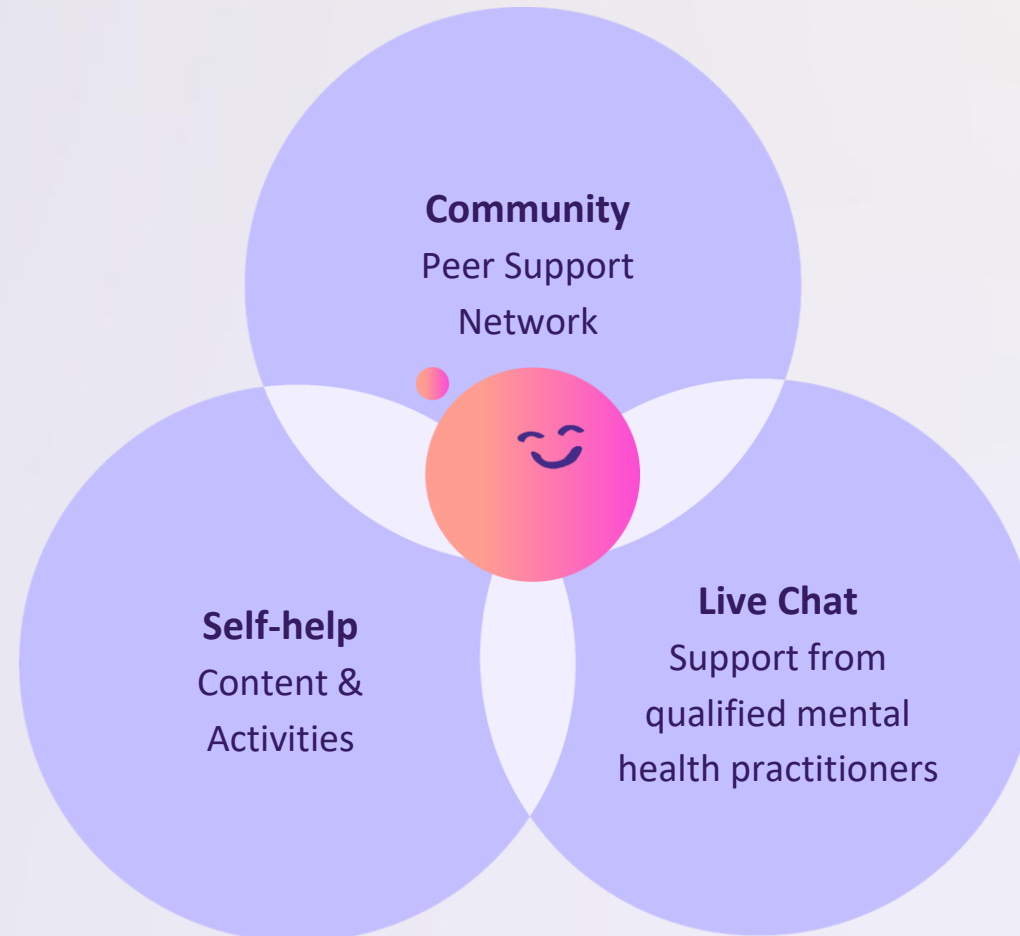
Removing stigma and barriers

Speed of support:

Accessible with no referral needed, no thresholds

Autonomy:

Users empowered to choose support options



Democratise access at scale:

A free service accessed via any internet-enabled device

Safety:

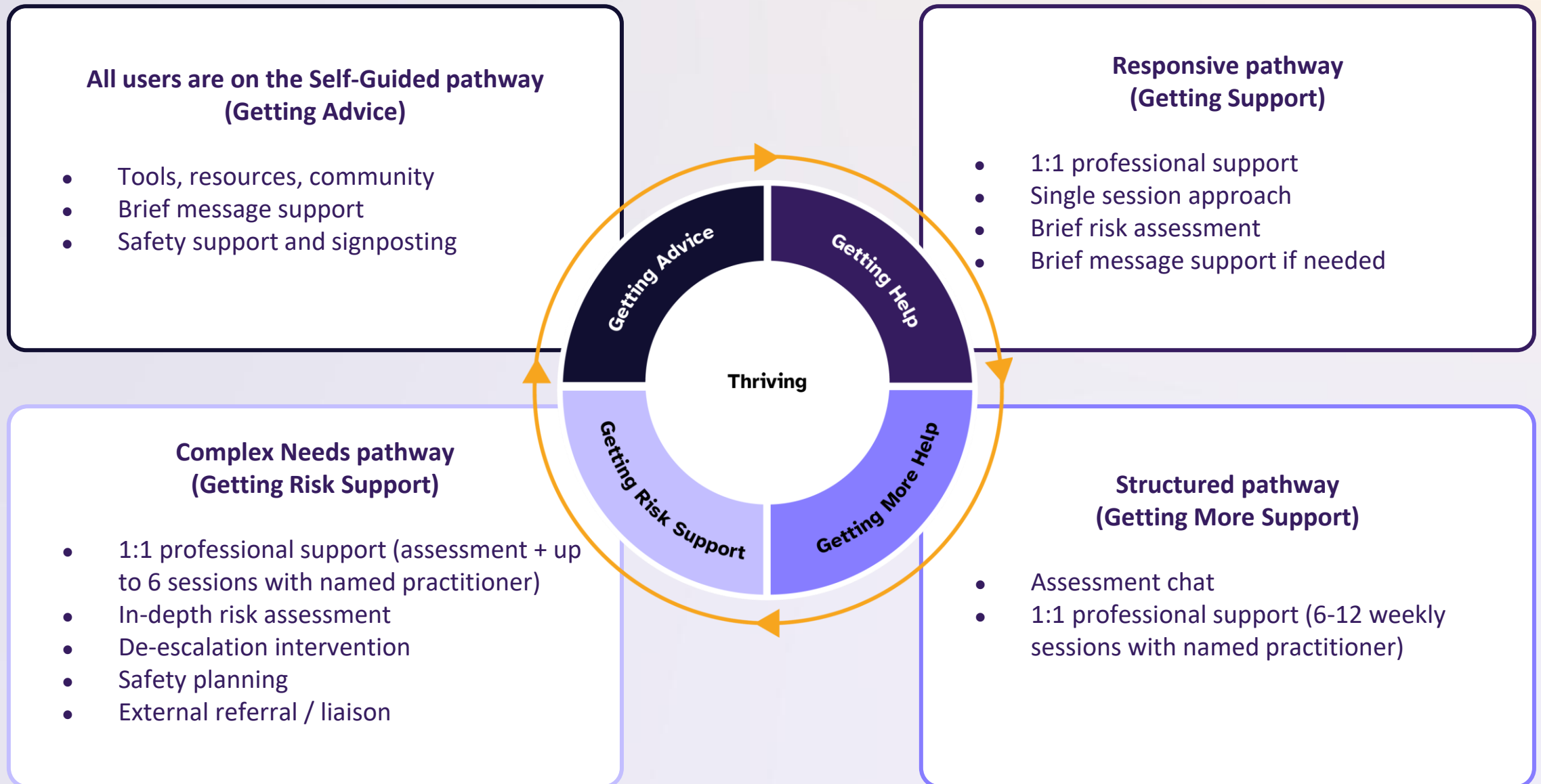
Embedded throughout the platform with clinically sound and fully moderated content

Accessible:

Designed to provide an inclusive experience for people with disabilities in line with WCAG 2.1



Tailored support pathways aligned with iTHRIVE





Culturally competent support



We're mindful of the barriers some individuals may face around gender, ethnicity, or other identity-related concerns

Ensuring the **safety** and **wellbeing** of every user is a shared responsibility. We collectively support **diversity in practice** through tailored training, regular audits, and expert oversight

This ensures our care remains responsive, inclusive, and grounded in the realities of the people we support



Safeguarding: our duty of care

If a user is considered a risk to themselves or from others, our practitioner will ask for their personal details and their consent to share with external services specified by our commissioners.

Even if consent is not given, if our practitioner feels there is a safeguarding issue then we will still refer, letting the user know who we are passing details to and why.

When we feel a person is in danger we collaborate with emergency services, letting the person know who we are passing details to and why.





Safeguarding without identifiable information



We work with a user to reduce risk and develop a safety plan, whilst attempting to understand and address barriers to accessing other services.

We'll also provide psychoeducational materials and signpost them to other relevant services.

Our anonymity supports effective safeguarding rather than acting as a barrier. We believe someone who is actively choosing to seek help is taking a really positive step for themselves.

Our users consistently tell us that anonymity enables them to share things that they wouldn't otherwise.



Fit for the Future

The NHS' 10 year plan projects a clear direction for the future centred around working towards 3 key shifts:

- Analogue to **digital**

Kooth delivers digital, clinically-governed mental health support accessible via any device without the need for referrals or waiting lists. By offering scalable and stigma-free support, Kooth exemplifies how digital innovation can transform mental healthcare delivery

- Sickness to **prevention**

Kooth offers early intervention and prevention designed to reduce escalation. However, our open access means we do see young people who need immediate support. Early intervention and prevention are crucial in providing safe spaces to talk, and digital services can effectively work with people to create harm reduction strategies and develop safety plans

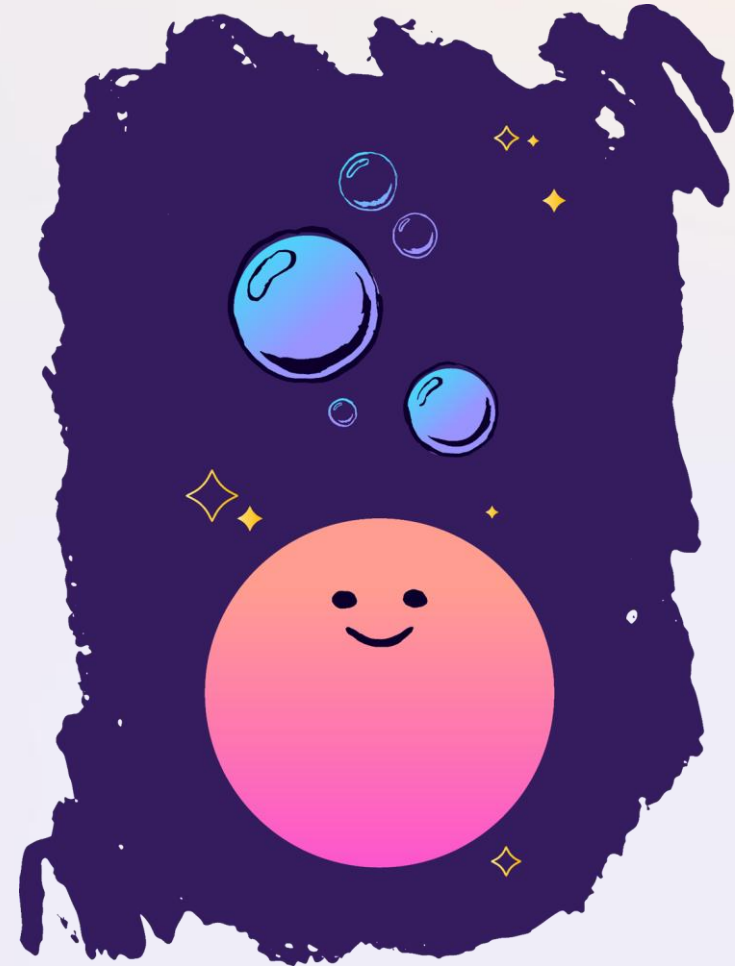
- Hospital to **community**

Kooth Engagement Leads are embedded in local communities to work alongside and alleviate pressures on the wider system. We are collaborative partners to support mentally healthier populations. We help de-stigmatise conversations around mental health and broaden access to support, enabling young people to safely connect to and support one another at [Kooth.com](https://kooth.com)

connect.kooth.com/Kooth-in-the-community

How we work alongside other support services

- Support for young people whilst waiting for specialist services including CAMHS
- Help for those that do not meet thresholds/criteria for other services
- 'Out of hours' support with practitioners online until 10pm each night
- Support for young people outside of term time and unable to access MHSTs or pastoral care
- Support for those who wish to remain anonymous, or face barriers accessing support services
- Early intervention & prevention: a space to 'try it out'
- Safely connect with others who have similar experiences
- Aftercare once discharged from other services





How we can support you to signpost

- Suggest trying [kooth.com](https://www.kooth.com)
- Hand out a printed [pocket card](#) or [A5 leaflet](#)
- Put our printed [posters](#) up on display in public spaces (including backs of toilet doors) and a digital poster on [screens](#)
- Signpost in your [letters](#), [newsletter](#), [social media](#), [websites](#) etc
- Add the Kooth logo to your letter/ email [footnote signature](#)
- Reach out to us by email at cseymour@kooth.com or the [QR code and look at \[connect.kooth.com\]\(https://connect.kooth.com\) for our digital resources](#)





Thank you

Any questions?



Hampshire247

Julie Poling – Service Manager

Who we are & how we help

Catch22 Hampshire247 Young people's Substance Misuse Service is a county-wide specialist treatment service (for Young people under 25) offering;

- A 'harm-reduction' approach
- One- to-one support to young people
- Targeted 'early intervention' support
- Structured treatment
- 24 hour help line for young people
- Targeted support, consultation advice and guidance to professionals
- Specialist support to help access mental health services and substitute prescribing
- Transitional support to adult services



What we are not

- Statutory Service
- Drug testing service
- Abstinence focused (unless this is the young persons goal)

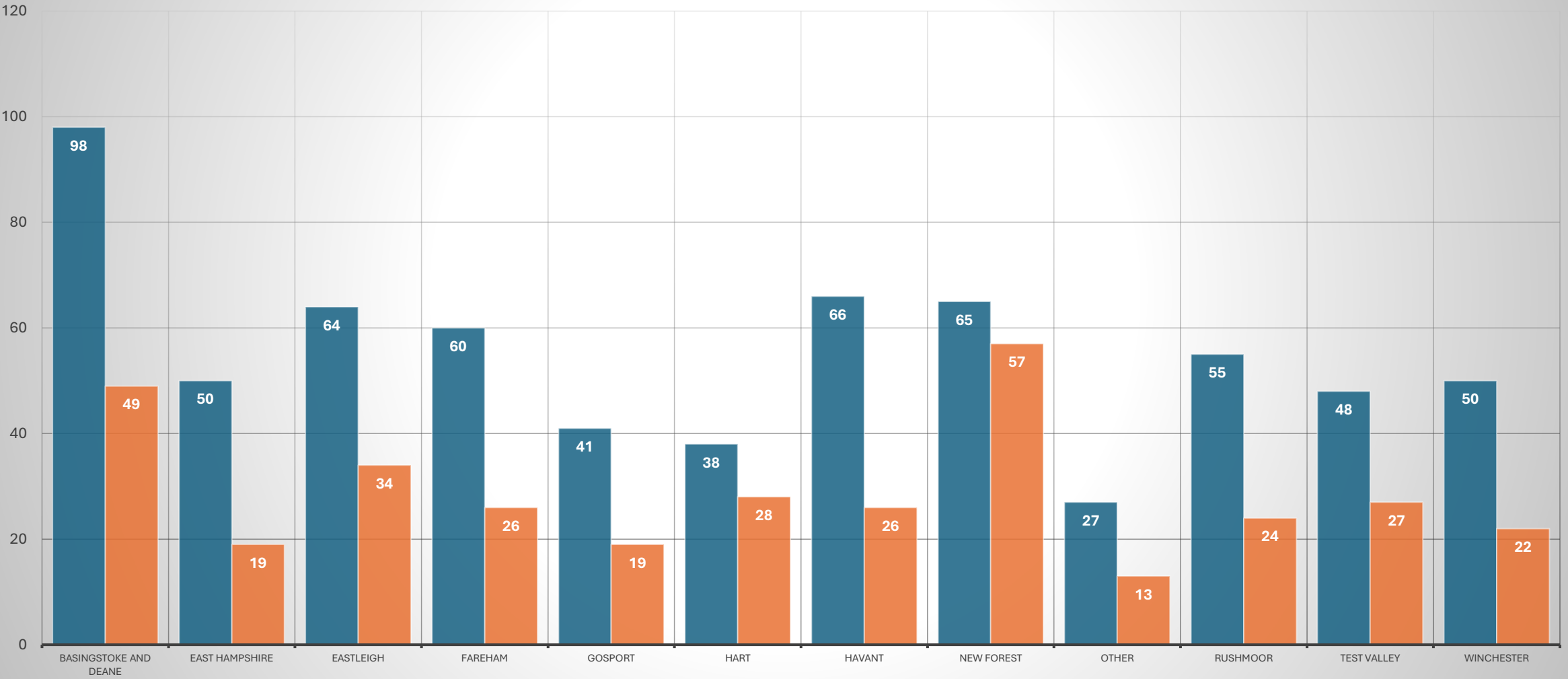
And, what we can't do

- Force someone to engage with us
- Tell them they must stop using drugs
- Give lectures on how bad drugs are
- Send someone to rehab tomorrow



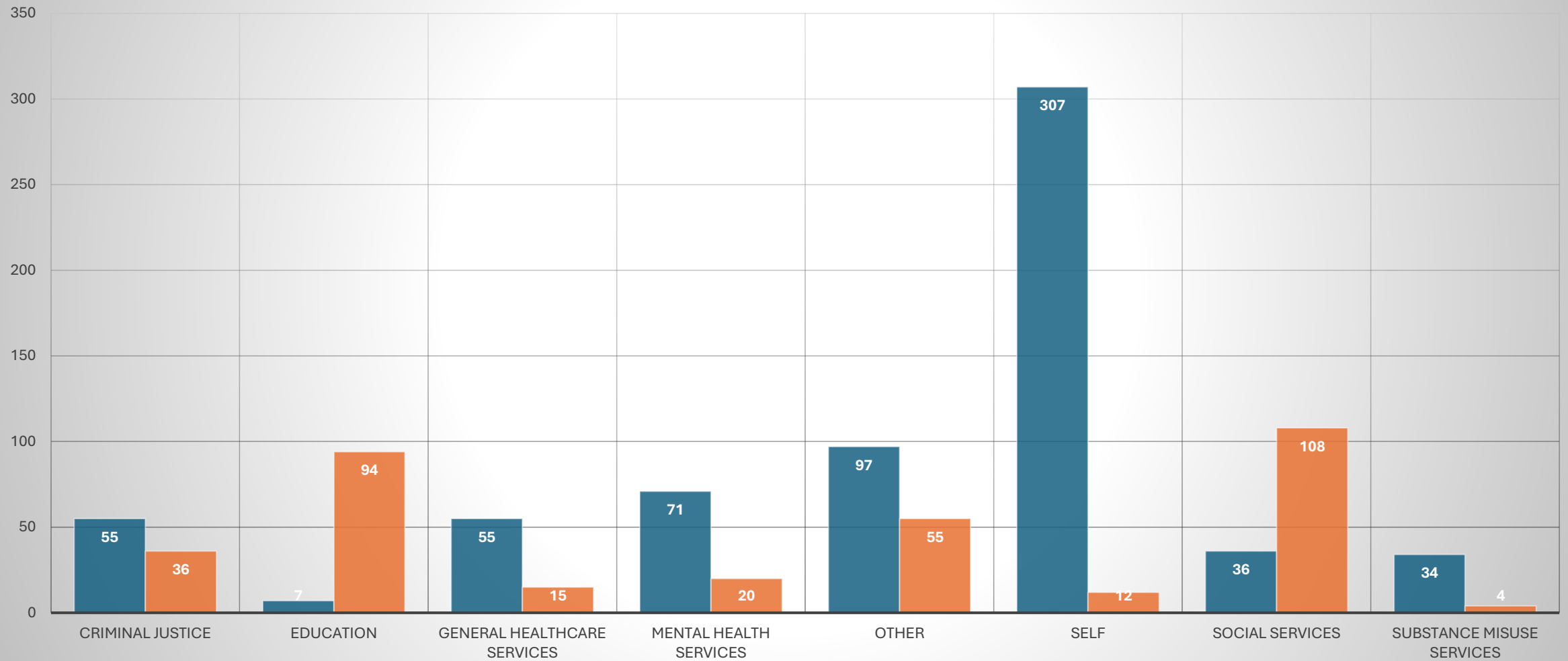
Referral by Area (Current 12 Months)

■ Adult ■ Under 18



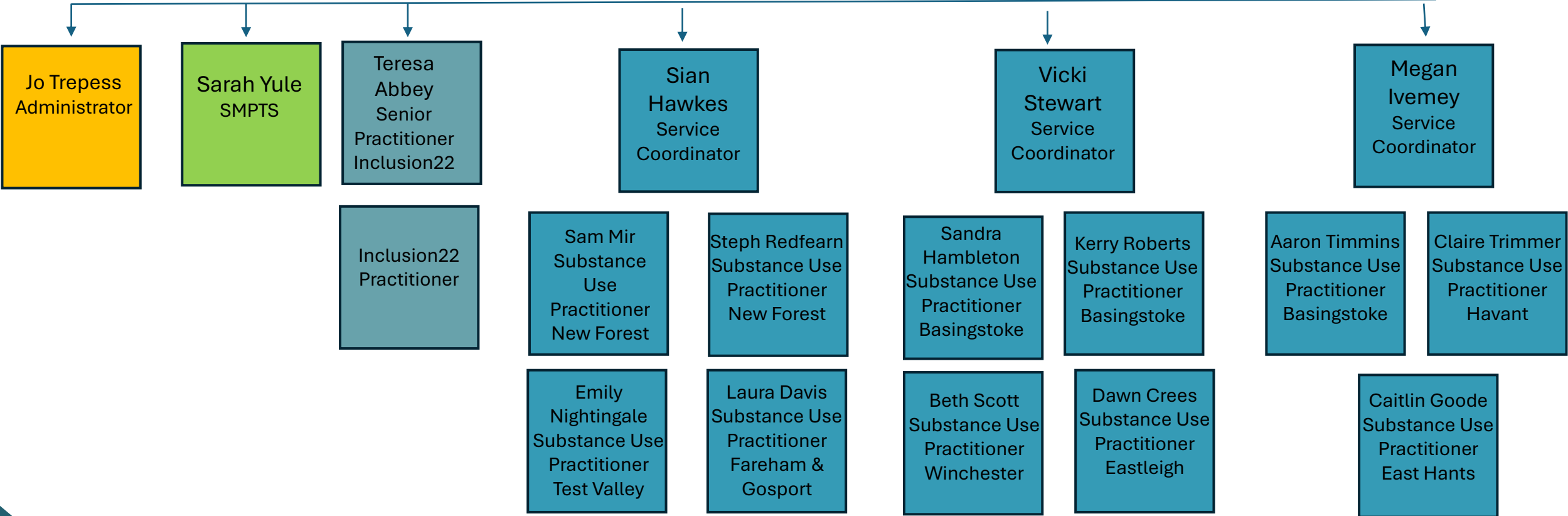
Referral Source (Current Last 12 Months)

■ Adult ■ Under 18



Julie Poling
Service Manager

Claire Skinner
Health & Wellbeing
Nurse - Inclusion



All staff can be contacted on firstname.surname@catch-22.org.uk



Training available

- Supporting children of substance misusing parents [Events List](#)
- Substance use prevention in education training for staff working in education settings - [Substance Misuse Prevention Training \(Hampshire\) | Eventbrite](#)
- Bite size sessions - [Substance Misuse Prevention Training \(Hampshire\) | Eventbrite](#)
- Inclusion - Online information sessions [For Professionals - Inclusion Hants](#)



Getting in touch

Anyone can refer, including young people themselves.

Referring is simple, **however the young person needs to consent to the referral**

For more information or advice

Phone: **0800 599 9591**

Out of Hours Telephone for young people : 0800 599 9591

Email hants247@catch-22.org.uk

Visit our web page [Hampshire 24/7 | Catch22 \(catch-22.org.uk\)](https://www.catch-22.org.uk)

To email the team use firstname.surname@catch-22.org.uk

Julie.poling@catch-22.org.uk



Thank you
Any questions?

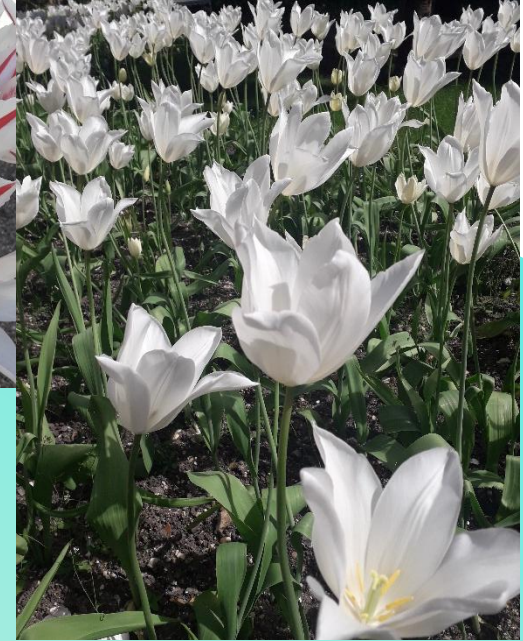




**Thank
You**



- **Thank you** to all presenters, Katy Ovens and you the audience too!
- **If** you didn't have time to ask a question or make a comment via Chat, please email the presenter or Katy:- healthforums@cfirst.org.uk
- ✓ This **Webinar**, the **PowerPoint** and any corresponding documents, will be available via the **Community First website** within a week.
- **Dates** for the 2026 Hants & IoW Social Prescribing Network and Voluntary Sector Health & Wellbeing Webinars and Events...



Hants & IoW Social Prescribing Network, Voluntary Sector Health & Wellbeing Webinars, and Face-to-Face 2026 Event Dates...

- **Thursday 25th June 2026** - 12.45 – 15:00 – South East Hampshire, Voluntary Sector Health & Wellbeing Forum *'Networking and Showcase Event'* - [Bedhampton Community Centre](#), 21 Bedhampton Rd
- **Thursday 2nd July 2026** – 13:00 – 14:00 Voluntary Sector Health & Wellbeing **Webinar** – *'Building a Healthier Future for Women: Screening, Strategy and Support'*
- **Wednesday 15 July** – 10:30 – 13:00 South West Hampshire, Voluntary Sector Health & Wellbeing Forum *'Networking and Showcase Event'* – [YMCA Eastleigh](#), North Stoneham Park



The recording will now stop.

Please can you email Katy Ovens with any '**outcomes**' that emerge as a result of you attending/networking virtually or watching back later, today's HSPN Webinar. We'll also be asking for any HSPN member Case Studies that evidence this soon too – so that we can highlight the impact and value/outcomes as a result of your HSPN membership.

Thank you everyone and **have a good afternoon.**

Hope to see you at 13:00 on Thursday 2 July - for our next Health & Wellbeing Webinar, if not before!

If you have any information to share, or want to suggest a future theme for consideration - please contact Katy Ovens:- healthforums@cfirst.org.uk

Website Address: Community First:- www.cfirst.org.uk