



WELSH BACCALAUREATE Advanced

Community Challenge Social/Welfare Charity – Mind Newport



Available for assessment from January 2017

PURPOSE

The purpose of the Community Challenge is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit a community. During the Community Challenge learners will explicitly develop skills of **Planning and Organisation** and **Personal Effectiveness** and apply them in an appropriate manner.

BRIEF

In this Challenge you will be given the opportunity to make a positive contribution to the local, regional, national or international community. You will focus on real-life concerns and needs whilst engaging in activities which aim to make a real difference. The Community Challenge should provide experiences that help you understand what it means to be an active citizen. The challenge should enable you to develop as effective and responsible members of the community. In completing the Community Challenge you will be able to recognise the contributions you can make towards improving the chosen community and the benefits this will have for you, for others and for the environment. Where appropriate, you will be able to demonstrate independence, responsibility and an ability to work well with others.

Changing Minds: Our Values

Open - We reach out to anyone who needs us

Together - We're stronger in partnership

Responsive - We listen, we act

Independent - We speak out fearlessly

Unstoppable - We never give up



One in ten children has a mental health disorder and 20% of children have a mental health problem in any given year, a figure which increases during adolescence. Roughly half of all lifetime mental health problems start by the mid-teens and three quarters by the mid-20s. Severe mental health problems are typically preceded by less severe problems. These problems are seldom brought to clinical attention and treatment does often not occur until years later. 60% of children in care have a mental health disorder - these are some of the most vulnerable people in our society. One in twelve children and young people are said to self-harm. Over the last ten years inpatient admissions for young people who self-harm has increased by 68%. Your role as a Peer Mentor with Changing Minds can directly help support and reduce risk to young people with mental health issues.

The challenge you will be given as a Changing Minds Peer Support volunteer will be to plan, organise and take ownership of a 6 week group in your local community. Prior to undertaking the Challenge, you will be provided with the necessary training and support to become a Changing Minds Peer Mentor.

Your role will be to improve the ability and resilience of young people with mental health problems by developing interactive, skills and recovery based self-management courses that you will deliver over 6 weeks. These will be delivered in venues within your local community with other volunteers. You will plan and deliver your programmes in ways that are accessible and attractive to young people in style, content and presentation.

This Challenge is available for students living in the following areas:

Blaenau Gwent

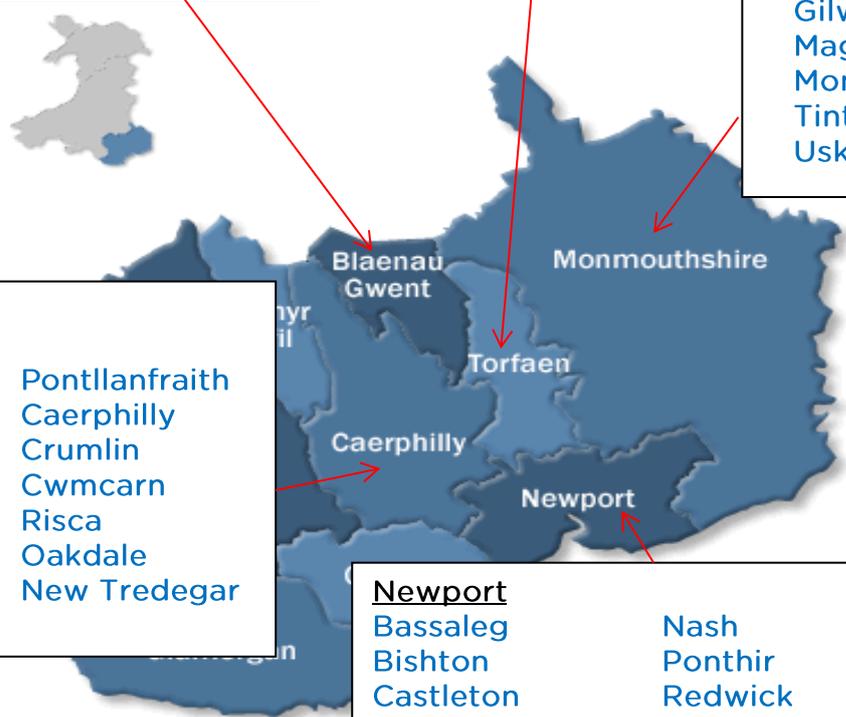
Tredegar	Ebbw Vale
Brynmawr	Blaina
Nantyglo	Abertillery
Cwmtillery	Llanhilleth
Cwm	

Torfaen

Blaenavon
Cwmbran
Pontypool

Monmouthshire

Abergavenny
Caldicot
Chepstow
Gilwern
Magor
Monmouth
Tintern
Usk



Caerphilly

Blackwood	Pontllanfraith
Bedwas	Caerphilly
Rhymney	Crumlin
Crosskeys	Cwmcarn
Newbridge	Risca
Ystrad Mynach	Oakdale
Bargoed	New Tredegar

Newport

Bassaleg	Nash
Bishton	Ponthir
Castleton	Redwick
Christchurch	Rogerstone
Goldcliff	Lower Clapton
Llanwern	Machen
Marshfield	

CONTACTS

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