

THESE SESSIONS HELPED ME TURN MY NEGATIVE THOUGHTS POSITIVE. I CAN NOW GO OUT WITHOUT THE FEAR I HAD. WITHOUT THIS HELP THINGS STILL WOULDN'T MAKE SENSE TO ME

YOUNG MALE, 18

ABOUT US

Croydon Drop In – Support for Young People is a charity established in 1978 which works with the young people of Croydon aged between 11 and 25. Our services are free and confidential and are based on Human Rights. This leaflet gives you a brief summary of some of the opportunities we offer.

CROYDON DROP IN PROVIDES:

- Counselling
- Advice and Advocacy
- Outreach Health Education
- Training
- Young People's Participation Group (YPG)
- Group Work
- Information Work
- A consultation service to Parents and Professionals who work with young people

DO YOU NEED SOMEONE TO REFER YOU?

No, you refer yourself to us.

As far as we can, we make sure that our team members represent the different cultures and communities in Croydon. If you have a particular request for someone by ethnic group or gender we will do our best to meet your need. Our building is wheelchair accessible and facilities are available for those with impaired hearing.

CONTACT US

Call us on

020 8680 0404

Email us at

enquiries@croydondropin.org.uk

Or drop in on us at

132 Church Street, Croydon CR0 1RF



OPENING HOURS

Monday	12pm to 7pm
Tuesday	4pm to 8pm
Wednesday	4pm to 8pm
Thursday	4pm to 8pm
Friday	Closed
Saturday	10am to 1pm (appointment only)



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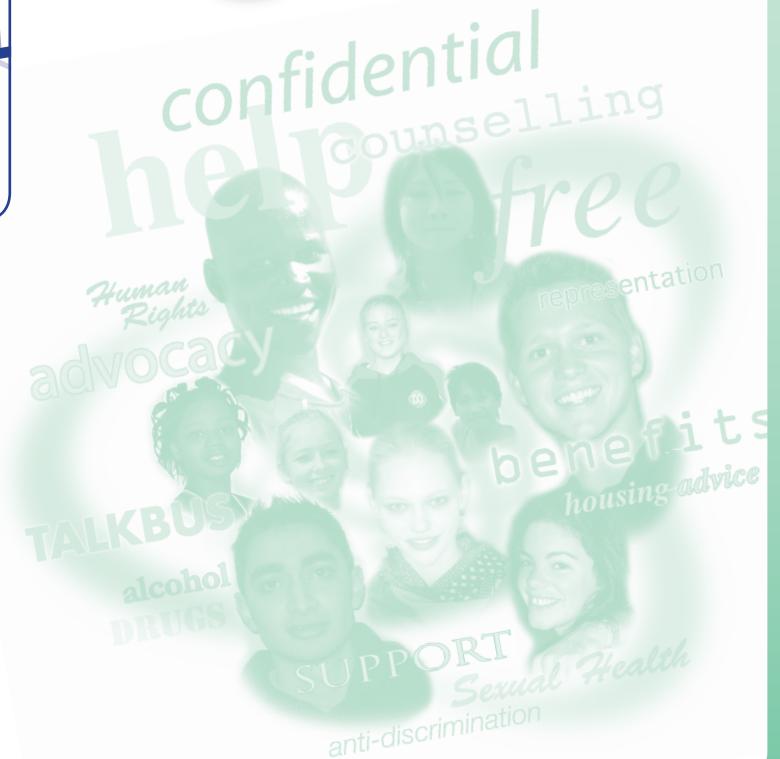
WWW.CROYONDROPIN.ORG.UK
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CROYDON DROP IN

SUPPORT FOR YOUNG PEOPLE



AGED 11-25



COUNSELLING

You may choose counselling to help deal with any difficult feelings, problems or concerns, or to help you with self discovery.

Here at Drop In, we offer confidential counselling and other therapeutic interventions. Sessions are on a weekly, one-to-one, basis, over a period of weeks or months, although most are short term. Our counselling leaflet will give you a more detailed description of each style of therapy we offer. They are:

- **Person centred/integrative counselling**
- **Solution focussed counselling**
- **Hypnotherapy**

All the counselling options give you a private, structured space and time to explore worries and concerns, share and express feelings, and begin to find ways of overcoming difficulties, possibly making way for changes.

You will, we hope, feel supported, however it may be helpful to realise that counselling may sometimes feel challenging as it will help you look at things in a new way. The process of counselling often leads to greater self-confidence and an improved ability to make your own decisions and choices.

Young People's Participation Group (YPG)

This is a small group of young people who have been involved with Drop In. They are interested in helping the work of the agency to develop and at the same time having the chance of gaining skills for their own development. They meet regularly each week to share their experience, spend time together and plan workshops on relevant issues to deliver to other young people.

The YPG is involved in a variety of activities, including recruitment, fundraising, policy consultation, publicity and supporting the Outreach Team.

Group Work

We provide opportunities for young people to meet in small support groups to share experiences on similar personal issues. This sharing of experience with others who have met similar difficulties can help those who take part to gain insight and understanding to achieve personal growth.

THE OUTREACH TEAM

In this team we try to increase access to Drop In's services as well as to other agencies and services which specialise in working with young people. We work with you in your own settings in a variety of ways:

- **TALKBUS** is our mobile information centre which travels round the borough visiting high streets, neighbourhoods, schools, colleges, community groups, youth centres and community events, offering you the chance to get information or to discuss topics of interest to you.
- **Outreach Health Education** provides interactive sessions on health issues in classroom and youth work settings as part of the PSHE curriculum and Every Child Matters, focussing on specific issues which we identify together. Examples are personal safety, sexual health, drugs, self-esteem, smoking, careers and stress management, to name a few!
- **Delivering Tailored Health Programmes** Full day programmes with partners to stress the importance of health, safety and well being. These programmes are mostly delivered in schools and colleges but may be delivered in any suitable venue.
- **Info Board** is a project where we have display boards with relevant leaflets in over 30 local areas, schools, colleges and youth centres.
- **Peer Development Project** helps groups of young people to work with each other to identify the areas that they wish to discuss together.
- **Booking** To book any of our Outreach Services, please contact us. Details are on the back page.

Parents and Professionals

Although we have a confidentiality policy for our young people, we can still provide a consultation service for parents, other family members and professionals who work with young people.

The consultation includes listening to people describing the difficulty, helping to identify sources of information, help and support for the young person and, where possible, for the person making the enquiry, and helping to make links with other agencies and services which may be able to offer more help.

ADVICE AND ADVOCACY

A number of young people using our services require on-going, in-depth advocacy and support. Through A&A work we are able to offer this.

While the emphasis of this work is on housing, welfare benefits and social issues, we recognise life is not neatly packaged and often a difficulty in one area contributes to, or is caused by, difficulties in another. We do our best to address these other needs as much as we can.

Information Work

We provide information to those who visit us either at Drop In or on the TALKBUS. This supports all our other projects.

Our Information Bank holds local and national information on a wide range of issues from access to housing to where to find leisure activities.

You can talk to a Duty Worker or access the information yourself. Let us know if the system does not have the information you are looking for as we may still be able to help you as well as to update our bank.

TRAINING

We can offer a variety of training courses which can be tailor made to suit the needs of the groups or individuals. Typical topics include:

- **Sexual Health & Relationship (SHARP Team)**
- **Life Skills**
- **Group Work**
- **Supervision Skills**
- **Self Esteem**
- **Active Listening**
- **Personal Safety**
- **Organisation for Small Charities**
- **Positive Team Development**