

HARTLEPOOL YOUTH SERVICES
'TOMORROW IS A GOOD DAY'
PRESENTS:



EMOTIONAL WELLBEING HANDBOOK



**HARTLEPOOL
BOROUGH COUNCIL**

WHAT IS THIS BOOKLET FOR?



THIS BOOKLET AIMS TO HELP WITH YOUR EMOTIONAL WELLBEING.

THIS BOOKLET HAS:

- **IDEAS AND TIPS.**
- **ACTIVITIES TO TRY.**
- **CONTACT DETAILS FOR PEOPLE WHO CAN HELP YOU.**

THESE CAN HELP YOU TO:

- **FEEL CALMER.**
- **FEEL MORE CONFIDENT.**
- **DO MORE THINGS THAT ARE IMPORTANT TO YOU.**

EMOTIONAL WELLBEING

Emotional Wellbeing is another way of saying mental health.

When we have good emotional wellbeing we can have positive:

- Thoughts
- Emotions and feelings
- Mood

We can manage any problems or stresses when they come up.



POOR EMOTIONAL WELLBEING

Poor emotional wellbeing can:

- Mean you get ill more often. You might get more coughs and colds.
- Stop you from looking after yourself.

We need to pay attention to our emotional health. This can help us to use strategies to feel better.

5 WAYS TO WELLBEING

GIVE

Helping other people can make us happier.

- Volunteer at a group.
- Make a card for a friend.
- Reach out and support those who need it.

KEEP LEARNING

Learning keeps you busy and builds confidence. It can be a good way to spend time with other people.

- Research something you've always wondered about.
- Sign up for a new class or group.

TAKE NOTICE

Really paying attention to things helps you know how you are feeling. It can help you make good choices.

- Tidy up your room or space.
- Visit a new place for where you have not been before.

BE ACTIVE

Any kind of exercise can help you feel good.

- Organise a sport or game with your friends.
- Walk to school/college. Walk with a friend so you can chat too.

CONNECT

Spending time with people who are important to you can help you feel good.

- Talk to someone instead of sending a text or message through social media.
- Ask how someone's weekend was and really listen when they tell you.

WHAT IS STRESS?

When we are under pressure, our bodies and brains can feel stress.

Lots of things can cause stress:

- Exams.
- Family problems.
- Money problems.
- Someone dying.

Sometimes these things can be hard to deal with. It is good to have coping strategies to help when we are stressed.



DEALING WITH STRESS

Sometimes we might have negative strategies for dealing with stress.

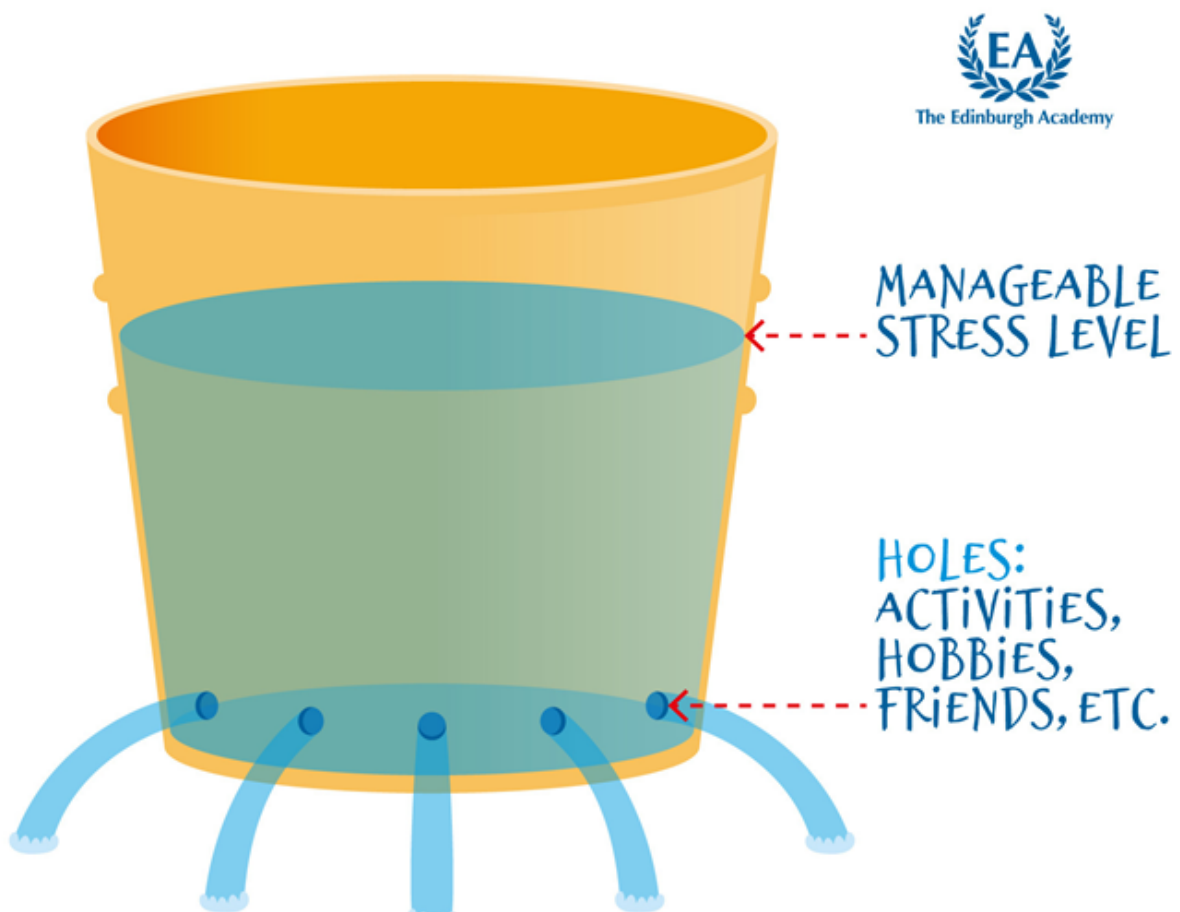
We might:

- Get in to fights or arguments.
- Self harm.
- Use alcohol or drugs.
- Skip school.

We can deal with stress better by having good self-care.

THE STRESS BUCKET

- Imagine you have a bucket inside you that slowly fills up when you feel stress.
- Little things can all add up (e.g. exams and family troubles) until the bucket overflows.
- When you use strategies to deal with stress (e.g. hobbies and friends) you can let some of the stress drain out of the bucket.



SELF CARE

Regularly using healthy coping strategies is an important part of self care.

Self care should be personalised to meet your own needs.

Can you write down of some of your own coping strategies?



A white rounded rectangular box containing ten horizontal dotted lines for writing.

COSTS AND BENEFITS

Costs

Costs are the bad things about a situation.

What are the costs of how you deal with stress now?

(e.g. arguments with family, poor concentration, scarring from self harm, not going to school or college).

Benefits

Benefits are the good things about a situation.

What are the benefits of how you deal with stress now?

(e.g. makes me feel better at the time, makes me feel better when I self harm, I get my own way).

What are the costs to managing stress differently?
What do you need to do? (e.g. trying different things, asking for help, talking to family).

What are the benefits to managing stress differently?
(e.g. getting on better with family, feeling proud, less scars on body).

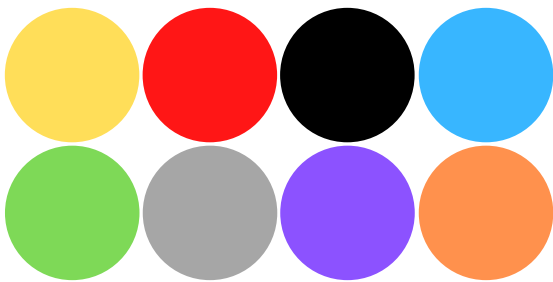
40 SENSORY FOCUSED CALM DOWN IDEAS

SOME SENSORY ACTIVITIES TO HELP CALM YOU

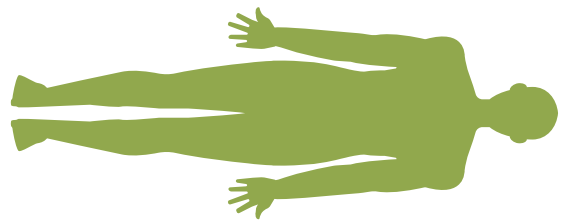
- Play with water
- Listen to music
- Visualise a 'happy place'
- Drink a milkshake
- Do some stretches
- Squeeze a stress ball
- Play with slime
- Jump on a cushion
- Have a pillow fight
- Do crab crawls or frog jumps
- Yell your anger into a pillow
- Jump on a trampoline
- Swing on a tire swing
- Squeeze your hands together
- Wrap yourself in a blanket
- Have a bath
- Solve a puzzle
- Rub a piece of fabric
- Smell your favourite scent
- Stare at a lava lamp
- Chew bubble-gum
- Get a back scratch
- Rock yourself like a baby
- Throw a soft ball
- Kick a beach ball
- Go for a walk
- Drink some water
- Try short-guided meditation
- Hide in a box
- Eat a crunchy snack
- Hum a song
- Look at a kaleidoscope
- Take 5 deep breaths
- Close your eyes
- Listen to an audio book
- Have someone hug you tight
- Do yoga
- Go to a quiet place
- Exercise
- Count your heartbeats

HOW ARE YOU FEELING TODAY?

What colour is your feeling?



Where do you feel this colour in your body?



How big is your feeling? Does it feel...



As **BIG** as a mountain?



Middle-sized, like a chair?



Or as small as a button?

If you could touch your feeling, how would it feel?

- Spikey
- Bumpy
- Prickly
- Wobbly Wobbly
- Flat
- Swirley
- Soft
- Hard

PRACTICES FOR CALM AND DE-ESCALATION

- Chew on ice
- Place a bag of ice on an area of your body
- Wrap up in a blanket
- Take your shoes off and walk in the grass
- Hum, whistle or sing
- Place a fan in front of you and feel the moving air
- Drum up and down your legs and arms for circulation
- Doodle
- Rock or swing
- Sit on your hands or legs
- Drum, tap or snap fingers
- Hand massage
- Create a calming space for yourself
- Splash cold water on your face
- Run your hands under warm water
- Take a walk outdoors
- Text/call a trusted friend or family member
- Take deep breaths
- Find a smooth stone and roll it in your hands
- Run your hands through beads, marbles, sand etc.
- Make a sensory table or space
- Write a letter or draw an image of how you feel
- Write/describe who you are in a calm regulated state, fight-or-flight state and shutdown state.

WHEEL OF EMOTIONS

- Emotions are mental states brought on by chemical changes in the brain, they are associated with thoughts, feelings and behavioural responses.
- Emotions help us take action, to survive, to fight and/or avoid danger.
- The chart shows how emotions can be either good (happy or excited) or bad (anger or fear). As you move towards the outer edges you can find more specific emotions (anxious and lonely) that develop from the main emotions.



RANDOM ACTS OF KINDNESS

Random acts of kindness are unexpected acts of charity or helpfulness that is carried out for a stranger.

Random Acts of Kindness have the potential to make the world a happier place and can boost feelings of confidence, self-esteem and well-being in the person carrying them out. These include smiling at a stranger, holding the door for someone or volunteering within the community.

A spiral-bound notebook with a light blue cover and red spiral binding. The notebook is open to a calendar page. At the top, there are two input fields labeled "month" and "year". Below these are seven columns representing the days of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. Each column contains five rows of empty boxes, each with a small grey circle in the top-left corner, intended for marking off acts of kindness.

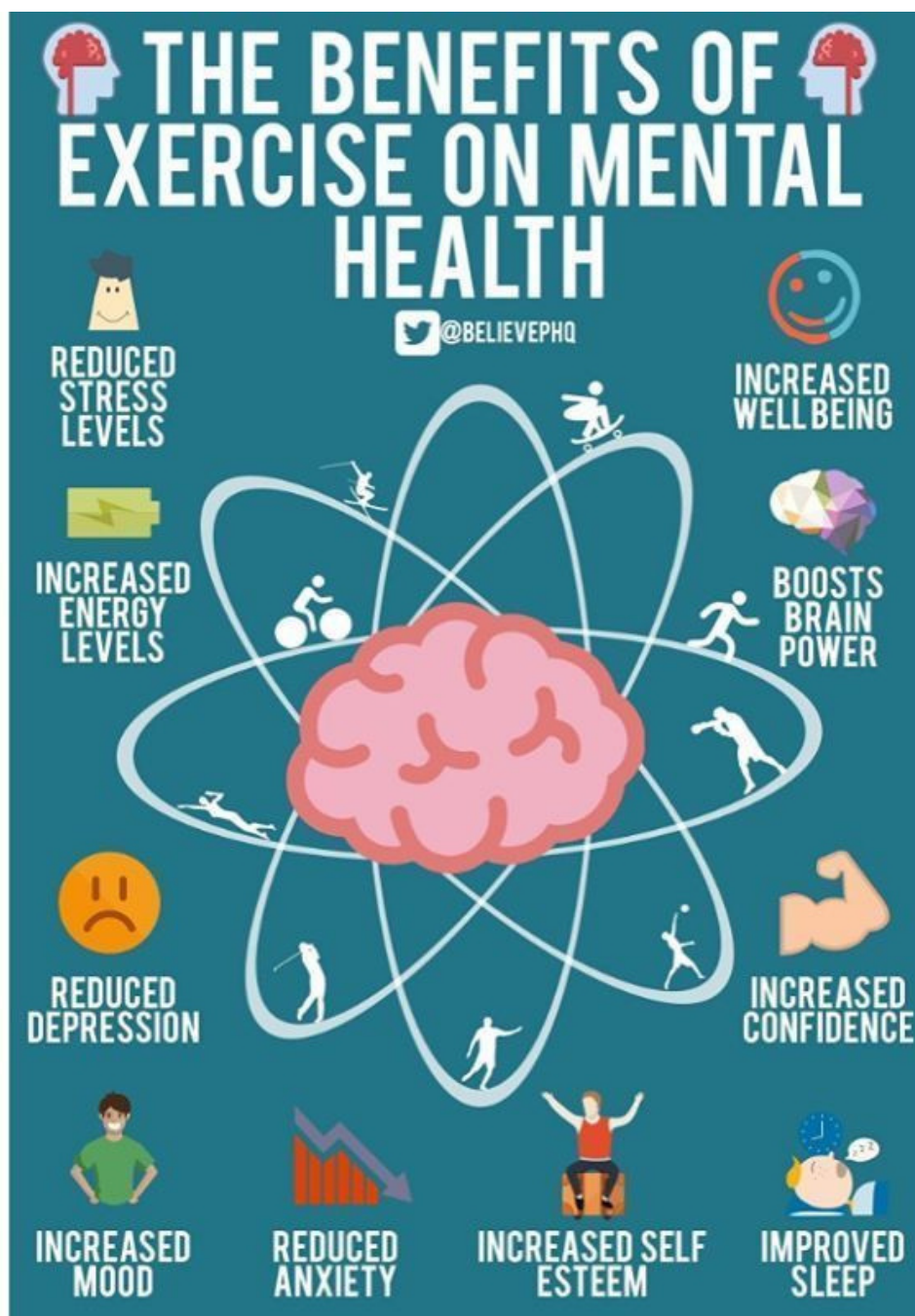


Congratulations

Being kind sends a powerful message about our connections to each other and the world around us.

PHYSICAL ACTIVITY

Physical activity has a huge potential to enhance our wellbeing. Even a short 10 minute brisk walk increases our mental alertness, energy and positive mood. For instance, participation in regular physical activity can increase our self-esteem and reduce stress and anxiety.



HEALTHY RELATIONSHIPS

Healthy relationships have a huge impact on our wellbeing.

They can strengthen your immune system, allow you to live longer and make you more resilient to stress.



EFFECTIVE COMMUNICATION

Many people think if they assert themselves others will think they are being aggressive, but there is a difference between the two.

Assertive people state their opinions, while still being respectful to others. Aggressive people attack or ignore others opinions in favour of their own. Passive people don't state their opinion at all.

The table below gives some examples of this.



Thinking your needs don't matter at all	Recognising that your needs matter as much as anyone else's	Thinking that only your needs matter
Give in	Compromise	Take
Not talking, not being heard	Talking and listening	Talking over people
Trying to keep the peace	Making sure things are fair - for you and others	Looking out for yourself
Allowing yourself to be bullied	Standing up for yourself	Bullying others
Not saying what you think, or not saying anything	Express your point clearly and confidently	Can lead to shouting, aggression or violence
Damages relationships - other people respect you less	Enhances relationships - other people know where they stand	Damages relationships - other people don't like aggression
Damages your self-esteem	Builds your self-esteem	Damages others self-esteem

EFFECTIVE COMMUNICATION

Taking responsibility for your own feelings will help you improve your communication when you feel angry or upset.

One way to achieve this is by using 'I' statements. This will help you to communicate what is upsetting you and minimise blame. If we blame, the person we are speaking to will more likely become defensive.

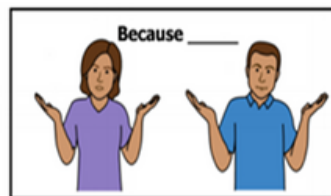
Good communication allows people to develop and maintain positive relationships, in turn increase our mental wellbeing.



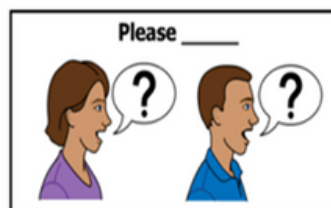
Tell the person how you feel.



Tell the person what they did to make you feel that way.



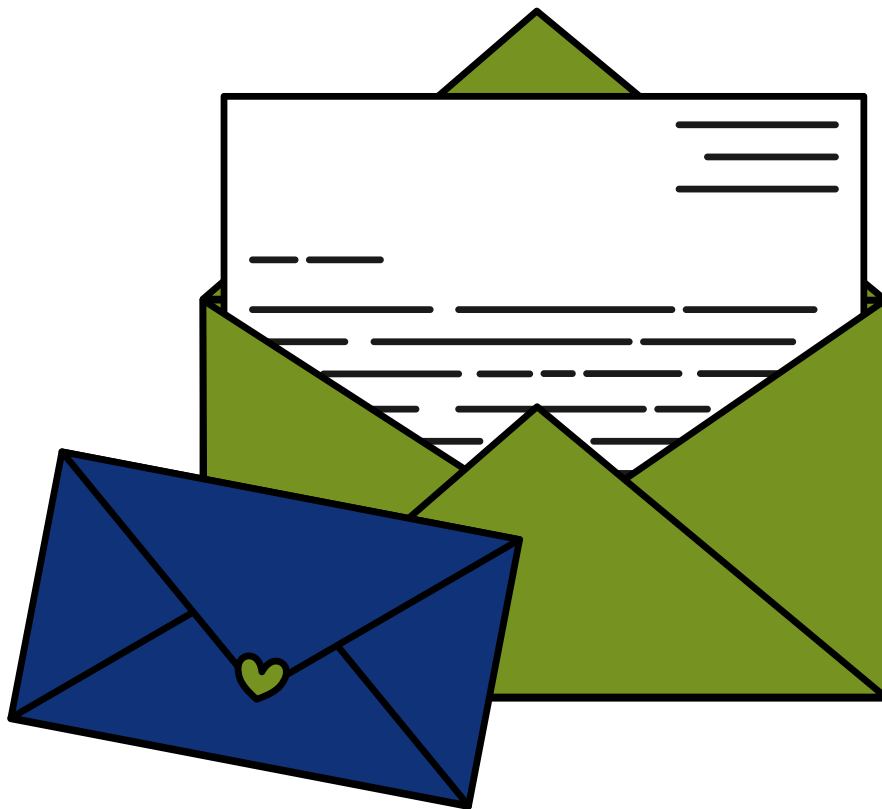
Tell the person why you feel that way.



Tell the person what you want them to do now.

WRITE A LETTER TO YOURSELF

- Imagine yourself in the future.
- Write a letter to your future self. You could write about your goals or things that are important to you.
- If you feel stressed in the future you can read this letter. It can help you to focus on what is important.



FUTURE JAR

- Think about things you enjoy doing or want to do. They might be things that make you happy or distract you.
- Write or draw each idea on a piece of paper and put it in a jar.
- When you feel stressed, pick out one and do it!



YOU WILL NEED:

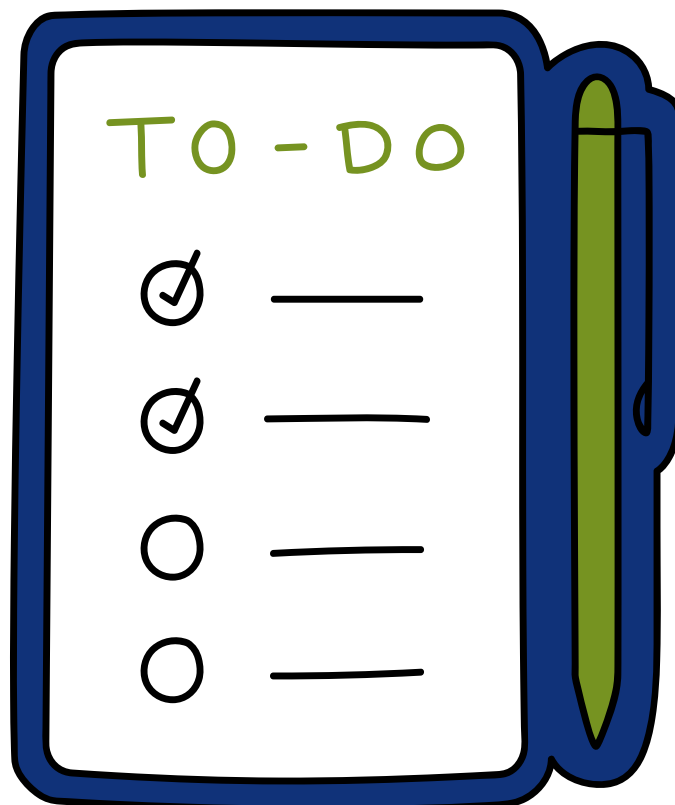
- Empty jar
- Pen and pencils
- Something to decorate your jar

PLAN YOUR DAY

Write down your plan for the day. You could make a list or draw a timetable. You could include:

- Going for a walk
- Texting a friend
- Reading
- Finishing a project.

Have a go at following your daily plan and notice if it works for you. Is there anything you would change if you did the plan again?



GRATITUDE

Gratitude means being grateful or thankful for something.

Write down 2 things you are grateful for. Examples might include family, friends, food, your home, your pet!



A white rounded rectangular box containing ten horizontal dotted lines for writing.

MINDFULNESS

Mindfulness is focusing on what is happening in the "here and now".

When you are mindful you pay attention to what you are doing. You might notice what you are thinking and feeling.



You might do mindful:

- Breathing (paying attention to breathing in and out).
- Eating (paying attention to what food tastes and feels like).
- Exercise (paying attention to what we see and hear on a walk).
- Art (paying attention to drawing, colouring or making something).

BEING MINDFUL

- When you are practicing mindfulness, your mind will think about lots of different things.
- You might get distracted or "caught up in thought". This is normal!
- When this happens you can:
 - Notice "I am thinking about..."
 - Let the thought go,
 - Bring your mind back to what you were concentrating on (like colouring, walking or listening to music).
- Keep practicing! You are training your mind.



WELLBEING FLUSH

- Stop what you are doing
- Take a look around
- Focus on breathing:
 - Breathe in for 4
 - Hold breath for 2
 - Breathe out for 6
 - Repeat



OTHER WORDS FOR KINDNESS

T	G	O	O	D	W	I	L	L	E	E	A	L	N
B	E	N	E	F	I	C	E	N	C	E	I	G	D
L	V	U	G	E	N	T	L	E	N	E	S	S	E
I	E	C	N	E	L	O	V	E	N	E	B	A	C
U	N	S	E	L	F	I	S	H	N	E	S	S	E
U	E	E	S	N	S	Y	M	P	A	T	H	Y	N
E	T	O	L	E	R	A	N	C	E	C	E	Y	C
I	S	S	S	A	I	W	C	H	A	R	I	T	Y
D	A	F	F	E	C	T	I	O	N	I	I	M	F
T	C	Y	R	E	M	S	I	U	R	T	L	A	L
S	O	L	I	C	I	T	U	D	E	I	I	Y	E
S	N	Y	T	I	M	I	N	A	N	G	A	M	I
U	I	F	L	C	O	U	R	T	E	S	Y	E	A
E	C	E	G	E	M	H	U	M	A	N	I	T	Y

- Benevolence
- Altruism
- Charity
- Solitude
- Beneficence
- Courtesy
- Unselfishness
- Sympathy
- Magnanimity
- Tolerance
- Good Will
- Gentleness
- Humanity
- Affection
- Decency

KINDNESS ROCKS

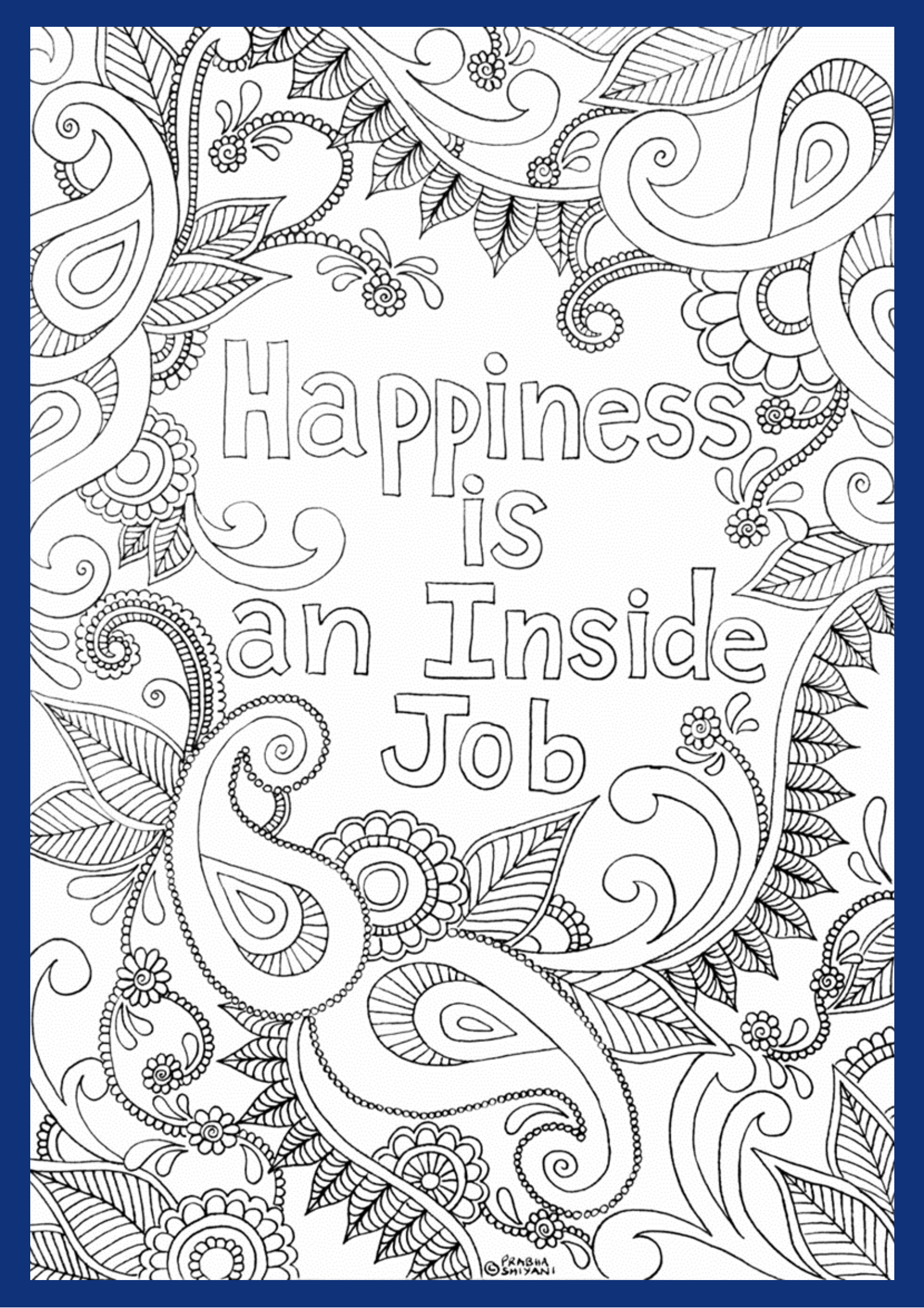
Simply decorate with positive messages and leave somewhere for others to find.

You could leave them behind on your daily walk.



YOU WILL NEED:

- Rocks
- Paints
- Markers



Happiness
is
an Inside
Job



GOAL SETTING WORKSHEET

Name: **Goal start date:**

My goal is:

.....
.....
.....

Goal completion date:

Steps to reaching my goal:

1.
.....
.....
2.
.....
.....
3.
.....
.....

Two things that will help me reach my goal:

1.
.....
.....
2.
.....
.....

I know I will have reached my goal because:

.....
.....

HEALTHY EATING

Diet can have a huge impact on our well being. Eating regular meals and a healthy balanced diet can help your mood and energy levels.



Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 1046kJ 250kcal	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

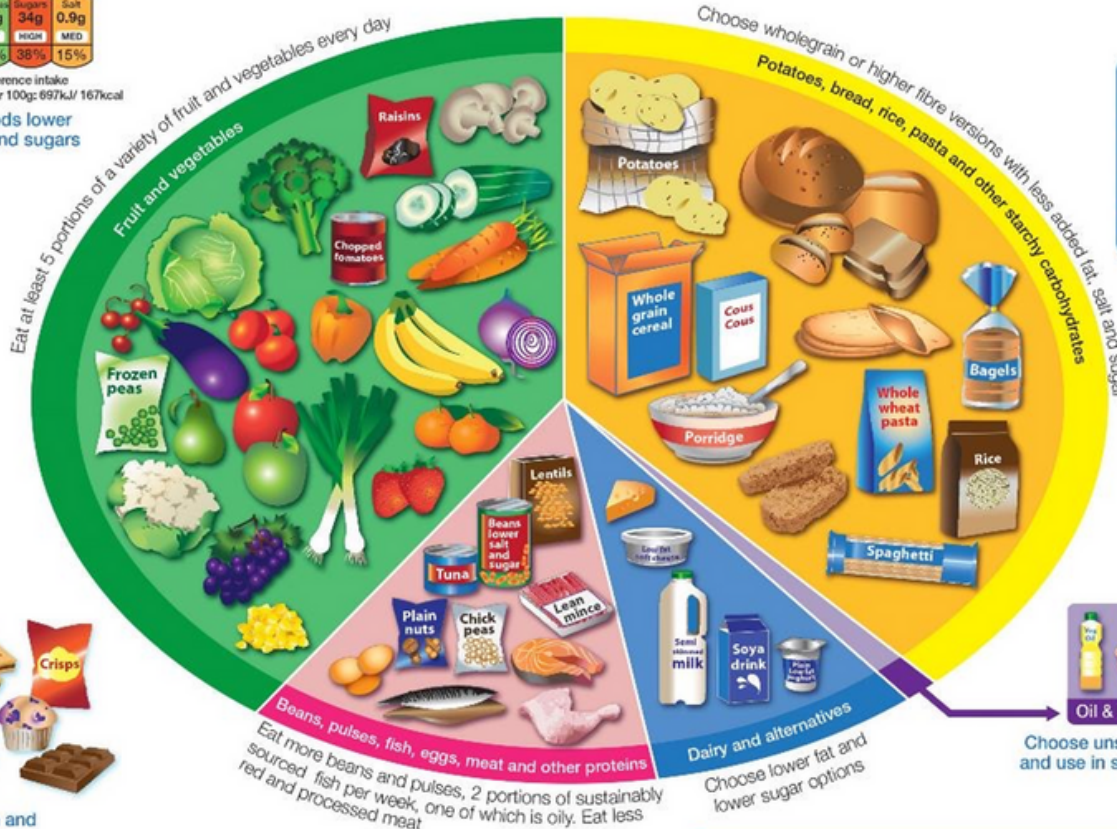
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

IMPORTANT SERVICES / CONTACTS

- **Crisis team:** 24-hour freephone crisis helpline available for anyone of any age experiencing a mental health crisis.
 - Phone: 0800 0516171
 - Website: tewv.nhs.uk/services/crisis-advice
- **Stay Alive:** Mobile and Web App that provides suicide prevention resources, including a safety plan and other tools. Download now from Google Play (Android), App Store (Apple) or visit stayalive.app to download the desktop web app.
- **Andy's Man Club:** men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the UK and online.
 - Website: andysmanclub.co.uk
 - Email: info@andysmanclub.co.uk
- **Minds for Men Wellness for Women:** Hartlepool based service that provides support through activities, support groups and social events.
 - Phone: 07479 934 400 / 07935 152 839
 - Website: mindsformen.co.uk
- **Worth It Wednesday:** Hartlepool based social inclusion project aimed at men aged 18-35 to lower the impact of social isolation on men's mental health.
 - Phone: 01429 272905
 - Email: helping@hartlepool.gov.uk
- **Anxiety UK:** National charity helping people with anxiety.
 - Phone: 03444 775 774
 - Text support service: 07537416905
 - Website: www.anxietyuk.org.uk
- **Bipolar UK:** A charity helping people living with manic depression or bipolar disorder.
 - Website: www.bipolaruk.org.uk
 - Online forum: bipolaruk.org/ecomunity

IMPORTANT SERVICES / CONTACTS

- **Mental Health Foundation:** Provides information and support for anyone with mental health problems or learning disabilities.
 - Website: www.mentalhealth.org.uk
- **Let's Connect:** Hartlepool based project that support for anxiety and depression, seeks to connect people and provide opportunities to support each other. Offers one-to-one support, activity groups, peer support training and also facilitate the creation of mutual aid groups.
 - Phone: 01429 269303
 - Email: information@letsconnect-eng.co.uk
 - Website: letsconnect-eng.co.uk
- **No Panic:** Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.
 - Phone: Helpline - 0300 772 9844 (daily, 10am to 10pm).
 - Phone: Crisis message - 01952 680835 (daily, 24/7).
 - Website: www.nopanic.org.uk
- **PAPYRUS:** Young suicide prevention society.
 - Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)
 - Website: www.papyrus-uk.org
- **Rethink Mental Illness:** Support and advice for people living with mental illness.
 - Phone: 0808 810 0525 (Monday to Friday, 9:30am to 4pm)
 - Website: www.rethink.org
- **SANE:** Emotional support, information and guidance for people affected by mental illness, their families and carers.
 - SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)
 - Textcare: comfort and care via text message, sent when the person needs it most: www.sane.org.uk/textcare
 - Email support: www.support@sane.org.uk
 - Website: www.sane.org.uk/support

IMPORTANT SERVICES / CONTACTS

- **Samaritans:** Confidential support for people experiencing feelings of distress or despair.
 - Phone: 116 123 (free 24-hour helpline)
 - Website: www.samaritans.org.uk
- **YoungMinds:** Information on child and adolescent mental health. Services for parents and professionals.
 - Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)
 - Website: www.youngminds.org.uk
- **Shout 85258:** Free, confidential, anonymous text support service.
 - Text SHOUT to 85258
 - Website: www.giveusashout.org
- **We Listen:** A Samaritans campaign, offering a 24-hour listening service that provides emotional support to anyone who needs it.
 - Phone: 116 123
 - Website: samaritans.org/support-us/campaign/we-listen/
- **LilyAnne's:** Hartlepool based coffee bar, offering "coffee mornings" and other peer support groups to attend. You will find them at 5 Victoria Road, Hartlepool, TS24 7SE (Open Monday to Friday, 9am to 4pm).
 - Phone: 01429 728041
- **OCD Action:** Support for people with OCD. Includes information on treatment and online resources.
 - Phone: Helpline - 0300 636 5478 (Calls are charged at the same rate as a normal landline).
 - Email: support@ocdaction.org.uk
 - Website: www.ocdaction.org.uk
- **Qwell:** Free, safe and anonymous online mental wellbeing support for adults across the UK (Sign up to service required).
 - Website: www.qwell.io

IMPORTANT SERVICES / CONTACTS

- **OCD UK:** A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.
 - Phone: 01332 588112 (Monday to Friday, 9am to 12pm)
 - Email: support@ocduk.org
 - Website: www.ocduk.org
- **Kooth:** Online mental health wellbeing community, including articles, discussion boards and your own daily journal (Sign up to service required).
 - Website: www.kooth.com
- **Changing Futures North East:** Hartlepool based service that support families and couples to be happier and healthier.
 - Phone: 01429 891444 (Sessions can be 1-1 or as a family).
 - Email: admin@changingfuturesne.co.uk
- **Tomorrow's A Good Day:** Weekly support group for young people to help them manage their emotions. These sessions take place Mondays, 6pm - 8pm at Rossmere Youth Centre (Rossmere Way).
 - Phone: 01429 523966
 - Email: sarah.mccluskey@hartlepool.gov.uk.
- **Targeted Youth Support Team:** Hartlepool based Youth Workers who provide one-to-one support for young people who require additional support for a variety of reasons to help them overcome difficulties, remove barriers and build resilience in order for them to access and participate in universal studies, if they so wish.
 - Phone: 01429 523966
 - Email: sarah.mccluskey@hartlepool.gov.uk

HARTLEPOOL YOUTH SERVICE: ACTIVITIES AND SUPPORT

Hartlepool Youth Services offers a wide range of activities, advice and support from dedicated youth spaces from various locations across the town for young people aged 13-19 years (up to 25 years with Life Long Learning Disabilities).

Targeted Youth Support Team

This team of Youth Workers supports young people who are in need of additional support for a variety of reasons to help them overcome difficulties, remove barriers and build resilience in order for them to access and participate in universal studies, if they so wish. The team provides in-depth, planned one-to-one and group support through positive activity opportunities, to assist young people live a happy and fulfilling life.

For further information please call Sarah McCluskey on 01429 523966 or email sarah.mccluskey@hartlepool.gov.uk.

#TAGD (Tomorrow's A Good Day) - Emotional Wellbeing Group

Youth workers working with young people have designed a weekly programme to support young people to manage their emotions. Topics include the importance of self-care, ways to wellbeing, mindfulness and relaxation techniques. Young people will also have the chance to relax with their peers and participate in youth centre activities. These sessions take place on a Monday night at Rossmere Youth Centre.

For more information on #TAGD, please contact Sarah McCluskey on 01429 523966 or email sarah.mccluskey@hartlepool.gov.uk.

HARTLEPOOL YOUTH SERVICE: ACTIVITIES AND SUPPORT

Holiday Activities

Hartlepool Youth Services provide exciting activities and projects for young people to take part in during the holidays, including the Summer.

For more information, make sure to follow our 'Hartlepool Youth Services' Facebook page.

Stand Together (@ Throston Youth Project) Wednesday: 6:00pm - 8:00pm

A group for all young people interested in social justice issues and educating others about the importance. Topics considered include poverty, racism, the environment to name but a few.

Targeted Youth Sessions

Special Education Needs Group for ages 16-25 (@ Throston Youth Project)

Thursday: 6:00pm - 8:00pm

Born 2 Be - LGBTQ+ Sessions (@ Rossmere Youth Centre)

Wednesday: 7:00pm - 9:00pm

Friday: 5:30pm - 7:30pm

HARTLEPOOL YOUTH SERVICE: ACTIVITIES AND SUPPORT

Young Person's Social Prescribing Link Work Support

Feeling lonely but know deep down you would enjoy fun activities and supportive groups? Are you aged 11-18 years? Young Person's Social Prescribing Link Worker can help you become part of something positive!

Meet your Link Worker, get to know each other, talk about your interests, build up confidence and attend new groups to have fun and meet new people with support.

For more information, please contact Amelia Turner on 07478134950 or email amelia.turner@hartlepool.gov.uk

One Stop Shop

(Windsor Offices, Middleton Grange Shopping Centre, Hartlepool, TS24 7RJ)

Drop in services for young people aged 13-19 (up to 25 for those with additional needs).

Offers young people a wide range of services including:

- Support into Education, Training or Employment
- Health and Relationship advice
- Support with money issues, benefits advice, student finance and budgeting
- Job search facilities including Curriculum Vitae support
- Support around housing issues
- Opportunities for personal and social development

Open Monday - Thursday 9.15am – 5.00pm and Friday 9.15am - 4.30pm

You can also contact the One Stop Shop Team by calling 01429 284043 or email julie.barnes@hartlepool.gov.uk.

HARTLEPOOL YOUTH SERVICE: ACTIVITIES AND SUPPORT

Youth Centres/Clubs

Our youth centres and clubs offer a range of fun, challenging and creative activities where young people are supported by experienced and helpful youth workers.

Open access youth sessions for ages 13-19:

Rossmere Youth Centre

(Rossmere Way, Hartlepool, TS25 5EB)

Thursday: 7:00pm - 9:00pm

Sunday: 6:00pm - 8:00pm

Duke of Edinburgh (@ Rossmere Youth Centre)

Tuesday: 7:00pm - 9:00pm

Throston Youth Project

(Wiltshire Way, Hartlepool, TS26 9PX)

Monday: 7:00pm - 9:00pm

Tuesday: 7:00pm - 9:00pm

Greatham Youth Centre

(Greatham Community Centre, 19 Front Street, Hartlepool, TS25 2ES)

Thursday: 7:00pm - 9:00pm

King Oswy Youth Club

(CECA, King Oswy Drive, Hartlepool, TS24 9PB)

Wednesday: 7:00pm - 9:00pm

Rozzy Plaza Skate Park (@Rossmere Youth Centre)

Open 7 days a week, 9am - 9pm (subject to weather conditions)

NOTES

A series of 24 horizontal dotted lines for writing notes.

THIS BOOKLET WAS COMPILED AND CREATED BY
YOUNG MEMBERS OF THE 'TOMORROWS A GOOD
DAY' EMOTIONAL WELLBEING GROUP AND
HARTLEPOOL YOUTH SERVICE STAFF.

THANK YOU TO YOUTH WORKERS AND YOUNG
PEOPLE FROM THE HARTLEPOOL YOUTH SERVICE
WHO HAVE DEVELOPED THIS BOOKLET TOGETHER.

THANKS ALSO TO KATIE HUGHES AND SALLY CAIZLEY
FROM THE YOUTH JUSTICE SERVICE FOR THEIR TIME
IN CONSIDERING THE LANGUAGE USED

IF YOU WOULD LIKE TO JOIN THE T.A.G.D GROUP OR
TAKE PART IN ANY OTHER PROJECT AND PROVISIONS
WE PROVIDE, GET IN TOUCH!



01429 523900



hartlepoolyouthoffer@hartlepool.gov.uk



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