



Who are WithYou?

WithYou is the commissioned substance use service for Kent. We work with young people and young adults up to 24 years old. We provide access to advice, information and support around alcohol and drug use.

Our trained and skilled staff work with young people, including those with complex needs, to achieve positive change through evidence-based work.

The service also offers advice, information and support to parents, carers and families who are concerned about a young person's substance use.

If you have any questions about your child being on the Sunlight Project, or if you think you know a child that is suitable, please contact us at:

sunlight@wearewithyou.org.uk



wearewithyou.org.uk

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Registered address: Gate House, 1-3 St. John's Square, London, England, EC1M 4DH

The Sunlight Project

Supporting children in schools who are affected by someone else's drug and alcohol use

withyou
in Kent

What is the Sunlight Project?

The Sunlight Project is aimed at children aged between 7-13 who are affected by someone else's drug or alcohol use. The project is run in small groups within schools.

This project does not seek to punish parents or loved ones that may use substances, and children do not have to share any details of their home life even if they attend group sessions.

Once a young person has been referred to the Sunlight Project, we will meet them 1:1 to check they are suitable and are happy to come along to the group.

The project has 7 group sessions of 4-5 children. Each group will be held weekly and will be run by two experienced workers.

The project will end with a final 1:1 meeting where the child can think about what they have learned and see if there is anything else we can help them with.

We offer an open session with parents/ carers of young people referred to explain the project and reduce any worries.

What does it hope to achieve?

We run self-esteem activities throughout every session to help develop a feeling of self-worth, alongside activities to help the children manage emotions and how to identify support networks.

There is a strong emphasis on identifying and building on existing strengths, focusing on solutions rather than problems. There is a focus on the good things that are already happening in the child's life and encouraging them to use these to cope when things are hard for them.

Project Outline

Below is an outline of what work we will complete with a child over the project. This plan may change slightly depending on the needs of the group of children.

1:1 meeting

Session 1: Introductions and Group Rules

Session 2: Understanding Thoughts, Feelings, and Resilience

Session 3: Managing Thoughts and Feelings

Session 4: Understanding Habits and Routines

Session 5: Medicines, Drugs, Alcohol, and the Body

Session 6: Identifying Risks, Safe People and Support Networks

Session 7: Endings and Planning for the Future

Final 1:1 meeting

Any Questions

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Getting more support

If you or someone you care about needs some advice or support about their drug or alcohol use you can speak to your GP, or there are several services that can help. People under 24 years old and not physically dependent on alcohol or opiates can get one to one support from WithYou by calling 01795 500881 or emailing yadmin@wearewithyou.org.uk for more information.

People over 24 can get support or advice for their drug or alcohol use from the following services:

- If you live in East Kent (including Swale, Canterbury, Thanet, Dover, Folkestone, and Ashford) you can find details for support from Forward Trust at <https://www.forwardtrust.org.uk/support-type/drug-alcohol-support/>
- If you live in West Kent (including Dartford, Gravesham, Maidstone, Sevenoaks, Tonbridge & Malling, and Tunbridge Wells) you can contact Change Grow Live on 0330 128 1113 or email westkent.firststep@cgl.org.uk