

What is Smile?

Smile is a targeted 12 week community based group work project for young people aged 10 to 16 yrs. Smile is delivered by youth workers from the Youth Development Service and HeadStart Hull.

What do we do?

We deliver Smile in local youth centres (North, East and West) after school.

Initially a youth worker will meet the young person at home or the youth centre to complete an assessment called My Star to help understand their issues and whether the young person will benefit from group work.

Smile offers a mix of issue based group discussions and social activities which develops the young person's understanding of self and increases their ability to engage with others and build positive relationships.

Who do we work with?

Smile works with young people who need additional support to build positive relationships with friends and family and increase their ability and confidence to communicate and socialise with peers.

To benefit from the Smile programme a young person needs to be able to attend once a week for 12 weeks and be able to join a group of up to 8 young people.

Referrals from other organisations into the project are made through the HeadStart Hull checklist which should be completed and returned to smile@hulcc.gov.uk

Young people (or their parents) can self-refer by calling **01482 331238**.



HeadStart Hull Delivery model

"Enabling young people to have positive mental health and wellbeing, thrive in 'their communities' and to be able to 'bounce back' from life's challenges"

