



# SUPPORTED ACTIVITIES

Youth. Patient. Participation. Group. (YPPG) is a group of young people working with GPs in Purbeck to **improve Youth Health Services**

Young People said: Anxiety, depression and lack of confidence is hard. We need **strategies** to help us cope better. **Supported activities** where we can relax and **talk** to a trusted adult would help



We have been given a grant to set these up and have **worked with Schools**, the **Youth Organisation** and **Nature/Arts & Craft Organisations**

We are offering a **FREE NATURE TRIP (With Transport)** to **Studland** with **National Trust** and **Purbeck Youth and Community Workers**

Time to **relax** and **enjoy being outside**! Jill will lead you through **Woodlands behind Beaches** and **Dunes**

Meet at **Swanage School** or **Wareham Family Hub**  
**July 14<sup>th</sup> or 18<sup>th</sup> - 3.15PM**



Please let us know if you are interested so we can finalise:

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