



Reg Charity Number: 270486

Est 1976

What happens during a session?

Dreadnought gives you the chance to meet an adult who will listen and try to help you sort out any problems you may have.

You get a chance to relax and offload each week too.

Dreadnought can also give you loads of information about all the things that affect young people

- so that you can then think about things and make informed choices for yourself.

“Give it a go, you never know you might like it”

How to contact us

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What do I want Dreadnought sessions for?



CENTRE

Registered Charity

Est 1976

President: Right Reverend Tim Thornton Bishop of Truro

Children And Young People Who Have Had Dreadnought One To One Sessions Tell You What It's Like

"No they do not force you to have sessions as it's your choice"

Do I have to go?

"No it's up to you"

"I tried it to see what it was like and loved it"

Do they listen?

"Yes that's their job"

"If you want to talk, they will listen"

"Yes everyone listens"

"They listen to what ever you want to talk about"

Is it fun?

"**Yes** definitely"

"**YES** it's fabulous"

Do only naughty people have Dreadnought sessions?

"Dreadnought is not for naughty people"

"No they don't, all kinds of people have sessions"

"No. People that need help have them"

Is it like school?

"No because it's more relaxed"

"It's nothing like school"

How will I get there?

If held at a place other than in school hopefully your parent or carer will be able to bring you along. If this is not possible then this will be discussed with whoever is suggesting you have Dreadnought's support, otherwise sessions may take place in school/ college.

If I tell them something will they grass?

"Unless the thing that you tell them involves you or others getting hurt, then no"

How can they help ME?

"They help you to understand yourself. Who you are and what you do"

"Anything you need help with they will do their best to help you with it"

"Talking, Listening & Games"

