

Elevating Outdoor Spaces for Young People

Creating safe, therapeutic environments across Children North East services.



With support from:



Why Therapeutic Spaces Matter

Every day babies, children, young people and families access Children North East services for support with their emotional wellbeing, mental health and relationships. Our Therapeutic Team delivers a range of specialist interventions, including counselling, Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR), and are one of the region's few dedicated parent-infant mental health services.

For many young people, the journey to feeling safe and supported begins before they enter the building. Calm, welcoming and trauma-informed outdoor environments can help reduce anxiety, support emotional regulation and create positive first impressions,

enabling children and families to engage more confidently with the support available.

By transforming our outdoor spaces, we can extend the therapeutic experience beyond the therapy room, creating environments that help every child and family feel welcomed, valued and ready to thrive.

"It helped me with past trauma with my brother, my emotions, ways of coping. It was good talking about feelings."

Young person accessing Ways to Happiness

2,956 counselling sessions delivered in the last year



Graingerville Entrance

4 Graingerville North
Westgate Road
Newcastle upon Tyne
NE4 6UJ

Creating a Welcoming First Impression

For many children, young people and families, the Graingerville entrance is their first interaction with Children North East. The current space is functional, but it does not fully reflect the warmth, support and safety that awaits inside.

Working alongside design partners JDDK, who have developed plans to transform the entrance into a calmer, greener and more welcoming environment. Through improved landscaping, planting and design features, the space will provide a positive first impression that helps reduce anxiety and create a sense of belonging from the moment families arrive.

This transformation will ensure the outdoor environment reflects our values and the life-changing support delivered within the building.

The therapeutic journey begins before a child walks through the door.



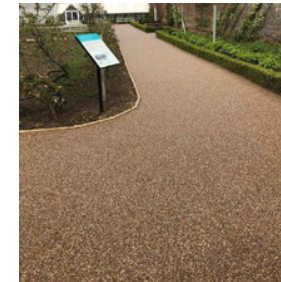
Proposed Design



Sample Images:



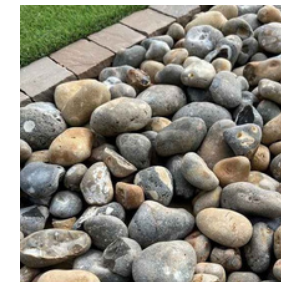
Corten planter



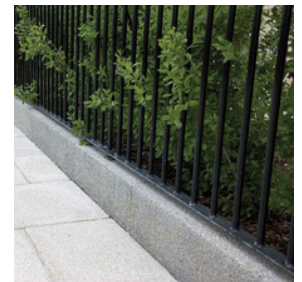
Resin bound paving



Clay pavers



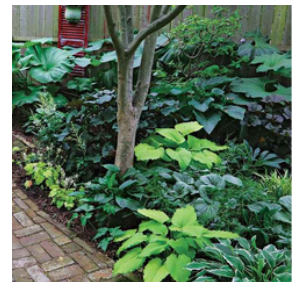
Beach cobbles



Conservation edging



Light unit



Planting

Regent Terrace Outdoor Yard

14 Regent Terrace,
Gateshead
NE8 1LU

Transforming an Outdoor Space for Wellbeing

Currently, the Regent Terrace yard is an underused and uninviting outdoor area, with limited opportunities for children, young people and families to safely access the benefits of outdoor space.

Working alongside Mott MacDonald through their Brilliant Neighbour initiative, concepts have been developed to reimagine the yard as a bright, welcoming and therapeutic environment. Proposed improvements include planting, colourful murals, seating, sensory elements and safer surfaces designed to create a space that feels calm, engaging and connected to nature.

The transformed space will provide a welcoming outdoor environment for therapeutic conversations, wellbeing activities and family engagement. Designed with young people's wellbeing at its heart, it will create opportunities for reflection, connection and positive experiences beyond the therapy room.



Proposed Design



Bird Nest & Feeder

Connecting with nature by encouraging curiosity, learning, and care for wildlife

Paint Door and Window Fences

Introducing nature, colour, scent, and sensory experiences

Transfer Boiler Exhaust

Providing better air for children space

Padded Safety Tiles & Artificial Grass

Creating a safe, soft, and colourful ground surface

Wall Painting and Drawings

Visual stimulation, decoration
Creating a cheerful, inviting, and non-intimidating atmosphere

Low Woven Fence and Flower Box

Defining a play boundary, and safety matters

Child-Friendly Garden Furniture

Providing areas for social interaction, focused activities, and rest

Partnership Opportunities

Help Bring These Spaces to Life

We're seeking partners who share our commitment to creating safe, welcoming and therapeutic environments for children and young people.

Support can take many forms, from funding and professional expertise to volunteer time, landscaping support, materials and gift-in-kind contributions.



Ways to Get Involved



Landscaping & Planting Help create welcoming, nature-rich environments.



Labour & Professional Expertise Support through construction, decorating, joinery or specialist trades.



Materials & Equipment Furniture, planting, paving, paint, fencing and outdoor features.



Corporate Volunteering Practical team volunteering to help deliver improvements.



Financial Support Contributions towards project costs and specialist works.

Project Value

Estimated overall project value: £15,000 – £25,000

Support can fund or contribute towards:

- Landscaping and planting
- Outdoor seating and furniture
- Surface improvements
- Murals and creative features
- Materials and specialist labour
- Wellbeing and sensory elements

Every contribution, whether funding, skills, materials or time, will help create outdoor spaces where children and young people feel safe, welcome and supported.

More Than a Space

These projects are about more than landscaping. They are about creating environments that reflect the care, support and opportunities that every child and young person deserves.

Together, we can transform overlooked spaces into places of connection, confidence and belonging, creating a lasting impact for the children, young people and families who access Children North East services every year.



Join us in bringing these spaces to life.

Whether through funding, volunteering, professional expertise or in-kind support, your contribution can help turn these plans into reality.

To explore how you or your organisation can get involved, please contact Rebecca Jobson at rebecca.jobson@children-ne.org.uk



Charity number: 222041

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