



## SUPPORT STAFF

# NEW YEAR – NEW TEAM

With a reduced staff team of Elliot, Detti and Yasmin, supported by amazing volunteers Alan, Barry and others, steadying the ship for the past 8 months, it's great to introduce two new staff members, Rachel and Peter.

**“We aim to understand the greatest need for local young people”**

years in Brentford FC's Community Trust, he has consistently aimed to bring hope to some of the

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Peter our new Director brings a wealth of experience from his work in west London. Through 10 years as a Youth Minister to 20

## DIRECTORS MESSAGE WELCOME

Welcome to our new “Igniting Hope” newsletter. These past two years have been a challenge for many of us, including us at The Source, but it's been such a pleasure to witness kindness and support from so many in our Community. At the Source we've had several changes over this time but it's good to renew our vision with a new staff team, updated offices / support rooms and a passion to support the vulnerable and disadvantaged young people in our community. Thank you for standing with us, and I hope you enjoy reading our latest news.

**Peter Shears – Director**

SUPPORT /  
DONATE /  
SHARE /

**We would love you to partner with us, and you can support in one of the following ways:**

Buy a Bike - Get fit..... and support the Source  
Volunteer - Mentors and placement counsellors  
Donate financially

continued

most deprived and vulnerable young people. "We aim to understand the greatest need for local young people, find partners to work alongside, and develop teams of people who are passionate about supporting others. If we do that, we can bring hope to those who need it".



Rachel our newest Counselling Co-ordinator, joins Elliot in our Personalised Programmes delivery team. As a qualified Integrative Psychotherapist she has worked alongside children, young people and adults in her Psychotherapy role at New Dawn Counselling Centre, where she is also the Vice Chair and balances both jobs. She brings 10 years of experience and is passionate about supporting Trainee Counsellors and Mentors in their professional development at The Source and offering the Young People a gateway to improving their well-being in a society full of everchanging challenges.



## FEATURE NEW YEAR – NEW ROOMS

Plain grey walls and carpets have been transformed through the creative talents of our staff Yasmin and Elliot. Three core rooms now burst with colour and creativity, bringing life and vibrancy into ordinary spaces. "These are the nicest Counselling rooms I've ever worked in" remarked one of our fantastic volunteer Counsellors. We want each young person to know that they are special, and everything we do, to reflect the goodness, care and compassion of God who loves us all.



## INFORMATION THE NEED IS GROWING

It has become common knowledge during the pandemic and restrictions we've all been living under, that Young People's wellbeing and Mental Health has suffered. A recent Children's Society report showed that 34% of those referred to NHS aren't accepted treatment, and 75% of young people don't get the help they need. With an average of 1 in 6 young people experiencing a worsening of their mental health, it is clear the need for further support is growing. Our Personalised Programmes of support are currently reaching 40 to 50 vulnerable local young people, but we know that the need is far greater still. The importance of reaching out with early help is vital in supporting their wellbeing, increasing their confidence and building their self-esteem.





## INNOVATION

# BIKESTART – SUPPORTING THE SOURCE....AND SUSTAINABILITY

At the Source, we are fortunate to have an innovative social enterprise called Bikestart supporting the work. Bob and his team, refurbish bikes that have been donated by local people which are sold through our eBay site or directly from our workshop. The team also Service, Repair and Safety Check bikes as well as delivering bike maintenance training to groups and individuals.

Every bike donated and sold, provide valuable resource towards our work of supporting local vulnerable and disadvantaged young people.

All our Team's work is supervised by a Cytech & Velotech qualified Bike Mechanic. To get in touch or book an appointment to visit, please email [bikestart@thesourceforyou.co.uk](mailto:bikestart@thesourceforyou.co.uk) or call 07596 564428.

## FEEDBACK

# HOPE FOR A FRESH START

*"The hardest thing I have ever done was to sign up and get help. I'm glad I did. My life is finally turning around"*

*"I went through a lot, and I never was able to really let it out and process it. But talking to you has made such a difference, I feel like I am new person, and I actually like who I am."*

Currently supporting - 39 young people

Average support - 10 hours

## WELLBEING

**HOW WONDERFUL IT IS THAT NOBODY NEED WAIT A SINGLE MOMENT BEFORE STARTING TO IMPROVE THE WORLD**

Anne Frank

## ABOUT THE SOURCE

# THE SOURCE YOUNG PEOPLE'S CHARITY

We are an inclusive Christian Charity and have been supporting the Wellbeing and Mental Health of Young People in Aldershot, Rushmoor and surrounding areas since 2005.

We are currently offering personalised programmes of Counselling and Mentoring to young people aged 14 – 25. We accept referrals which can come via self-referral, a parent or carer, as well as from schools, health care professionals and CAMHS. Please get in touch with Elliot on 07518 020524 or Rachel on 07518 019425 if you require further information.



## The Source Young People's Charity

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