



SUPPORT

SCHOOL SUPPORT

Thank you to all the pupils, parents and staff at St Peter's Church of England Junior School who supported The Source through a Bike donation day in June. Following a classroom lesson by our staff, the children volunteered to donate some old, unused bikes to be repaired, recycled, and sold on, to provide further funding to help local young people. Thank you to everyone at the school, especially the children, for helping us in this amazing way.

It has also been a privilege this term, to re-ignite our relationship with two local secondary schools in Aldershot and Farnham. With many schools needing to support a growing number of pupils struggling with mental health challenges, we are pleased to see these school networks opening again to our support. We look forward to developing these relationships further in the coming months.

FEEDBACK

HOPE FOR A FRESH START

"I appreciate all the support you have given me. It's had a positive effect through a difficult time. I look forward to and enjoy our sessions, and I know it's making a difference" *Sam aged 16

"I feel like I'm looking forward now and not down" *Alicia aged 17

"I have only recently started volunteering with The Source, but already I feel at home with the team and find them so supportive and friendly. I am loving the privilege of supporting a young person." Jackie - Life Coach / Mentor

*Names changed for confidentiality purposes

DIRECTORS MESSAGE WELCOME

Welcome to our latest edition of Igniting Hope, The Source Young People's Charity newsletter. I love our vision, to see young people in Aldershot and surrounding areas thriving, hopeful and living a fulfilled life. Isn't that what we all want for both ourselves and our children? At The Source, we want to work collaboratively to see this fulfilled. We don't think we have all the answers, but we do want to be part of the solution. Re-connecting with old partners, finding new partners, supporting more young people, and finding new ways to help local refugees have been some of the highlights over the last few months. I hope you enjoy reading our latest news and I look forward to us working together, to solve the current challenges for so many young people struggling with their mental health and wellbeing. **Peter Shears – Director**

SUPPORT /
DONATE /
SHARE /

Volunteer – two van drivers required for 2 hours per week, collecting donated bikes
Buy a refurbished bike from Bikestart – sustaining the environment, supporting The Source
Pledge a regular donation - £25 a month for a year, supports a 12-week Counselling course for a vulnerable young person

SUPPORT STAFF TWO NEW VOLUNTEER COUNSELLORS...AND A TRUSTEE!

Over the last few months, we've been delighted to introduce three new Counsellors / Mentors to our team. Nicky is a recently qualified BACP Counsellor, with extensive experience in local schools, including SEN. As a Fashion Designer by trade, she certainly brings plenty of creativity to the team. Rachael, is a trainee Counsellor at Mindspace Foundation, specialising in work with young people and Jackie is training with Waverley Abbey as a Life Coach. It's fantastic to welcome them all, as they begin to deliver personalised support programmes with local young people.

We're also delighted to welcome Pam Welch, our newest Trustee on board. With over 20 years of Global experience in Marketing and Communications, Pam will be supporting the Staff Team to develop processes for increasing the quality, and quantity of Communication output to our partners and supporters.



SUPPORT THANK YOU FOR YOUR SUPPORT!

Thank you to Waitrose in Farnham and Alton for your kind Community Matters gifts to help with our work. We really do appreciate your support.

Waitrose Farnham's Community Support worker Alice, presenting us with their kind donation

WIDER SUPPORT BIKESTART – A SOLUTION TO LOCAL REFUGEE TRANSPORTATION ISSUES

Over the past few months our Bikestart social enterprise has happily provided over 25 bikes to local Ukrainian and Afghan refugees. One of the challenges for refugees arriving locally, with little or no money, is how to get around quickly and easily. It would seem that the simple bicycle is proving a popular solution. For a small donation to the work of The Source, which is not compulsory and often donated by local churches or host families, we are able to do our bit to help integrate these families into our neighbourhood.



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 2000.

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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