

About us

The Source is a Christian charity serving the local community since 2001. We support young people aged 11 to 25 struggling with their wellbeing or mental health, regardless of faith or no faith, and our referrals come from a wide range of local agencies including statutory services, community organisations, and self-referrals.

“.. talking to you has made such a difference, I feel like I'm a new person, and I actually like who I am”.



How to support

Volunteer

Counsellor

Qualified and in-training Counsellors required for placements

Mentor / Support worker.

1 to 1 support for disadvantaged young people or support within specialist creative groups.

If you have qualifications or skills in these areas, we'd love to hear from you.

www.thesourceforyou.co.uk

01252 333330

2a Grosvenor Road, Aldershot
GU11 1DP



Wellbeing and Mental Health support for young people in Aldershot and surrounding areas

THE
SOURCE
YOUNG PEOPLE'S CHARITY

The need

2022 NHS Children's Commissioner report:

1 in 5 children / young people aged 7 to 16 yrs and

1 in 4 aged 17 to 19 yrs had a probable mental health condition.

We prioritise our support for disadvantaged and vulnerable young people who may otherwise not receive the support they need.

We aim to build their confidence, resilience, and self-esteem, enabling them to live healthy, happy, and fulfilled lives.

Our work

We provide access to free support including 1 to 1 personalised Counselling / Mentoring predominantly for 14 years plus, and Creative Group support providing early-help support. All programmes focus on wellbeing / mental health.

Donate

Just Giving QR code



or contact

yasmin.cunningham@thesourceforyou.co.uk

Funding

Our innovative social enterprise team refurbish and sell donated bikes through our eBay site and our workshop directly. The team also Service, Repair and Safety-Check bikes.



Every bike donated and sold, provides funds for our work.

Contact bikestart@thesourceforyou.co.uk
or call
07596 564428.
www.bikestart.co.uk