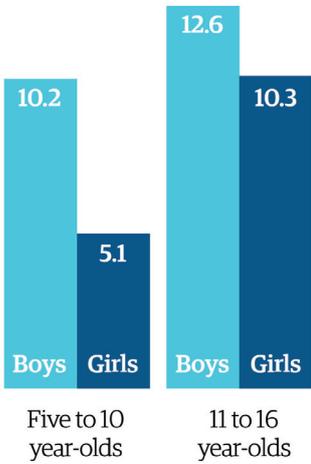


# Meeting the needs...

Children with a disorder by sex and age



It is clear from the responses HeadSpace has been getting that the general overall statistics for Mental Health issues amongst young people is on the increase. Many Schools are struggling to deal with amount of sufferers and parents are often at a loss in knowing how to help their child.

Since HeadSpace began earlier this year, we find ourselves needing to train up more volunteers who would then be able to help support the young people. The gap\* is currently talking with two young people who are eager to write a blog that would be included on the gap\*s website and accessible to anyone. The plan would be to equip young people to be able to not only deal with their condition but to use their experiences both good and bad to help others.

We are currently applying for further funding to facilitate more training sessions including the offer of more advanced training for those wanting to go further in their support. If you feel you could do this then please contact Hannah for a chat.

As of a result of being on the HeadSpace programme :

- One young person has received support in hospital.
- One young person has received support back into education and social life due to being discharged.
- Two young people are now receiving support from NHS services.
- Fourteen young people are still receiving regular support from HeadSpace support workers.

We are currently partnering with three local secondary schools and we are actively utilising Social Media in order to support young people and raise awareness. In addition, we are now receiving referrals from schools, churches, parents, young people (self-referrals) and other organisations.

## OUR FIRST, FUN, FESTIVE FUNDRAISER

Put November 30th in your diary as that is the date of our first ever gap\* fundraiser event. Billed as the Festive Fundraiser, the event will centre around a quiz with other little festive treats throughout the evening. We are grateful to the lovely people at the Harvest Fields Centre for generously offering us a first class venue. The fun will start at 7.15 – 9.30pm so why not make up a team or 8-10 people, bring your own drinks and start your Christmas festivities in a fun way. Cost is £2.00 per person with all funds raised going to help sustain the work of the gap\*. **Contact David or Hannah to confirm your team(s) place.**



contact

Hannah on 07599 912670

or

David on 07565 542976

email

gap.huboffice@gmail.com

www.thegapsuttoncoldfield.org



The gap\* Sutton Coldfield



@TheGapSutton



thegapsuttoncoldfield



# NEWS

Sutton Coldfield Expo was held in October and some of our young visitors chose to help bake and distribute cookies to the stallholders. Thanks to Charl (pictured right) and Mel for being willing to 'bake off'. The cookies certainly went down a storm with the recipients.

We are really pleased for some of our young people who, after a little encouragement and guidance from us, have landed themselves on college courses, onto apprenticeships and into jobs. Remi, Luke Mitchell, and Carly - we wish you all success.



Say hello to Oscar! Oscar (left) is our latest volunteer at the Venue. He is currently working as an intern for the ARK Church in Mere Green and is helping us out at gap\* as part of his 'placement'. Oscar hails from Nottingham and is a lover of sport. His background is in doing youth work and he is passionate about engaging with and encouraging young people...he should suit the gap\* down to the ground then!

## gap\* Ambassadors

Walsall Studio School have given two of their pupils the role of ambassadors for the gap\*. Megan and Zara will represent and promote the work of the gap\*'s HeadSpace project in the school where gap\* volunteers already meet with a number of pupils on a weekly basis.



## OUR NEW LOOK WEBSITE



As we go to print, the finishing touches are being applied to the gap\*'s sparkly new website. With a brighter and sharper design and interactive features, we hope to encourage more use of the platform over a range activities from blogs by young people to being able to donate to the charity on-line. Watch out for news about the launch of it in the very near future.

The gap\*, Our Place Community Hub, Farthing Lane, Sutton Coldfield, Birmingham B72 1RN

The gap\* is a Registered Charity. Charity Number 1127347  
Registered Company Number 06641980

# HOW WE HELP

An encouraging story about one of our young people and how the gap\* helps them in shaping their futures.

When Natasha first came up to the Venue, she was a young lady with very low self esteem. She barely made eye contact with anyone who spoke to her. She was a victim of cyber-bullying during her studying for her A-Levels and, over time, we did our best to encourage and support her whenever she came up to the Venue drop-in. Natasha began to make her first genuine set of friends through some of the youngsters that also attended Venue.

When she was in desperate need of a work placement for school, we helped set her up with our local Community Hub where she worked on reception and helped with some of the family based events that were held there. Whilst she was on this placement she took the opportunities to enrol herself on a number of short courses that she felt would help her gain experience.



After this experience, Natasha agreed to come out on a social action Mission to Romania with a gap\* leader and some gap\* volunteers. During this week she gained experience in working alongside children with and without disabilities, in prisons, alongside the homeless and also had the chance to realise her creative skills by decorating the walls of one orphanages with a Winnie the Pooh mural - this was something she was very proud of.

By this time Natasha was in a relationship with her boyfriend and ready to re-sit her school exams which she past with very acceptable results... discussions were regularly had about what she would like to do as a job in order to help give her some clarification. She was encouraged to apply for University and with some assistance from us she applied and got accepted into Wolverhampton University to study Psychology as well as getting herself a part-time job in a local shop. In 2016 Natasha completed her degree getting a First in Psychology! She currently works for a well known Supermarket but is also in the process of taking on the role of tutor/therapist for a child with Autism. We are immensely proud of Natasha (as are her family) and all she has pushed herself through to achieve, and we know this young lady has so much more to offer.