



THE GAP* IS A REGISTERED CHARITY
CHARITY NUMBER: 1127347

SPRING NEWSLETTER 2022

Investing in young people

KEEPING YOU IN THE LOOP



Welcome to the Spring 2022 gap* newsletter. As always, we are really excited to update you all on everything that has been happening in the gapsphere. Zabrina, George, Laura and our team of volunteers have been continuing to work hard in engaging, investing and identifying in the lives of local young people. We are so thankful to everyone that supports the work of the gap*, from prayer to volunteering to donations... you help the gap* to keep on going and make a difference in young people's lives. In this Spring Edition of our newsletter, you can find out about everything that is going on in our main projects as well as being introduced to some new volunteers and finding out what our young people think about us.

what do the young people think about venue?

Time to relax...
best place in
Sutton!

Get to play
pool with my
friends, it's so
FUN.

I feel safe
and loved.

Hot
Chocolates are
amazing.

Everyone at
gap cares.

A WARM WELCOME

CHARLIE

We are delighted to introduce you to our new volunteers.

KAYE



What attracted me to want to volunteer for The Gap:

"I think it's such important work that the gap* are doing, especially the Headspace project as there's so little support out there for young people struggling with their mental health & wellbeing at the moment.

I'm passionate about supporting children & young people and feel there is so much more that needs to be done!"

What difference do I hope to make?

"I hope to have lots of important and meaningful conversations with young people that will support them on their journey to better mental health & wellbeing. I also hope to raise awareness of how essential it is to invest in our young people's wellbeing going forward! "

What attracted me to want to volunteer for The Gap:

"I was attracted to volunteering at the gap* because I believe they do important work with young people in my local community.

What difference do I hope to make?

"I hope I can do the same by joining them and helping those in need giving support after a tricky couple of years for so many."



gap.huboffice@gmail.com



@thegapcharity.suttoncoldfield



www.thegapsuttoncoldfield.org

THE VENUE

Venue, our after school drop-in project, is thriving. With an average of 20-30 young people attending each of our weekly drop-in sessions, we are building some deep and genuine relationships. We have a new addition to the space in the form of a safety dart board, which is proving popular and our hot chocolates are still rated best in the world. Recently we have been partnering with the BURN Project (www.theburnproject.co.uk) who have been working on the streets alongside us as well as popping in during our sessions, bringing some friendly banter to the team and some of the young people over a game of pool. We are super excited and expectant to see how God is going to grow the Venue as we know the space, (so kindly available to us from Sutton Coldfield Baptist Church), is a room of light, security and love to all the young people who come up.



We love Venue because it keeps us off the streets. We get to see our friends, have fun playing games and get the best hot chocolates! They have amazing, caring staff that are just brilliant and so nice! They always encourage us to do the best things in life, its like they are always looking out for us. Recently they have really encouraged me to go to school, because I haven't been going for a while.



UPDATES

- OUR IN-HOUSE RECORDING STUDIO HAS HAD AN INJECTION OF NEW LIFE WITH SOME UP-TO-DATE TECH EQUIPMENT....GEORGE IS BUZZIN' TO START RECORDING WITH SOME OF THE YOUNG PEOPLE AND SUPPORTING THEM THROUGH THE PROCESS.
- AS THE SPRING APPROACHES AND DAYS GET A BIT LIGHTER, THE TEAM WILL HAVE MORE OF A REGULAR PRESENCE IN THE TOWN CENTRE AS PART OF OUR OUT THERE DETACHED YOUTH WORK. THIS ALLOWS US TO ENGAGE WITH SOME OF OUR REGULAR VENUE VISITORS AND OTHERS WHO MAY NOT BE AWARE OF WHAT THE GAP* HAS TO OFFER.

HEADSPACE

SUPPORTING YOUNG PEOPLE WITH MENTAL ILL HEALTH



HeadSpace, our mental health project, continues to grow! Within the last few months, we have started operating in another two local secondary schools (Plantsbrook and Arthur Terry), both of whom seem very encouraged to have us on-board. The impact of the pandemic has extensively affected many young people! This can be seen when it comes to their end of year exams, particularly mocks, and school year endings. However, our experience is that young people are a lot more resilient than they believe they are and what we endeavour to do through HeadSpace is to build on that resilience. We are always seeking to expand our mentor base as waiting lists grow so if you, or anyone you know have a passion for young people, a little spare time throughout the week and want to support via one-to-one sessions then please get in touch with Zabrina. We would love to hear from you. Laura recently was invited into Walsall Studio School to deliver some training on the Impact of Faith on Mental Health. This was very well received by the young people who loved the opportunity to explore this topic in more detail and within a safe space. Our young people's mental health issues are, unfortunately on the rise, but we thank God that HeadSpace is established to be able to support a number of young people within our local schools.

THANK YOU



A huge THANK YOU to SE Fitness for raising an amazing £293 for the gap*. The money raised will help positively impact the lives of young people the gap* work with. If you would like to also set up a fundraiser you can use our GO FUND ME PAGE:

Our Fabulous Funders

- GEORGE HENRY COLLINS
- SUTTON COLDFIELD CHARITABLE TRUST
- HARRY PAYNE TRUST
- COMMUNITY FUND
- EDGAR LAWLEY FOUNDATION
- THE ALBERT HUNT TRUST