



making up the new team

We are really excited to welcome the lovely Zabrina Wolfe to the gap* team. She is now the third part-time paid staff member and has been with us since September. Zabrina takes on the role of all things HeadSpace as well as supporting us in Venue and keeping us all in proper order with her admin skills!

Prior to her appointment, Zabrina had been working as a volunteer for the gap* within the HeadSpace initiative in Walsall Studio School as part of a placement she was doing for a Counselling Course. This means that she is already well knowledgeable in the work we do and her new role also gives her the responsibility of designing and rolling out our own basic Mental Health Support Training due to available early in the new year.

Alongside the work she has taken on with the gap* Zabrina is studying part-time for her Diploma in Counselling and in addition works a few hours as retail assistant at H & M. Besides her being a great source of fun, Zabrina brings an added dimension to the team with her proactive and positive attitude and she is already getting herself known with our partners and young people. Together with recently appointed Outreach Worker, Rob Jones and Project Manager, David the gap* has, for the very first time, a strong and jointly focused team that are now able to take all the initiatives and ideas and develop them into an even more professional service.

Getting Out There! >>

Part of the funding requirements for Rob's Youth Worker role is detached youth work, that is working outside the confines of Venue or other projects. This has taken a little while to get underway but now OUT There! is ready to go (as soon as Rob and his fiancée, Adele get 'hitched'). This will involve one evening per week when Rob and one of our volunteers will be out on the streets of Sutton town engaging with the young people who hang around the town in the evening. This will take place from around 6.30 to 8.30pm and by using opportunities such as the gap*'s Studio facility as an incentive, it is hoped that relationships can be built with the young people. These could be further developed with them coming to the Venue drop-in.



www.thegapsuttoncoldfield.org



The gap* Sutton Coldfield

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[thegapsuttoncoldfield](https://www.instagram.com/thegapsuttoncoldfield)

PROUD SPONSORS

Well, for the first time in it's history, the gap* are the proud sponsors of a local football team. Sutton United FC under 13 girls team carry the gap* logo on their team kit and have even presented us with one of those shirts in a frame that currently has pride of place in our office! The team are relatively new and that causes problems as they are often playing against teams that have been



established for much longer. They have yet to win a match but it is early days and as a team, they are enthusiastic and enjoying themselves. Let's hope there are some wins around the corner, in the meantime we remain avid supporters of these young ladies. Next stop Wembley, girls!!



We are always greatly encouraged to have volunteers, especially at Venue as it was always the plan that we could attract both young and older people to help us run the three weekly drop-in sessions. So it is with great pleasure that we welcome both Josh and Adele to the team. Josh comes to us via Duke Street Church and is enthusiastic about meeting and chatting to young people.. as well as loving swimming and reading (but not at the same time). Adele is the fiancée of our very own youth worker, Rob and is studying on a CYM course in Nottingham,. Her placement is with the gap* for the next year where she will be involved in Venue, HeadSpace and other aspects of our work. Adele has a liking for cooking, art and furry animals! Welcome!

There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you. Isaiah 41:10



making music



As the work of our HeadSpace project increases week on week, we are so happy to have on-board two new volunteers. Joy Shilliday (top pic) and Carol Martin have joined us and are already working in schools meeting with young girls needing support, at some level, with their mental health. Joy is a retired GP and has a real passion to use some of her experience in this area. Carol is a part-time youth worker at Duke Street Church (one of our avid supporter churches) and also has a real desire to help young people through difficult periods of their lives. We now working in three Secondary schools seeing 17 young people on a weekly basis and have a waiting list of new referrals. Zabrina is currently preparing a Mental Health Awareness training day for early 2018. This will be open to anyone who is interested in volunteering in this area.



The gap* Studio is now truly up and running with regular bookings being taken. There are some very talented young people out there



and our aim is to be able to provide an environment for them to be able to outwork their abilities at whatever level. This can often build their confidence and self-esteem or just allow them to get to hear their songs recorded and develop their talent. You can get to hear some of the young people's work so far by accessing the gap* website.

We have applied for more funding to obtain some instruments (guitars and keyboards) so that the young people will be able to utilise quality equipment in their recordings and extend the range of what they can produce. To book some time in the gap* studio you need to contact Rob on 07462 306177 or by email robjones.gap@gmail.com.



ADAPT<ED> reboot

We are currently re-looking at our AdaptED project and how we promote it to the right young people. It started off well with a number of 'students', however, this has tailed off in recent months leaving our volunteer tutors waiting around. We were assured of potential students from some of the partners we work with. These have not really crystallised into anything solid and David is currently looking to explore other avenues. We will keep you updated these developments.

Thrifty 50

50 PEOPLE → £20 A MONTH → £1000 A MONTH / £12000 A YEAR

50+ YOUNG PEOPLE ENGAGED WITH A WEEK
40 HEADSPACE SESSIONS A MONTH
150 VENUE SESSIONS A YEAR

Could you be one of our Thrifty 50?
Contact us on: gap.huboffice@gmail.com

Our 'Thrifty Fifty' campaign was launched earlier this year as a way of encouraging people to support the gap* financially. We currently have around 18 people adopting this method of financial support. It works on the principle of a regular monthly donation of £20 for 12 months (or more). £240 annually from 50 potential supporters could give the gap* £12,000 (plus Gift Aid) towards its core running costs. If you haven't already done so, please give it some thought about whether you can be one of our 'Thrifty Fifty'.