



MEETING THE NEEDS...

At the gap*, as we identify needs amongst the young people, we often come across those who display some aspect of mental health or mental wellbeing issues. Some research featured below gives some idea of the level of this problem.

Some significant statistics

- **1 in 10** children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around 3 children in every class.
- More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time.
- Other mental health problems include attention deficit and hyperactivity, affecting around 2 to 4 percent of teenagers.
- Surveys show that around **13%** of boys and **10%** of girls aged 11-15 have mental health problems.
- Half of all lifetime cases of psychiatric disorders start by age 14 and three quarters by age 24.
- 72% of children in care have behavioural or emotional problems - these are some of the most vulnerable people in our society.

As we are committed to meeting needs, we have been doing some research ourselves and are looking to build a database of helpful resources with the view of setting up a **Mental Health Support Network for Young People** in the Sutton Coldfield area and immediate surroundings .

How it could work...

By providing willing volunteers with Mental Health Awareness training, we would be equipping appropriate adults to work alongside a young person supporting them in whatever way we can, be that signposting them to local, qualified Counsellors or just being there for them so they have someone to chat things through with, offer guidance and support. There could be opportunities to maybe work with the family as well as the young person.



Functional Skills Education Project

The other area of concern for us is the amount of young people who, having fallen through the educational net, end up without basic functional skills that would allow them to get into apprenticeships, college courses or employment. One idea we have is to build a resource bank of suitably qualified tutors, made up of retired, part time or former teachers who could offer an hour a week for a set number of weeks to work with one of these young people in helping them attain their Functional Skills at Level 3. The other is that we are seeking to discuss partnering with a Christian charity who are already doing this work, with a view to establishing a set up in our area. We are currently seeking funding for this but we feel strongly that the Lord is in both this and the Mental Health project and we are praying (and would encourage you all to) that His will may be done.

To contact us call David on **07565 542976**.

You can also contact us if you would like to be a prayer partner for the gap*

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



The 2015 Great Midland Fun Run took place on Sunday 31st May with six runners doing it on behalf of the gap*. We want to extend our thanks to James, Mike, Marc, Nashmeen, Reuben and Rebecca for their sterling efforts to make it around the gruelling 10K circuit all in aid of raising money for us....you are all true legends!



Fun Runners, James (above), Mike (top right), Nashmeen and Marc (with his daughter). Sadly we did not manage to get photos of Reuben and Rebecca but our heartfelt thanks to them anyway!

Where are they now?

In each edition we try and trace the paths of our volunteers to see where life has taken them, following on from their time with us.



Tom Richards

Following the voluntary youth work experience I gained from my time at the Gap* - and after much prayer, I wanted to pursue a career as a youth worker. In 2010 I went to Coventry University to study Youth Work. In 2011, I began working for the YMCA in Sutton Coldfield as a detached and centre-based youth worker, predominantly working with young carers and leading a youth club in Kingstanding.

In 2013, after gaining much valuable youth work experience and graduating from University with 1st Class Hons, I began my current role as a Service User Involvement Officer at YMCA Birmingham. My role is to create opportunities and support the 300+ homeless residents to voice their opinions about their stay with the YMCA Birmingham, and consult them about future changes. I see a main part of my role as helping the YMCA Birmingham organise local events in the community, so far these have included a monthly prayer meeting at YMCA and Easter/Christmas Church services for our residents. It is so great that many years after volunteering at the Gap*, the organisation is still so active in the local community that it is even able to work in partnership in my current job.

Church Visits

We are currently undertaking our annual visits to the churches that support the work of the gap*. This is always a special time for us to get to meet people, share our passion, our stories and feedback some of the amazing things God has done and is doing as well encourage others to get involved. Hannah has been preaching at some of the churches on the subject of inclusion. We have a number of churches booked for later this year, if you would like your church included please contact Hannah on **07599 912670**

THE VENUE NEWS...



The Summer holidays means that many of our young people are looking for work or just something to do with their spare time.

Two of them, Alice and Dylan (pictured left), agreed to give us a hand painting the hallways of Our Place Community Hub, where gapsville HQ is situated. They did a good, solid day's work and we are mega proud of them...

One of our former drop-in visitors has been back to us to ask for help with her future plans now that she has finished school. Chelsey (right) is a very talented young lady, especially where carpentry is concerned and she has agreed to use those skills in Romania on a mission week next May...in the meantime we are helping her secure an apprenticeship in the area.



The gap* recently had it's very first work placement candidate. Charlotte, (right) originally from York, moved to the UK from Spain last year and is currently studying at North Birmingham Academy. She is fluent in Spanish and wants to use this in her future career but has wanted to learn more about what it is like to be a young person in the UK.



...and lastly, some farewells to volunteers... Mim, who goes out to do a gap year in Uganda; Harry, who heads out for a 4 month placement in Bucharest, Romania and Becky who is off to Liverpool University. We want to say a huge thank you and wish you well in all you do!

For any information about the gap* please contact David on **07565 542976** or email gap.huboffice@gmail.com

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