“Get on yer bike and ride!”

Julie (mother of our youth leader, Laura) recently completed the 100 mile Velo Birmingham and Midlands ride which she completed in 7 hours 47 minutes raising an amazing £370 for The gap*!

Julie said “I took up cycling with the Boldmere Bullets and wanted to do a 100 mile bike ride in my first year. I signed up for the Velo Birmingham and decided to train and commit the ride to the gap*. I wanted to raise money for the charity but also raise awareness of the positive impact The gap* are having on young people in and around Sutton Coldfield. Cycling in a group has helped me achieve my goal and is a fun way to exercise. I have met some fabulous people on my journey so far and we are all rooting for The gap* with all the projects they and their amazing volunteers are involved in.” We are so thankful and proud of this lady’s achievement and her support.

LOVE above all, LOVE each other deeply, because LOVE covers a multitude of sins.

1 Peter 4:8

Well the sun showed his face for part of the time while the runners ran the Great Midland Fun Run 2019 but a lot of drizzling rain also came down, though it did nothing to deter an intrepid, committed team of runners and stewards representing The gap*. Our runners, Reuben, Laura, Zabra and Mike, did a really inspiring job of completing the course...we owe them, big time!

Special shout out for Chantel and Jess, two of our drop-in young people, who agreed to don Hi-Viz vests to help in keeping everyone safe (and in-line!) throughout the event. The total amount raised will be confirmed in the year. We are aiming to get an even bigger team of runners for 2020’s event, so come have a go if you think you are hard enough!
Our BIG THANK YOU...

Each year The gap* puts on an event that allows us to say a massive thank you to all those who support us and the work we do. This year we return to the lovely people at Oikos Café/Church in Erdington. It will be an evening of good food, great company, some entertainment and an insight into where The gap* currently is and the plans for the future.

Please put the date Friday 4th October in your diary and contact us on gap.huboffice@gmail.com to book your places for what is going to be a great night!

The gap* has been listed as one of Birmingham’s SafeSpaces (https://safespaces.org.uk/). SafeSpaces, a network of youth providers who are facilitating places where young people can come to, feel secure and benefit from a range of support. The SafeSpaces network believes that “every neighbourhood should have a welcoming space where young people feel safe to connect, participate and build positive relationships”. We feel assured that this is something The gap* has been providing for a number of years.

A hearty gap* welcome to Joe and Aimie, two lovely people who have recently joined our HeadSpace team as volunteers.

Joe says "I just wanted to serve and do good to others. I think helping out the young adults is a great starting point and hopefully I can be helpful in their life."

Aimie says "I chose to get involved because I have a passion for supporting young people who are going through difficult times. I currently spend just over an hour a week preparing for and supporting a young person in a local senior school. The feeling of being the only person they have to open up to and trust saddens me but it’s a joy to know I can support and help to build their self-confidence to enable them cope with issues they are facing."

In the last four months HeadSpace has undertaken over 118 sessions across the four schools we are in. The feedback response from all the schools is always encouraging. We currently have six people running these sessions, though we are about to lose Carol who finishes with us in August. Carol is looking at the next steps of developing her newly acquired official Counsellor status...we are grateful for the time she (and her church) have given us and wish her mega success in her future endeavours!

ANNA FREUD PROJECT

We are pleased to be starting the second phase of the Anna Freud Project in Fairfax school! We now have 5 eager young ladies onboard and have managed to get the bulk of our training and brainstorming of ideas completed before the summer break! The girls are really excited to be a part of this project as they all have a keen interest in supporting others with their mental health and emotional well-being! So watch this space...

goteamfairfax

Some funding has been forthcoming that allows for a little bit of refurbishment to our Venue drop-in to be done… this will hopefully involve new sofas and wall hangings etc… watch this space for pictures in the next issue.
We are extremely proud of Courtney, one of drop-in young ladies, for getting onto an apprenticeship in Child Care whilst she works at a Nursery.
We wish her every success.
It’s also great to have Ella, our oldest volunteer, back with us on Wednesdays after a period of health issues and a family holiday abroad… we’d almost forgotten that she does make a good hot chocolate!!

Over the last few months we are indebted to the following for their financial support: EBN Academy, URC church, Sutton Coldfield, Walsall Studio School, Warwickshire Freemasons, South Parade Methodist Church, George Henry Collins and GJW Turner Trust