

Some encouraging feedback....

I did the breathing exercises you gave me and for the first time I could actually read the exam paper cos I was calm and I know I've done well in my Chemistry exam

We greatly appreciate all of the involvement and input from all members of the Gap*. We believe that they make a difference in the lives of the students

ADAPT<ED

The Gap* is an amazing opportunity that empowers students to develop resilience and reach their goals

It really helped having someone to speak to

I am so glad that I got referred to the Gap*... they've helped me so much!

the gap* helped me through the CAMHS process

I found the sessions helpful because you help me cope with things

HEADSPACE
SUPPORTING YOUNG PEOPLE WITH MENTAL ILL HEALTH

It's nice to have someone who actually listens to me

The intervention from The Gap* has made a real difference to the sense of well-being for a particular student. They are happier around school, smile more and get on better with their mum!

The sessions with Gap* have helped me to develop and understand who I am

Two of the gap's projects, HeadSpace and AdaptED, have been running for some time and we are really encouraged to be now receiving some feedback as to the effectiveness of the gap's staff and volunteer's work amongst the young people and school staff members. Above are just some of the comments we have received, proving that the work we do is not only needed but, in some cases, is actually having a life-changing impact on young lives. We are currently in three schools with 6 support workers who see around 19 young people every week. We are always in need of more volunteers to do this work and by the time of reading this we will be running our first of two self-funded Mental Health Awareness Training days planned for this year. We hope to encourage more people to help with this work as waiting lists are growing. Schools have also been working to support the gap* financially by raising funds through various activities (non-uniform days, performances etc). Following on from the earlier concerns we had about it, the AdaptED functional skills education project is now also producing results with three students already going on to other things after doing their Maths with us and another three currently doing Maths and English.



www.thegapsuttoncoldfield.org



The gap* Sutton Coldfield

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

THE VENUE news...

In recent months there has been a significant rise in the number of young people regularly attending the Venue drop-in every Mon, Weds and Fri. At one session we had a mid-week record number of 45 young people dropping by - *all those hot chocolates!* Whilst numbers are not necessarily the driver of our ethos of the Venue, it is good to know that the many youngsters who drop in have somewhere to be after school and during the holiday periods. We love to get to know them more and chat with them about issues that impact their lives and how we might help. It's just the way we roll!



gap* nominated for Peer Support Programme

The gap* have been selected to be part of an exciting new project with the Anna Freud Foundation. This programme is for any community organisations in the West Midlands wishing to set up or refine a peer support programme supporting young people's mental health and emotional wellbeing. This will involve two of us receiving training to set up a pilot Peer Mentoring project based around the issues of young people's mental health. A trial version is set up to take place from April to July 2018 followed by an evaluation and then the 'real thing' being rolled out from October 2018 to February 2019.

THE GAP* NEEDS YOU!

The gap* relies on its volunteer base to be able to run efficiently and meet the constantly growing needs. We are always looking for volunteers to help with the Venue, HeadSpace, and AdaptED. If you feel you have some time you could give, no matter how small, please contact us on gap.huboffice@gmail.com. The same if you would like to be a supporter of the gap* either prayerfully, financially or just to receive this newsletter.

Apprenticeships partnerships



The gap* has gone into partnership with Jericho Foundation in helping young people, specifically living in the Sutton Coldfield Wards to get onto apprenticeships at various Social Enterprises that Jericho run in the North Birmingham area. Anyone between the ages of 16 and 29 who are interested should get in touch with **David** on **07565 542976**

Sutton Town Council Funding Award

We are always happy to be acknowledged by our local Council for the work we do within the community. At a recent Sutton Coldfield Town Council meeting the gap* was successful in an application for funding and received £3000 towards our running costs. As an organisation founded on Christian values we feel it's a real privilege to be considered to be an integral part of the fabric of the local community and impacting lives of the young people we engage with.



From L to R: Deputy Mayor Derrick Griffin, Mayor David Pears, Rob Jones from the gap*, Councillor Keith Ward, Councillor Louise Passey, Councillor Christopher Ives & Councillor Jane Mosson.

Fun Run sign-ups

By the time you read this the deadline to sign up to take part in this event will have ended... staff members Rob and Zabrina, alongside volunteer Adele and drop-in visitor, Cory have so far signed up. Last year the gap* received a cheque for £1100, raised entirely by our runners and the efforts of our volunteer stewards...we would love to raise even more this year.

OUR NEW TREASURER

We are extremely pleased to welcome **Steve Smith** as our new treasurer. Steve takes over from Zoe Lisser who has been a Trustee and Treasurer since the gap*'s inception in 2008. Steve's skills and background will be well suited to the ever-increasing task of looking after gap*'s finances.

