Youthline

Free Counselling Service in Bracknell Forest for Young People aged 11-25
Low-Cost Counselling for Adults aged 26+

Issue 21

Welcome to another issue of Youthline's newsletter looking back at our fundraising successes and events in the third quarter of 2024 and upcoming events.

RECENT EVENTS AND FUNDRAISING

Wokingham Theatre Fundraising Event



This was a first for Youthline - a theatre performance dedicated solely to raising funds for our charity. On 4th September we managed to fill the Wokingham theatre with Youthline supporters who were brought to tears and laughter by the talented cast of 'Entertaining Angels' directed by Margery Jackson. We also held a raffle on the night with donations from many local businesses. In total an amazing £1,365 was raised. Thank you to everyone who contributed and supported this event.



Maxica's 10k run

A team from Maxica Consulting, which is celebrating 10 years in business, took part in a 10k run in Rugby and raised an increadible £1,214 in sponsorship. We know that fitting training into your busy schedules hasn't been easy and we really appreciate your support and choosing Youthline to receive the funds, which will be used to continue providing our vital sevices in the community.







Mill Ride Golf Club Captain's Day

We are honoured and delighted to have been chosen as the charity of the year by the Mill Ride Golf Club in Ascot. At the beginning of September we were invited to the Captain's Day, where golfers took on various fun challenges to raise money for Youthline. Mill Ride Club also held a coffee morning in support of Youthline and in total £1,099 was raised. Thank you for choosing to support Youthline this year!



MILL RIDE
GOLF & COUNTRY CLUB

Other challenges and achievements of our supporters



One of our supporters Abbie set herself a target of walking 300,000 steps in a month despite having a busy job. This meant going out every evening for a long walk. Thanks to her dedication and determination Abbie raised £233 for Youthline, thank you!

Hannah, who was one of our clients and received the much needed support from Youthline at a difficult time in her life, decided to take up boxing and take part in a White Collar Boxing match to prove to herself that anything was possible and she could learn a new sport and challenge an opponent in a boxing ring. She managed to raise an amazing £1,312 for Youthline, thank you!





The incredible ladies from the Bracknell Flames over 40s netball team decided to donate their prize of £150 for winning the league to Youthline. We are truly grateful for this donation.

A team of Youthline counsellors, volunteers and their family members and pets took part in the annual Bracknell Together Walk in SHP organised by the Easthampstead Rotary Club and raised £375 in donations. The Easthampstead Rotary Club has also donated money to us for taking part in the event.



If you would like to take on a challenge, try something new or test yourself - please consider fundraising for Youthline. You can use our justgiving page https://www.justgiving.com/youthline-limited to set up your challenge and collect sponsorship and we can promote your campaign on our social media.



Online Summer Auction

Our very popular Summer Auction in August included many activity vouchers like golf, adventure golf, ice skating, swimming, day at the races and fitness sessions donated by our local supporters: Mill Ride Golf Club, Sunningdale Heath Golf Club, Royal Ascot Golf Club, Golfplex, Ascot Racecourse, Bracknell Swim School, Ozone Ice Rink and Bennison Fitness. Thank you to all who took part in bidding for prizes allowing us to raise £475. Hope you enjoy making use of the vouchers.

If your business would like to donate a prize to our next auction or raffle, please contact: **fundraising@youthlineuk.com.**

Corporate Volunteering Day



The Grounds and Maintenance team from Ascot Racecourse spent a morning in early September giving our front and back gardens a much needed overhaul.

The work has truly transformed the look of our counselling premises, especially at the front, making it a more inviting space for our office staff, counsellors, clients and volunteers. We are truly grateful for your hard work.

If your organisation is looking for volunteering opportunities for your staff, we always have jobs that need doing. Just get in touch with **collette@youthlineuk.com.**

Local events we took part in



On Saturday 20th July Youthline were part of the vibrant Bracknell Pride event at the Lexicon in Bracknell town centre. Our volunteers and counsellors manned the stall and talked to many young people and their parents about our services and the mental health support in the area. We also had a visit from the newly elected MP Peter Swallow.



ACTIVATE LEARNING
BRACKNELL AND WOKINGHAM COLLEGE

At the start of the new term in September we were delighted to be invited to the freshers fair at the Bracknell and Wokingham College, where we talked to many students about how to access our service and the benefits of counselling.

FUTURE FUNDRAISING

Quince Players Panto



QUINCE PLAYERS

Youthline have been chosen as the charity that the theatre group in Sunninghill will be fundraising for during the performances of their panto Goldilocks and the Three Bears in January 2025. There will be bucket collections and raffles held at the shows. Tickets to the panto will be available from 31st October on this link: **https://www.ticketsource.co.uk/quinceplayers**



OZONE ICE RINK

We are very excited to annouce an exiting collaboration between Youthline and the Ozone Ice Rink in Bracknell. Through working together we are aiming to promote the importance of physical activity like ice skating on mental health as well as raise awareness of our services in the local community and hold fundraising events together. Further details will be announced on our social media in early 2025.

localgiving™

We are incredibly grateful for the generous donations we receive through Local Giving. As a charity, Youthline relies on such support to keep our essential services running. If you would like to make a difference, you can donate here: **https://localgiving.org/charity/youthline**

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https://www.easyfundraising.org.uk/causes/youthlineuk/

Bracknell Forest Lottery

When you spend just £1 on a Bracknell Forest Lottery ticket, 50p is donated to your chosen charity and a further 10p goes to support other good causes in the area. What's more, the odds are much better than the National Lottery and there's a jackpot of £25,000 to be won every week! Get your tickets before 26th October 2024 for your chance to win the all-new iPhone 16 Pro: **www.bracknellforestlottery.co.uk**.

CORPORATE PARTNERSHIPS

Youthline are looking to establish collaborations with local businesses to help promote mental health and well-being in the community and amongst their staff. There are many ways in which businesses can get involved and we can help with planning, engaging your staff, providing fundraising ideas, donation details, fundraising materials and internal communications. We will also work with you to come up with the best ways to benefit your organisation, be it: mental health workshops on e.g. stress management, resiliance building, work-life balance; counselling support; training in listening and communication skills etc. We will also promote your support and engagement on our social media, our website and around our offices. We already have some local business supporters like Duncan Yeardley, Maxica Consulting and esl Group but we'd love to work with more. If you are interested, please contact: collette@youthlineuk.com.

STATISTICS

In Q3 2024, 51 Youthline counsellors delivered face to face and online counselling sessions to 246 clients from our base in Portman Close and in 10 secondary schools across the Bracknell Forest area.

The number of offered appointments at Portman Close and in the schools were:
in July 24 - 561
in August 24 - 305
in September 24 - 502

RECRUITMENT

Support Volunteers

We are URGENTLY looking for Support Volunteers to assist our counsellors with admin duties at Portman Close. If you, or someone you know, can spare three hours a week and would like to be part of a team and support our charity please contact: collette@youthlineuk.com. No previous admin experience required. Rotas currently needing a support volunteer are: Wednesday 3-6pm, Thursday 3-6pm and 6-9pm and Friday 4-7pm.

Level 4 and 5 Placement Students

We are currently recruiting level 4 and 5 placement students looking for a clinical placement. For details and the application form, please visit our website: https://www.youthlineuk.com/work-with-us

For updates and tips on managing your mental health follow us on social media: Facebook (Youthline Bracknell Forest), Instagram (youthlinebf) and Twitter (@YouthlineBF) and like and share our posts.