

Youthline

Adult Counselling

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Counselling service for young people and those who care for and support them

WHO IS YOUTHLINE?

Youthline is an independent charity offering clients aged 12-25 years old, FREE, one to one counselling sessions. We support clients from Bracknell Forest and surrounding areas. We offer a safe and professional space for a client to talk about their issues with their assigned counsellor. All our qualified counsellors and clinical placement students are members of the British Association for Counselling and Psychotherapy. Most clients receive counselling for 6 or 12 weeks, although some work beyond 12 sessions up to four months.

Last financial year we saw 800 clients from our office at Portman Close, Bracknell and in eleven Bracknell Forest schools and we provided 700 hours of counselling each month. It costs approximately £190,000 per year to run the service, the money we need to secure from grant funding from local councils, the East Berks Clinical Commissioning Group, local companies and organisations, charitable trusts and the activities of our excellent fundraising committee.

HOW YOU CAN SUPPORT YOUTHLINE?

Through donations

The cost of providing a counselling session is £24, which we don't charge to the clients. You can support our charity by making a one off or regular donations by cheque or BACs to the following account - Name: Youthline, Acct No.: 00017040, Sort Code: 40-52-40 or by using Local Giving on this link: <https://localgiving.org/charity/youthline/>

Choose Youthline as your charity for a sponsored event

If you're planning on taking on a challenge, be it a running event, a cycle, a climb, abseiling, a parachute jump or like one of our own counsellors recently a wing walk, why not choose Youthline as the charity to receive donations from your supporters. Simply follow this link and select 'Youthline': <https://www.justgiving.com/start-fundraising>. Below are a few snaps of our recent fundraisers:

Andrew's Land's End to John O'Groats Cycle



Annabel's Wing Walking Experience

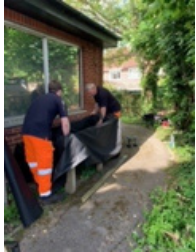


Monika's Binfield 10k, Bracknell Half Marathon



Help us with maintenance projects

Our building at Portman Close in Bracknell, which serves as an office to our office staff during the day and a counselling base with 6 counselling rooms in the afternoons and evenings needs frequent updating. We've recently had our garden tidied up by Ringway UK, 3 counselling rooms painted by Duncan Yeardley, Bracknell and a lighting survey done, and new LED lights supplied by the EES Group but there are plenty of other jobs suitable for corporate volunteering projects. Please get in touch with the Head of Operations at collette@youthlineuk.com to find out more.



Ringway UK



Duncan Yeardley



Help at bucket collections

We frequently hold bucket collections in local supermarkets and in Bracknell town centre, which we need volunteers for. These are a great way to raise money as well as spread the word about the service that Youthline provides in the area. If you can donate even an hour of your time please contact our fundraising co-ordinator Theresa at theresa@youthlineuk.com.



Become a Support Volunteer

Each of our counselling rotas, 3-6pm and 6-9pm Mondays - Thursdays, 4-7pm on Fridays and 10am-1pm on Saturdays needs a support volunteer to assist the counsellors with administrative duties, welcome clients in, answer phone calls and emails, all whilst maintaining client privacy and confidentiality. If you have three hours to give and would like to join one of our rotas in this valuable role, please complete the application form on here: <https://www.youthlineuk.com/get-involved/>

Raise money for Youthline online



easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand. Shop the latest offers here: <https://www.easyfundraising.org.uk/causes/youthlineuk/>



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! Buy your tickets here: www.bracknellforestlottery.co.uk.



Help Youthline get to 500 followers on Instagram and you will be in with a chance of winning a £25 Amazon voucher. Follow us @ youthlinebf and when we get to 500 followers the lucky winner will be drawn.



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