

Call for Volunteer Mentors and Volunteer Counsellors



**We are looking for Volunteer Mentors
and Volunteer Counsellors to help us
support and empower
Young People aged 14-25 years,
living in Aldershot
and the neighbouring towns.**

INTERESTED IN JOINING US?

Please call us on 01252 333330 or email us at
info@thesourceforyou.co.uk.

The Source Young People's Charity
Registered Charity No: 1112691
Registered Limited Company
in England and Wales No: 05639458



Awarded the Queen's Award
for Voluntary Service

www.thesourceforyou.co.uk

Tel 01252 333330

Email info@thesourceforyou.co.uk

Who We Are

The Source Young People's Charity is an inclusive Christian Charity based in Aldershot. Through our Personalised Programmes of 1-1 and Group Support we enable local Young People aged 14-25 years to build their resilience, emotional intelligence, and self esteem and transform their lives.

Our Core Values

Expressing God's Love
Rooted in Prayer
Igniting Hope
Renewing
Acceptance & Inclusion
Empowering



**Our Chaplain
Cpt. Jonathan Wiggam Says:**

"The new Source Team has been building in innovative and inspiring ways on the foundations of previous years. They have adapted brilliantly in these unprecedented times, filled with hope and expectation for the Young People they are reaching out to."

2nd Floor Imperial House
Grosvenor Road
(entrance on Barrack Road)
Aldershot, Hampshire GU11 1DP

VOLUNTEER EXPERIENCES OF MENTORING

"I have had two Mentees, and they could not have been more different! I loved seeing how they matured and grew as people, overcoming some super tough stuff in their lives and learning to manage their emotions in healthier ways. That's not to say that individual sessions didn't sometimes feel tricky, as they would tell me things about their lives that were really sad. Through their Mentoring Programmes, they both grew in confidence, were more thoughtful, and better able to make friends, and to think I might have played a role in that is really cool! Equally the support I received from The Source was excellent throughout, and helped me to learn more about myself too."

Natasha Rees - Volunteer Mentor



"My mentoring experiences at BikeStart have mostly been with Young People with learning difficulties or mental health issues. Through our work together the Young People discovered a willingness to enhance their existing skills and to develop new skills. For each Young Person the pace at which this took place was dictated by them. I focused on building their confidence through encouragement and genuine praise for a job well done. The Young People valued being part of a team, the social interactions and building communication skills. I saw the Young People increase their self-esteem because their contribution was valued. Mentoring is not without its disappointments when, for whatever reason, someone drops out. However, that is greatly offset because as a Mentor job satisfaction is measured sometimes by the small positive steps taken that possibly for the Mentee are 'giant steps'."

Brian Graham - BikeStart Work Readiness Volunteer Mentor



**THANK YOU FOR ALL YOUR PRAYERS
FOR OUR STAFF, YOUNG PEOPLE
AND OUR AMAZING VOLUNTEERS.**

We are seeing a lot of Young People coming to us with high levels of stress and anxiety. Please pray for breakthroughs in all areas of their lives.

Please also pray that more people feel called to Volunteer with us, so that together we can support and empower more Young People in our community.

THANK YOU,



**Elliot, Ellie, Yasmin,
and Detti**

Thank you to everyone who has signposted Young People to us. Through your support this is what Young People are saying:

"I can finally understand what it is I'm feeling"

"The hardest thing I have ever done was to sign up and get help. I'm glad I did. My life is finally turning around"

"It's nice to speak to someone that understands what I am going through."

"You guys are awesome! I feel like I am really going somewhere. Even when I'm sad and things are difficult I always finish my sessions with a genuine smile on my face and happiness in my heart."

"Everytime I am talking to you I feel that I am making progress. My life is not together yet, but I'm realising that getting help is okay, and that it is good."

What's New



**Check out our new
Facebook Page**

@thesourceyoungpeoplescharity



**Follow Us On
LinkedIn**

The Source Young People's Charity



**We are now on
AmazonSmile**

Please select The Source Young People's Charity as your selected charity. 0.5% of every purchase will allow us to continue to support and empower Young People in our community.



WE ARE LOOKING FOR MECHANICALLY MINDED VOLUNTEERS TO JOIN OUR TEAM

Full training on refurbishing bikes will be provided. For more information on joining our BikeStart Team, please contact Ellie Jones, our Director, ellie.jones@thesourceforyou.co.uk or call 01252 333330

Find out more about BikeStart at www.bikestart.co.uk
BikeStart is a sustainable source of income for
The Source Young People's Charity.

