

PRESS RELEASE | 26 November 2018

Councillor encourages support for the Rendezvous' Mental Health Extra fund



New Patron of the Rendezvous, Councillor Jill Warburton, has announced the creation of a dedicated funding pot to raise funds for young people in Sherborne struggling with their mental health. Funds generated under the Rendezvous' Mental Health Extra banner will be used to support the growing local schools programme which provides one to one mental health support to young people (5-25).

This year the charity's team of youth workers and counsellors will provide over 250 hours one to one support at the Gryphon School as well as lunchtime drop-in sessions four days a week funded by

BBC Children in Need (140hrs+ pa). In addition, a pilot project, part-funded by Sherborne Town Council, involving play-based counselling for younger children and parent support work is planned at a local primary school for the new year.

This work is all 'extra' to the charity's core offer which includes 400 hours per year of one to one support and counselling for young people, a thriving weekly English and Maths Level 2 learning and exam programme (500hrs+ tutoring hours) and a drop in advice and information service. In order to keep up with demand for support with emotional and mental health and in a bid to increase the level of affordable counselling available to local children and their families, the charity has launched a counsellor placement service to attract counsellors nearing the end of their training to provide sessions for young people.

The first fund-raising event is the 4th Annual Rendezvous Christmas Quiz night at 7pm at the Digby Memorial Hall on 14 December but donations can also be made online via www.therendezvous.org.uk.

Patron of the Rendezvous, Jill Warburton, ex-mayor of Sherborne, member of the Fire Service and Vice Chair of the Yeatman Friends is a keen advocate for the need for mental health support. She says: *"I'm passionate about mental health issues and am delighted to announce the new fund. People who give to this fund will know that their donation is contributing directly towards improving the mental health of a young person in Sherborne. But mental health isn't just about times of crisis – it's important we all look after our own mental health. Talking, keeping active and socialising can help and so it seems appropriate that a Christmas quiz night will be the first fundraising event for the new fund. If you can't make the evening then you can always donate online."*

Helen Da Silva Wood from the Rendezvous says: *"Behind the scenes, we've been working really hard to meet to the growth in demand for help from young people and their families. We've been developing capacity and expertise as well as investing heavily in training and supervision to ensure our team are equipped to give the best help we can. Over 50% of our work is now focussed on mental health and raising funds specifically for Mental Health Extra will allow us to keep going that extra mile, taking the work into the community and our partner schools."*

The fourth annual Christmas Quiz will take place on Friday 14 December at 7pm (quiz, bar, raffle) Tickets are available from the Tourist Information Centre, Sherborne or at the Rendezvous, Under Cheap Street Church, Cheap Street, Sherborne DT9 3BJ
Tickets are £12 including fish and chip supper / £6 Quiz ticket only

Helping young people to help themselves