

THE DOOR NEWSLETTER



JULIA'S STORY

Julia and her son Danny were referred to The Door when things were becoming difficult at home. Danny was showing signs of unacceptable behaviour within a new group of friends & at home.

The Door matched Danny with a volunteer mentor, and he began meeting up with them once a week. Taking advantage of a safe, positive relationship where he could express himself and be honest about his feelings, Danny started to make good progress in the right direction.

Julia met with our Family Support Worker Sandra. Julia was nervous at first, finding eye contact quite hard and conversation was minimal:

"I felt out of control, unable to be do anything independently. Relationships with my family had become distant."

Julia is also dealing with aspects of her past that have been contributing to the situation.

"Through being supported by Sandra, I have become more confident and I'm taking steps to be more assertive."

At The Door family support isn't only about helping people become more confident as parents. We aim to help people reach their potential in all aspects of their life

Julia has been able to broaden her own horizons and discover what she can achieve as a person in her own right. Reflecting on her experience she says:

"It's like a dream come true, I would never have believed I could do so much. Things are so much better and I now feel that I matter and that I can make changes in my home"

SUMMER 2018

The Summer Holidays are almost upon us and The Door's youthwork teams are busy preparing an amazing selection of fun activities and exciting trips to keep young people occupied on those long summer days.

Stroud, Stonehouse, Dursley and Cam Youth Clubs will be opening during the holidays with extra sessions and activities.

With everything from picnics and BBQ's to sports days and bake offs there is something for everyone this summer at The Door. Pamper days, song writing workshops and board game mornings also feature as well as lots of opportunities to hang out with friends in the youth centres.

For full details of all the exciting trips and activities this summer visit thedor.org.uk/summer or collect a flyer from The Door Shop

BISHOP RACHEL VISITS THE DOOR

The Door team were delighted to welcome Rachel , Bishop of Gloucester on a visit to our Stroud Youth Centre during June. After her visit where she met with young people, parents and volunteers, she tweeted:

"Inspiring visit to @thedorstroud. Thankyou for your hope-filled work with young people and schools "



Wednesday Night Dinners



Megan Strachan sings at our March Street Collection



Bishop Rachel visits The Stroud Youth Centre



Kathleen joins volunteers to repaint the Cam office

FROM NEW YEAR TO NEXT STEPS

Every month at The Door our youthwork sessions have a different theme. Starting in January with 'New Year, New You' focussing on Health and Wellbeing the team and the young people have taken part in lots of great activities. For 'Feel The Love' February they had a visit from the Beresford group to discuss healthy relationships and in the run up to exams the focus has been on mental health awareness, stress and how to cope with it as well as revision tips and tricks. With everything from dance parties to parachute games and days out during the Easter Break it's been non stop! Coming soon are 'Be Yourself', 'Fun To Be Young' and '#SquadGoals'.

SHONA'S STORY

Shona joined The Door team as Family Support Team Leader back in March, in May we interviewed her about her first month in the job:

"I first got involved with The Door when I was working at Brimscombe Primary School. When I found out about The Door's mentoring I realised that it met the longer term needs for young people much better than any statutory services.

The Door's mentoring stopped when the young person stopped, not when the service decided. I signed up as a volunteer and 4 years later I'm still mentoring!

My role there was varied and although I enjoyed working in a classroom the bit I was becoming more and more passionate about was the parent support. At The Door I can focus completely on that area of the support which is great!

I'm so proud of the fact that we have a range of services – it's not just 1:1 support. I love the fact I get to start with "How can I help you?" and then "Let's help you find out what's next" rather than being restricted by limited options".

COMMUNITY YOUTHWORK UPDATE

Since our last newsletter The Door's youthwork provision has grown. The Stroud area team are excited to start working in Stonehouse where we have been awarded a 3 year contract and we are also very pleased that our contract for Dursley and Cam has been renewed for another 3 years! Finally we are looking forward to starting to scope out work in Nailsworth.

MENTORING DEMAND IS ON THE RISE

In the past year we've seen a 100% increase in the number of young people being referred and asking for help from our Mentoring Scheme. Providing vital support for young people facing a vast array of issues and challenges. Our team of volunteers come together from all walks of life to form an army of positive role models ready to help young people move forward in their lives.

Statutory and local agencies are struggling to manage the increased numbers of young people living with poor emotional and mental health as well as those displaying disruptive or even abusive patterns of behaviour. They are frequently turning to organisations such as The Door for additional support.

Mentoring has clear and tangible results - every young person is assessed against certain criteria when they are referred, and then reviewed against these criteria every 3 months until they stop mentoring. In each of the 3 key areas - Education and Aspiration, Social Skills & Managing Negative Behaviours - young people progress on average between 20 and 25%

"I feel so much more confident, meeting my mentor has helped me talk through things rather than getting more stressed by them."

It costs just £10 a month to help a young person get the vital 1:1 support they need from a mentor. Get in touch if you would like to make a donation.