

THE DOOR NEWSLETTER

KEEPING THE DOOR OPEN

Since the start of the COVID-19 crisis, although our physical doors were closed, The Door remained open. Our teams have taken many of our services online and together we have maintained committed to providing the best possible support for young people and their families.

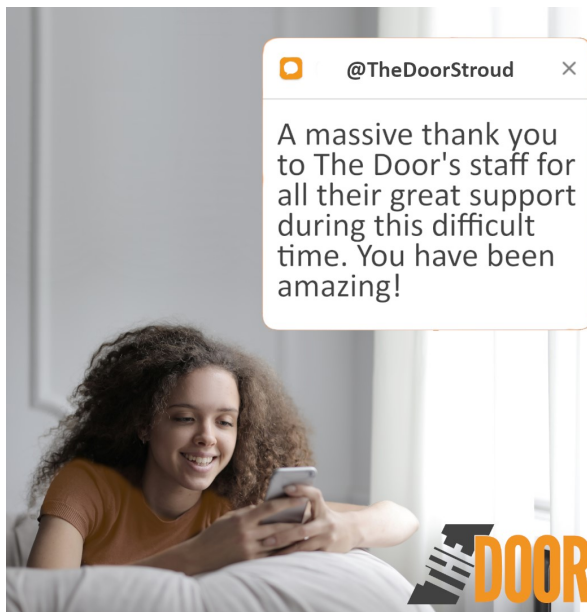
Looking ahead and subject to government guidelines we will continue to adapt our services to the 'new normal' and are excited to see what that future holds. At time of writing (July 2020) our services currently include:

1:1 Intensive Support, Parenting Courses and Family Face Time

We are still open for applications from young people, parents and whole families who need more intensive support. Sessions are taking place over the phone and zoom. Our support for care leavers is also still open. Full details can be found at thedoor.org.uk/support

Phone Support for all

If you need to offload or want some guidance on what to do next, you can request a call from a member of The Door's friendly Family Support Team—no application required. Young people can also call The Door Line (see bottom of this page) or book a call with a youthworker at thedoor.org.uk/bookings



What to do instead of going to a Youth Club

Stay connected, entertained and informed by tuning in to #TheDoorAtFour Mon-Sat at 4pm, starring Willow, Isak, Rosie and Kathleen. Videos include fun things to try at home, weekly challenges, reflections and LIVE events. All available on our **Instagram and Facebook @TheDoorStroud** or on **YouTube** at thedoor.org.uk/youtube

illuminateStroud

The illuminateStroud team are also online providing safe spaces for Christian young people and their friends to explore faith together through videos and online zoom meetings.

Find out more at illuminatestroud.org.uk

For up to date information visit our website or find us on social media



FIND ALL OUR LOCKDOWN RESOURCES INCLUDING LINKS TO VIDEOS AND WORKBOOKS AT [THEDOOR.ORG.UK/VIRTUAL](https://thedoor.org.uk/virtual)



Launched in lockdown The Door Line is now open for **young people aged 11-25** to call and speak to a member of The Door's support team. The line is open from **5-7pm every weekday**. Simply call **01453 705350** and a member of The Door's support team will be on hand to talk through anything you are currently feeling or just to offer a listening ear. The team will be ready to signpost to the best support for callers. **Please note this is not a crisis line.**

UNLOCKING POTENTIAL... OPENING OPPORTUNITY...

**53 people took on the
#100KinMay Challenge
raising over £10,000!**



THANK YOU ALL!

DONATIONS FOR THE DOOR SHOP

Almost everyone has spent some part of lockdown clearing out their wardrobe or going through the back of the shed, and we know many of you have kindly kept a bag or two waiting to bring to The Door Shop, for which we are very grateful. But before you do please make sure to read our list of what we can and sadly cannot accept as donations when we reopen. Our opening times will also be subject to change so please check before you visit at:

thedoor.org.uk/charity-shop

Introducing... Mike



BACK ON THE BEAT

Lockdown hasn't stopped us meeting young people where they are. Our youthwork teams have been out and about (2 metres apart of course!) supporting neighbourhood policing teams in Dursley, Stroud and Stonehouse with their community outreach work.

Kathleen and Sam have joined the local PCSOs out on patrol, connecting with young people out and about in the towns we serve, checking in with familiar faces and meeting new ones too. As well as offering a smile, guidance and sharing in conversations the team have been signposting young people to where they can get any support they need.

Kathleen says "It's been great to get out and about, helping to keep young people safe and encouraging them to follow the lockdown rules in a way that's more effective because it's less intimidating than if the police were out and about alone."

Alongside visiting streets and parks the team have also been checking in with students at Rednock School in Dursley - offering young people there extra support and a listening ear as well as some positive distractions during their breaks, much to the delight of the teaching staff and young people alike!

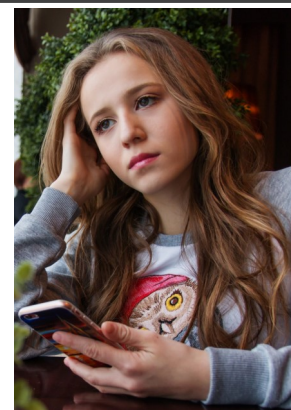


TELEPHONE SUPPORT TAKES OFF!

At the start of 2020 before the world was turned on its head, The Door's Family Support team welcomed a new member of staff. Mike, one of our longest serving volunteers joined the team to take over the organisation of our Mentoring Gateway Phone Support. Mike and his team of volunteers call young people that need lower level support or are waiting for a face-to-face mentor. They get to know them each week and provide support over the phone. Emilia aged 16 from Stroud says:

"Being able to talk to a mentor on the phone each week is a lifeline for me. It's such an amazing thing - to have somebody who listens, cares and helps me see things straight is incredible. It's helping me build my confidence and reduce my anxiety. I've even been going out for a walk everyday - that might not seem like a big thing, but for me being in public has always been a huge source of anxiety, so stepping out of the house each day is a big challenge. The fact that even right now, when the world has been turned upside down, they're still there to talk to each week is such a reassurance to me. I don't know what's going to happen next. I don't suppose any of us do. I'm worrying about going back to college when this is all over but I'm sure that as long as I have a mentor from The Door at the end of the phone I'll be OK. I don't know what I'd do without them."

Read Emilia's full story at thedoor.org.uk where you can also find out more about opportunities to volunteer for The Door including as part of the telephone support team.



**KEEP
THE DOOR
OPEN**

COVID-19 has caused panic and fear across the world.

For some of the young people and families we support, their fragile mental health status is being exacerbated in the current climate; they are feeling out of control and more anxious.

As we return to a new normal we are expecting to see even higher demand for our services. However during lockdown we have been losing about £500 of income every working day. Please help us #KeepTheDoorOpen for the weeks and months to come by donating today at thedoor.org.uk/donate