

## Supporting Our Work

**42nd Street has a 40-year history of supporting young people aged 11-25 years across Greater Manchester with their emotional well-being and mental health, by promoting choice and creativity.**

**We champion a young-person centred approach that demonstrates local impact and has national significance.**

We offer a variety of choices and routes for young people, including one to one counselling, therapy, psycho-social support, access to therapeutic issue based and identity-based groups. We also run creative projects from The Horsfall, our venue for our arts and community programme.

We pride ourselves on our engagement with young people, respecting them as the experts in their own lives and this ethos is a constant throughout all elements of our service; young people can self-refer, they set their own personal goals with their one to one worker, they design and deliver group work opportunities, they are peer researchers, peer ambassadors and have seats on our Board.

### Our Objectives are:

- **To improve well-being and recovery**
- **To increase opportunities for young people to shape their own care and influence change**
- **To improve and increase inclusion and accessibility to appropriate services and support**
- **To increase awareness and reduce stigma**

**£30**

A taxi to ensure a young person is able to attend their sessions

## How can you support us?

Your generous support means that we can reach more young people through our therapeutic services and creative programme.

### £25

An art box for a young person in lockdown. Journal, postcards, pens, wellbeing booklet, sketchbook.

### £10

Ten sketch books for young people to use.

### £50

A trip to an art institution, such as HOME MCR or The Whitworth for our young people to experience local arts events.

**"It is good to have something that I need to commit to weekly especially when there might be chaos going on in my life"**

## THE HORSFALL

The Horsfall offers a unique opportunity for young people who have experienced, or are experiencing problems with their mental health and wellbeing to work with professional and respected artists to explore their issues, tell their stories, break down stigma and produce remarkable art.

## Duty Team

Our Duty Team allows us to have a member of the team on call every day that we're open; they are able to handle complex referrals be on hand for urgent cases.

**£9,000 will fund the duty team for 1 day for a full year and support over 700 young people and parents/carers; £750 will fund for 1 day a week for a month**

**£50**

A microphone to help a young person continue to attend Q42 group sessions during lockdown

**£7000 will support the online platform for one year £5000 will support one front line practitioner for 1 day per week for 6month supporting 10 young people through their therapeutic support.**

"It is better for me to talk to someone online as I feel I can get what I want to say without hesitation. It just gives me a bit of confidence as if I want to say something that makes me teary or makes me cry, I don't feel so embarrassed as the person can't see my face."

## Online Service

Our Online Service has been needed this year more than ever – it's allowed young people to continue to access groups and support throughout lockdowns and Covid-19 restrictions.

**Thank you for your ongoing support!**