

Community News



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The Group of 121 Volunteers receiving the group award.

Challenging disadvantage by changing young lives for the better, offering friendship, experience, diversion, caring and mentoring...

121 Youth Befriending is a Charity that operates across most of North West Kent. We recruit and train volunteers from the local community to provide the necessary skills and support to young people in crisis. These young people are all aged between 6 and 16 years old. Sometimes the families of the young people are unable to support them due to a variety of circumstances and difficulties.

There is an increasing call on the services of 121 as young people are finding it more and more difficult to cope with the complex business of growing up. Many of the children referred to us are seen as a problem, starting on a downward spiral leading to all sorts of problems such as school exclusion, disruptive and anti-social behaviour and possibly crime. Volunteers who become a Befriender can turn this around by providing the young person with a positive role model. The Befriender can give space, time and support to help the young person cope with the demands they face.

As a successful local charity, we are receiving an increased number of referrals for young people who need that all-important 'role model' in their lives. Our volunteers come from all walks of life and all ages. Our oldest volunteer is 80 years young! They are all trained by 121 and receive on going support. Expenses are also met. Many of our volunteers enjoy it so much that they befriend more than one young person and stay with us for several years. It gives them a chance to "give something to a child who really needs it" as one volunteer put it. They take the young people out to the park, cinema, bowling and swimming. Sometimes they fulfil the role of

a surrogate grandparent, sometimes just a good friend. They encourage them to participate in fun, normal everyday activities and give them time to talk and discuss things that perhaps they can't within their own family. Having a non-judgemental, impartial friend gives these young people the help they need to make decisions about their own lives. Our volunteers empower the young person to take control of some of the difficulties they face and cope with them and go forward. One young person tells us that his Befriender "never moans or tells me off but he shows me how I can make things better and feel good about myself".

Volunteer recruitment is always improving but so is the number of referrals we receive each week. 121 operates across the whole of North West Kent. We always need more volunteers willing to come forward and be a Befriender. Could you give a young person that help and support? If so please call Rose Abrehart on 01892 616551 or 0774 3803044 to receive further information on how you can help the young people of today become capable confident citizens of tomorrow.

BNI Crowborough raises £101.40 for Demelza

BNI is a business and professional organisation with over 4,200 chapters worldwide. Over the Christmas period, members of the Crowborough Chapter raised £101.40 from the sale of Christmas Cards organised by Philippa Steele from Charity Bank, Tonbridge. This was donated to Demelza, who care for over 400 life-limited children and their families across Kent, South London and East Sussex.

www.demelza.org.uk www.bni-europe.com

● Purple Love comes to Tunbridge Wells

● Mini Treatment Day at the Natural Health Centre

● Holistic Health & Wellbeing Day
For a list of events

visit

www.wellbeingmagazine.com

Friends of the Earth meet in the Pitcher and Piano, Church Road (next to the old cinema) on the first Wednesday of each month at 7.30pm www.twfoe.co.uk