

**No5**

# Reading Young People's Hub

## Fundraising Gala Ball

**Saturday 22nd April 2023**

**Drinks Reception 7pm—Carriages 1am**

**Hilton Hotel, Reading**

Supported by



## About No5

Since 1971, No5 Young People has been providing **free, confidential mental health support, counselling and outreach** for young people aged 11-25 across the RG postcode area.

In that time, we have **transformed the lives of over 25,000 local young people** and their families.

In the **last year** alone, No5 has supported over **1,700 young people**.

722 through counselling and over 1,000 through schools, community and digital outreach.

Demand for young people's mental health services has never been higher.

In order to provide the support young people need and deserve, we must do more.

That is why No5 is leading on the development of **Reading Young People's Hub**

## The Hub—The Vision

*"A place where you can speak to a safe trusted adult that will listen to what you're saying is really important—it's what young people are desperately crying out for"*

-A local young person, aged 19

The Hub will be a partnership of local organisations providing a safe, open-access, drop-in space where young people can access:

Drop-in mental health support

Mentoring

Advice, information and sign-posting

Training

Youth worker-facilitated safe, social spaces

*"A holistic approach to service access and delivery, borne out of organisations and young people working collaboratively. One place where young people can go for everything would make a massive difference"*

-A local young persons' vision of the Hub in Reading

## The Hub - The Vision

*"Following the loss of our beautiful boy, Oliver Lucas Stephens, "Olly", it has become clear that by working together, we can help our children with, safe spaces, mentoring, signposting, and accessible mental health provision.*

*The idea of a Reading-based, centrally located, drop-in hub, which will incorporate all these needs of our young people and can involve many local partners to help them, is fantastic. Our children's lives are in crisis, with the perfect storm of the non-regulation of their social media platforms, smart phone addiction, COVID and lockdown periods away from their schools/colleges and being with their friends.*

*The idea of a drop-in centre, where they can relax, meet others, ask for help and advice, join in activities, listen to talks and presentations, as and when needed, by trained professionals, will make them feel less alone, less worried and more socially connected. It will grow their resilience.*

*Please join us at the Fundraising Gala, and support this project to ensure that our children are supported at the most vulnerable time, as they transition through the teenage years to becoming a young adult"*

**- Stuart and Amanda Stephens**

## The Gala Ball

**On Saturday 22nd April, No5 Young People are hosting a Gala Ball to raise funds towards the development of Reading Young People's Hub**

The evening includes a three-course meal, a live band and dancing along with a raffle, auction and an opportunity for you to pledge your support and 'buy-a-brick' for the Hub!

All funds raised will go directly to the opening of Reading Young People's Hub—a space for No5, alongside local partners, to provide a vital open access, drop-in safe space for our local young people.

# The Gala Ball

## Tickets and Tables

Individual tickets—£70

Tables of 10—£650

## Timings

Drinks Reception - 7pm

Welcome drink included in your ticket

Dinner - 8pm

Carriages - 1am

## Dress code

Black tie or lounge suit

## Accommodation

We are delighted that the Hilton have set a **special rate for overnight accommodation** for guests at the Gala Ball, and will be making a donation to support the Hub for every room booked.

For Information about rooms and bookings please contact Carly and the team at [fundraising@no5.org.uk](mailto:fundraising@no5.org.uk).

# The Menu

Drinks Reception with complimentary welcome drink

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Ragestone Goats cheese, tomato salad, chutney, herb dressing with sunflower & pumpkin seeds

or

Pea, Mint Ricotta Arancini with Kale slaw and Pesto

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Chicken Breast stuffed with Red Pepper Mousse, Tomato & Basil, Potato Gratin, Fine Beans, Rainbow Carrots and Jus

or

Harissa, Kale, Vegan Feta Cheese and Butternut Squash Strudel, Spiced Bean Cassoulet, Tomato and Red Pepper Coulis

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Black Forest Gateau Cube

or

Vegan Raspberry and Frangipane Tart served with Vegan Vanilla Ice-cream

## The Gala Ball

### Auction

Money can't buy prizes such as  
Signed Liverpool FC Football shirt

A tour of Harrow and Hope wines, Marlow  
with a wine tasting for 10 people

Overnight stay with dinner, wine and  
breakfast at a Dorchester Collection Hotel

The opportunity to drive a luxury Hybrid for  
a weekend

3-day luxury Yacht holiday

And more!

## The Gala Ball

### Raffle

1 ticket—£5, 3 tickets—£10, 7 tickets -  
£20, 20 tickets—£50

Amazing prizes such as

Vouchers for restaurants

Theatre tickets

Experience days

Interior Design consultations

And many more!

### 'Buy a brick'

An opportunity for individuals, families  
and businesses to make their pledge,  
show their support and 'buy a brick' for  
the Hub!

Individual's brick—£50

Family brick—£100

Corporate business brick—£250

Available to buy now!

**To book your table, get in  
touch:**

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[www.no5.org.uk](http://www.no5.org.uk)

[@no5youngpeople](https://www.instagram.com/no5youngpeople)

