



Supporting Young People to
Take Charge of Their Mental Health

6 Month Impact Report

January - June 2023

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Charity No. 1171313



Introduction

No5 is a Charitable Incorporated Organisation registered with the Charity Commission. We provide free, confidential counselling, preventative outreach and mental health and wellbeing support services for young people aged 11 to 25 years, who live, work or study in Reading and the surrounding areas across Berkshire West.

Established in 1971, and recently awarded the Queen’s Award for Voluntary Service, No5 strives to bring young people alongside professionals in everything we do—having the voice of young people central to our work and decision making.

In the first six months of 2023, we have supported 652 local young people through offering 4,644 counselling sessions and 6 preventative outreach projects!

This report reflects on and celebrates the impact of this work.

We want to say **THANK YOU** to everyone who has helped us to support these young people!

Our Donors and Fundraisers



Our Partners



In Numbers



Counselling

No5 Young People have been delivering free, professional, confidential counselling, outreach and mental health support to young people who live, work or study in the 'RG' postcode area since 1971.

Support for 11-17 year olds is delivered by fully qualified and specially trained counsellors all who have undertaken No5's Level 5 Diploma in Counselling Young People.

Counsellors working with 18-25 year olds are in their final stages of the Level 4 qualifying Diploma.

Between January and June, we supported 399 young people through free, confidential counselling and offered 4,644 counselling sessions.

"I am less anxious than I used to be"

Young people have been attending counselling sessions more often and we have seen a 2% rise in session attendance since 2022!

"I have less panic attacks"

However, demand for our services has continued to rise.

In June 2023 they were 952 young people waiting for counselling.

"I've found who I am and am a lot happier than I was"



399
young people
4,644
Sessions
Offered

Preventative Outreach Work

At No5 we are constantly striving to develop new outreach programmes to deliver mental health messages, education and resources directly to young people in our community.

In the first half of 2023 we ran six preventative outreach projects:

- **Mental Health Workshops**
 - Kicks
- **Creative Expressive Wellbeing**
 - Summer Transitions Project
 - Digital Social Action Project
- **Group Support Sessions**
- **Reducing the Risk of Permanent Exclusion from School**

All outreach work is co-devised, designed and delivered by young people alongside professionals at No5.

The themes and direction of our workshops and projects have been identified and determined by young people as the areas they feel most impacted by and need additional support with.

All projects and resources have been built by young people, with counsellor input and are delivered by No5's Lived Experience Young Leaders and Young Ambassadors.



253
young people
6
Outreach
Projects

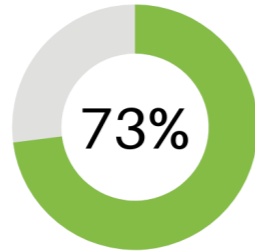
Preventative Outreach Work

Mental Health Workshops

In the first six months of 2023, we delivered 7 mental health workshops across 2 schools and 2 community groups. Through this delivery we have supported 171 young people.

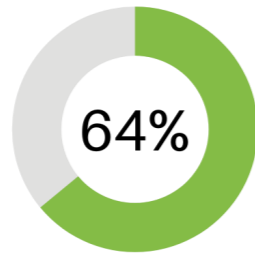
Young people's feedback about the workshops:

"I enjoyed the activities, it provided an opportunity to think about how I deal with my stress. I liked hearing about a personal story from the workshop leaders."



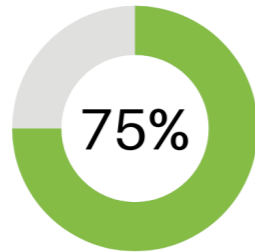
said the **workshop content** was **good to very good**

"We talked about things that I felt like I couldn't talk about but it made me feel a bit better"



found the **workshops useful to very useful** to them

"I liked that we got to express our feelings"



said the **delivery** by the workshop leaders was **very good or good**

Preventative Outreach Work

Summer Transitions Project

Following the success of the Summer Transitions project in August 2022, where two songs were created, we felt that more could be done to extend the impact of the project and outcomes for the young people involved by providing a follow on project.

In April 2023, we invited back the young people from the Summer along with new young people from our waiting list to professionally record and produce 'Lost and Found' and 'Stand Together' and accompanying music videos.

"I feel ready for the future as it was so professional."

To create the music videos, we partnered with Starting Point Studio who joined the project for Days 2 and 3. The music videos were filmed and produced by three young people from Starting Point Studio alongside Simon, Starting Point's Creative Lead.

"I feel really happy because I've made some friends today."

In June, we then hosted a private screening of the songs attended by the young people and their family and friends, as well as The Mayor and High Sheriff of Berkshire! It was a wonderful evening celebrating their incredible work!

This project, and the launch event, is a true demonstration of what partnership means to us here at No5 - everyone coming together and doing what they do best so that we can support as many local young people as possible.

Find out more about the project in our [Summer Transitions Impact Report!](#)



171
young people

7
Workshops
delivered



17
young people

3
Days

2
Songs

Preventative Outreach Work

Creative Expressive Digital Social Action Project

In April, our 3 Lived Experienced Young Leaders led a one-day creative expressive digital social action project encouraging young people to engage in the upcoming local elections.

Throughout the day, 5 young people from across Reading took part creating physical and digital campaign resources aimed at their peers whilst engaging in discussions around how and what they felt about the local elections and the need for photo ID to vote.

Throughout the day they created 14 pieces of content created which were then displayed at No5, on Reading Buses, outside Reading Train Station and shared on social media!

"Thank you to the members of No5 that provided this opportunity as it allowed me to try something new and get out of my comfort zone."

"During the day I contributed to the making of the digital content for this campaign, I created content such as short videos for social media and a plan of when/where the content would be released. During this project I was able to build upon my creativity and work in a team with people from many different backgrounds."



5
young people

1
day

Preventative Outreach Work

Reducing The Risk of Permanent Exclusion from School

Our Reducing the Risk of Permanent Exclusion from School project work has continued to thrive in supporting young people at risk of permanent exclusion.

The project aims to support young people (aged 11-14) identified as being at risk of permanent exclusion to have;

- * Improved wellbeing
- * Improved individual behaviour
- * Improved capacity to manage emotions
- * A reduced risk of being permanently excluded

"It's relaxed me and helped me make better decisions" - Young Person

No5's Inclusion Support Counsellors work in one local secondary school and have supported 18 young people since January!

"B likes to play a game of chess in every session. They made it their mission to teach me chess moves and it has grown on me. After the game is when B really begins to engage in counselling. The initial game provides them with calm holding place which they seem to appreciate." - Inclusion Support Counsellor



18
young people

2
inclusion
support
counsellors

Preventative Outreach Work

Kicks

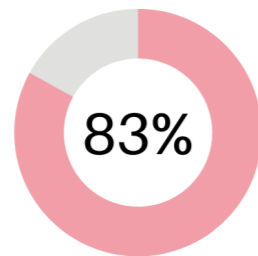
We also began a pilot of Community Outreach work in partnership with Reading FC Community Trust, in response to hearing from young people who are struggling with their mental health and do not yet feel able to ask for, or want, counselling support.

Monthly sessions are co-designed and co-delivered by No5's Outreach and Wellbeing Support Counsellor – a fully qualified and specially trained counsellor, Lived Experience Young Leader and former service user, alongside a Young Ambassador.

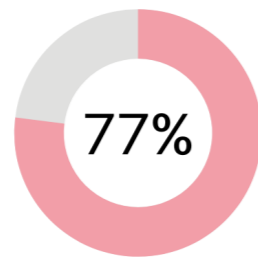
The themes of the sessions have been identified by the young people.

To date they have asked for;

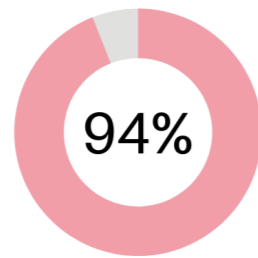
- Mental health
- Drugs and alcohol
- Anger management,
- Stress management
- Cancer awareness



found the **workshops useful to very useful** to them



said the relevance of the workshop topics was **good to very good**



said the **delivery** by the workshop leaders was **very good or good**



30
young people

3
sessions

Preventative Outreach Work

Group Support Sessions

In February, we began a pilot of group support sessions with Reading Uni Students Union and two No5 Counsellors. Each session had a theme that was identified by the students in previous sessions.

In the first session, the counsellors and students wrote a 'house rules' document outlining the boundaries of these sessions and to create a welcoming environment for the students to share and engage.

Across the spring and summer semesters, **four sessions** were delivered by two No5 Counsellors, which have supported **12 young people!**

Below is some of their feedback of how the sessions have supported them:

"I liked and was comforted by knowing people have had similar experiences to what I've experienced"

"I am just grateful of the session opportunity and how those running the session offered so much positive affirmations, resources, and made me feel seen and valued."



12
young people

4
sessions



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