

www.rekindle.org.uk 11-12 Market Street, Newtown, Powys, SY16 2PQ 01686 722222 help@rekindle.org.uk Charity number: 1067356

About Rekindle

Rekindle has been helping people recover from mental illness since 1997. Since 2014 we have focused entirely on support young people aged 16 to 25. Using our recovery model, we aim to support every aspect of a young person's life; housing, relationships, work, training, finances, selfworth, confidence, and much more. They are enabled to make lasting changes, become part of the wider community and given a voice in the running of the service. Rekindle aims to remove barriers, to provide early intervention and to improve the resilience of young people.

Ouotes

"Without Rekindle I'd have never have got where I am. When I was falling apart they helped me to piece myself back together." "Rekindle has helped me through the worst and toughest time of my life." "Words cannot describe how much Rekindle have done for me, without them I'd live in a hostel and self-harm." "Not a day goes by where I am not thankful for everything *Rekindle have done and continue to do for me – they have* shaped me into a much more confident, drive and hopeful woman – which this time last year I thought would have been impossible."



Counselling Groups

If you would like to support Rekindle today, please complete the form below and return to: Rekindle, 11-12 Market Street, Newtown, Powys, SY16 2PQ

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□ I want to Gift Aid this donation, which will boost my donation by 25p of Gift Aid for every £1 your donate. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.