

Newsletter Cylchlythyr



MAY 2023

ISSUE #1

I would like to welcome you to our very first newsletter. This newsletter is intended to be circulated far and wide and serve many purposes. We hope that it will ensure our valued stakeholders are regularly kept informed of our activities and of the work we are doing in the community. It will also be an opportunity to share contact details, good news stories from stakeholders and us, and advertise new roles in Rekindle. We are very much open to suggestions from you in relation to improving the newsletter, so please do contact us if you have any ideas or if you would like to contribute a news story or details of a service.

Rekindle has gone through many changes over the past two years, including the recruitment of new trustees, Lizzie our manager, and new members of staff. It is a very exciting time for us as we grow the organisation in line with our five-year strategy. We have also outsourced to experts things like IT and human resources, leaving the team to be able to concentrate on the essential and critical work they are doing with clients.

On that note, since I have been with Rekindle, I have been shocked at the high need for our service for 16 to 25-year-olds in our community. We are working very hard to ensure that our service is as easy as possible to access and to try and aim for an aspect of our service that's prevention focussed. With that in mind, if you or your organisation would like us to come and speak about our work and how to access our service, please do get in touch with us.

In my own line of work, I know all too well how mental health will be affected when someone has been a victim of crime, homelessness or rough sleeping, a victim of county lines drugs gangs, domestic abuse, and other vulnerabilities. As an organisation we are very aware of this, so please do contact us if you need to speak with someone in confidence or would like to know more about the help we can offer.

We are also contemplating how we can best make ourselves accessible to all within the age range of 16 to 25 years old. This includes the use of social media so we would welcome any thoughts and ideas on how we can do better at this. If you would like to consider being a volunteer and helping with social media or any other aspect of our work, again, please do contact us.

Thank you for taking the time to read our first newsletter and please do share with others.

Robin Brierley

Chair/Trustee

INTRODUCTION

There have been some changes at Rekindle over recent months and years, with new staff and trustees joining the organisation.

In part one of our introduction, you can meet each of the Rekindle trustees and discover more about their background, areas of expertise and experience.

Trustees

Robin Brierley - Chair



Robin is an independent consultant on anti modern slavery and anti human trafficking.

Robin has previously worked for the National Crime Squad, Anti-Corruption Command within the Metropolitan Police, and the Serious Organised Crime Agency (now National Crime Agency). He is also the executive director of the West Midlands Anti-Slavery Network, a registered charity whose work includes providing a safe house for male victims of exploitation.

"I recognise the crossovers with exploitation, homelessness, domestic abuse, county lines and other forms of vulnerability. My aim is to ensure that good mental health support is available to 16 to 25-year-olds in Powys and beyond."

Gerrard Bland - Vice Chair



"I first became aware of Rekindle in early 2021, when I was invited to consider joining the Board, which I did in May that year. Within less than six months I had agreed to step up to replace the previous vice chair. If I have any area of expertise, it is in business transformation, general management and governance. During the process of developing a strategy, I found many opportunities to introduce tools and techniques from my previous experience to help the charity tackle some of its more challenging issues. Newtown clearly has a great deal of need of the service Rekindle offers, and it is gratifying to be able to help with its transformation alongside the other board members and the strong team Lizzie is building around her."

Frances Carlile - Founding Trustee - Funding



"Rekindle was started in 1997 by a group of people who had experienced mental health problems within their own families. We wanted to create a safe space where those struggling with mental health could find relief and recovery through meaningful activities and therapy; where they felt they could belong. Since 2014 Rekindle has focused entirely on young people but the original aims have remained the same.

I am the trustee responsible for funding and we have just started a funding team of three trustees and two staff. We receive no ongoing statutory funding and are currently seeking to expand our funding base.

I lived in Montgomeryshire for many years and now live in Ludlow. I am a practicing sculptor and printmaker."

Fred Mathieu - Treasurer



"I have now lived in the UK for nearly 30 years and have spent 20 of them here in Wales. Working in the world of finance as an accountant in various roles, I feel my professional background can help me to support local charities by providing financial expertise, which is perhaps even more necessary in the current climate.

Being a charity trustee means a lot to me. The opportunity to be involved with and contribute positively to the local community is not only fulfilling on a personal level but also helps support young people as they endeavour to cope, and hopefully thrive, in times of unprecedented challenges. Investing in young people ensures a better future for us all which is why I am pleased to be a part of Rekindle."

LEGACY GIFTS



Leaving Rekindle a gift in your will.

Contact us at the address below to find out more about the different types of gift and how you can help to keep young people talking about mental health.

Dr Richard Stratton - Clinical Governance



"I joined Rekindle in December 2022, to help improve access to mental health support and therapies for young people. I am involved with clinical governance and supporting our amazing team to continually improve the services we provide."

Jackie Tudor-Jones - Clinical Governance



"My trustee role is in clinical governance and safeguarding and I have been a trustee for thirteen months, having previously been the organisation's clinical supervisor for over eight years. My interests in Rekindle are longstanding and the pursuit of holistic mental health services and provision to this age group is a passion of mine.

My background is farming and my career began in business, having run an insurance agency for the NFU before starting my career in the therapeutic arena. I worked for Barnardos and school counselling before embarking on a career in the Powys Teaching Health Board as lead counsellor/clinical supervisor. I run a small private practice for counselling and supervision. "

In January this year we said farewell to our volunteer treasurer, Sarah Chapman. Sarah was a great support to the trustees and worked hard in her role, in particular overseeing the charity through the challenges of the pandemic.

REGISTER YOUR INTEREST

If you would like to support the work of Rekindle by becoming a trustee in the future, please register your interest by contacting us via the email address below. Please also indicate the area in which you can offer assistance.



FOLLOW US ON SOCIAL MEDIA



CONTACT US:  help@rekindle.org.uk  01686 722222

FUNDRAISING NEWS



[Click here](#) or scan to donate to Ruth's campaign

Ruth Can Run - We're Rooting for Ruth!

We are following Ruth Carlile-Mills who is supporting Rekindle by raising money during her ultra marathon from April to July.

I'm running a half marathon, a full marathon and an ultra-marathon from April to July, to raise a minimum of £500 for Rekindle, to be spent on services for women and girls aged 16 - 25 who are struggling with eating disorders, self-harm, and anxiety.

As a teenager and young adult, I struggled with my mental health. With the support of my family and mental health professionals, I was able to make full recovery.

Running is a huge contributor to my mental wellbeing. As part of the online running community @wearefearless, I've learned that within a supportive community, I can be capable, brave and fearless, and tackle big challenges. Being active and supported has given me the strategies I needed to overcome life's inevitable difficulties. During my journey, my mum and her best friend founded the mental health charity, Rekindle. The charity supports young people aged 16-25 years to improve their mental health and wellbeing. Since inception, Rekindle has gone on to help many young people in Powys, Mid Wales. At present, mental health services are increasingly difficult to obtain for young people. Rekindle offers a holistic, person centred approach that I passionately believe in; I want those in need to find the community and strategies that I have, enabling wellness for life.



Thank you Newtown & Llanllwchaiarn Town Council for the donation from the proceeds of the Kicking Off Christmas raffle - presented by Councillor Margaret Lewington.



SERVICE NEWS

In addition to our one-to-one recovery service, we are delighted that we are now able to offer counselling sessions. What's more, the two services can work independently or alongside each other, according to the clients' needs. This augmented service is already making a difference to the young people in the community and, as a result, we have recruited two counselling volunteers who will join the team in the coming weeks.

Our Service in the Community - January 2023

Service Delivery Manager, Lizzie, visited Newtown College to talk about Rekindle's work and services. The college library is running a course of wellbeing sessions as part of the Reading Well for Teens initiative to support the students and build their resilience.

Lizzie encouraged the students to reflect on what helps them to be resilient when facing challenges in life through a 'resilience tree' activity.

Read more about the visit via the [college website](#)



WEBSITE

Our website will soon be updated. In the meantime, you can still visit our original site - www.rekindle.org.uk

GIFT AID

We are in the process of setting up gift aid with HMRC - completion of these declarations increases your donation by 25p for every £1 you donate! We are able to backdate these claims, so please do complete and submit a form if you can.

Visit [our website](#) to download the form.


DONATE CYFRANNU


To donate, simply scan the code or visit:

I gyfrannu, sganiwch y cod neu ewch i:

www.justgiving.com/rekindlehome



CONTACT US:  help@rekindle.org.uk

 01686 722222

LAUNCH OF FRIENDS OF REKINDLE EVENT

We had a great turnout to our Friends of Rekindle launch at the Elephant & Castle in Newtown last November. The event reflected the support that you have given us over many years. Your contributions have made a difference to the lives of young people throughout Powys and we would like to thank you all once again.



As Robin has mentioned, this newsletter has been created to keep you updated on Rekindle news, events, our service and the plans for Rekindle in the times ahead. For the Welsh speakers amongst you, we hope to offer a dual language version by the next edition.

In addition to the clients, the Rekindle community consists of staff, trustees, volunteers and, of course, friends like yourselves. The importance of this community network cannot be underestimated and is highly valued by all of us at Rekindle. The work we do cannot be achieved by any element of that network alone and your support and contributions take many forms. Volunteering opportunities range from giving the time and commitment to become a trustee to being an advocate of Rekindle, and everything in between. We are currently looking for the following assistance: volunteers to work alongside client ambassadors to promote our service at events (such as agricultural shows), administrative support, Welsh translation, and facilitators or instructors to run outdoor activities, indoor workshops and more. Initiatives that encourage engagement and tackle isolation are not only enriching for the clients but can have a lasting impact on a young person in need of help.

If your preference is to support us financially, we are always grateful for donations. Whether you wish to name us in your sponsored event, like Ruth ([see page 5](#)), or send us a one off or regular donation, the money raised in this way means that we can keep the charity running at a time where running costs are very high! We particularly appreciate the element of stability provided by our regular donors via standing order. Your regular support over the years has not only meant that Rekindle has been able to operate through some challenging times, but also that we can look to the future, to deliver and develop our service in line with changing times and needs - so, thank you, we couldn't do it without you!



IN MEMORIAM - R. NEVILLE THOMAS KC

Neville Thomas, the founding chair of Rekindle passed away in January 2023. A memorial celebration was held on Friday 21st April at St Bueno Church, Berriew, followed by a reception at The Royal Oak in Welshpool.

Neville became one of the founders of Rekindle in 1997 and was chair for many years. Like founding trustee Frances, Neville also experienced mental health problems within his own family. There was very little help with mental health available at the time and the aim was to provide therapeutic and practical support; to create a safe place where activities and friendships could develop, where people who were marginalised and isolated could find relief and recovery.

The charity developed over the following years and, as a result of the dedication of the Thomas and Carlile families, trustees and staff, has grown into the successful service it is today.

Our thoughts and condolences go out to Jenny, Meriel and Gerran.

Meriel Thomas has created a Just Giving page in aid of Rekindle in memory of her father. To donate in Neville's name, please scan the code on this page, alternatively you can visit Meriel's page via:

www.justgiving.com/fundraising/meriel-thomas

Visit [our website](#) to download the gift aid form.



Thank You to our Supporters & Funders 2022-2023

The Louis & Valerie Freedman Charity - The Sam Morley Charitable Trust -

The Lord Merthyr Fund - The Tudor Trust - Lloyds Banking Foundation -

Garfield Weston Foundation - The Society of the Holy Child Jesus -

The Gwendoline and Margaret Davies Charity - The Allen Lane Foundation -

The Postcode Lottery - Making a Difference Locally (NISA) - The Magdalen Hospital Trust -

Newtown & Llanllwchaiarn Town Council - All of our individual supporters

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