



*At our centre we are dedicated to providing a range of services. Our goal is to broaden our assistance to the homeless and welcome all adults within our community by providing a safe haven for all to engage in.*

*We strive to create a welcoming and safe space for all our service users. Our team is committed to excellence and community engagement and aim to make a positive impact and foster a sense of belonging for all who walk through our doors.*

### **CHECK OUT WHAT WE OFFER.....**

**Drop-In Sessions** - We understand that it can be difficult to commit to regular appointments, which is why we offer drop-in sessions which are available on Mondays from **1:30 pm - 3:30 pm** and Tuesdays from **10:00 am - 12:00 pm**. If we cannot offer the support we will work alongside you to guide you to services that can.

**Art Sessions - Fridays 12.30pm - 2.30pm.** Art comes with many benefits. Many people find it therapeutic by helping to clear their mind of worries which can help reduce stress and help boost our self esteem. Come along and enjoy this relaxing two hour session. To secure a place please send us an email. Places maybe available on the day but not guaranteed.

**Donation of £4.00 per session including all material and refreshments.**

**Anxiety Support Group - First Wednesday of every month 2.30pm - 4pm.** The group offers a safe and non-judgemental, supportive space that brings people together who are dealing with similar circumstances. Being part of a group can help with feeling less alone and receive encouragement from other group members. You may not wish to share any experiences but just come along for a drink and take away some simple tools to help you manage your anxiety.

**Donation welcomed on the day.**

**NEW....Tea & Catch Up Group - Second Wednesday of every month 2.30pm - 4pm.** Gather your friends for our tea & catch up group where you can engage in conversations over a warm cup of tea. It's the perfect opportunity to reconnect with others.

**Donation suggestion £1.00**

**NEW....Carers Support Group - Third Wednesday of every month 2.30pm - 4pm.** This provides a valuable space for individuals caring for loved ones to connect, share experiences, and receive emotional support. These groups offer a sense of community, understanding to those in similar caregiving roles. Being part of a group can help reduce feelings of isolation, provide a platform to discuss challenges openly, and offer a network of people who truly comprehend the demands and rewards of caregiving.

April 2024 News Letter

**Donation welcomed on the day.**

**One to One Coaching** - If you're dealing with anxiety about an upcoming social event, don't struggle alone. We offer one-off coaching sessions prior to your event to help you manage your anxiety and help regulate your nervous system.

**One to One Counselling** - Email us for more details and to register your interest.

**NEW....Decluttering Workshop With Paul Cooper**

**Wednesday 24th April 2.00pm - 4.00pm** - Feeling overwhelmed by clutter and unsure where to begin? Perhaps you're facing the task of organising a loved one's belongings after their passing. Or maybe a family member exhibits hoarding behaviours and you're seeking guidance on how to offer support. Feel free to join our workshop to learn organisation tools for decluttering the home. **Donation welcomed on the day.**

**Charity Shop** - Our charity shop plays a crucial role in funding our activities and services to support our community. Please feel free to call in to have a chat about our services and how we can help you.

For further information about our services or to book a session please either email at **centre@bigyellowbusproject.co.uk** or give us a call on **01285 657818** we would love to hear from you.

Keep an eye on our website and social media for fundraising events throughout the year.

If you would like to donate to our project to go to [www.justgiving.com/BYBP](http://www.justgiving.com/BYBP)

**Thank You The Big Yellow Bus Project Team** 

[www.bigyellowbusproject.co.uk](http://www.bigyellowbusproject.co.uk)