



Three months have swiftly passed again since our previous newsletter. Remarkably, a year has flown by even faster, seeing us mark the first anniversary of our centre.

The centre has allowed us to engage with a larger portion of our community, providing a platform to demonstrate our project's growth. While we continue to assist the homeless both in our charity shop and centre, we have also extended our services to all adults in our area.

Once again, we extend our gratitude to The Hop Kettle for their continuous contributions from the monthly Hop On The Bus events, as well as all the bands and supporters.

Special thanks to Liz & Andre Morrison for organising the bus beer raffle at our September event which raised an additional £305.

Thank you to everyone that purchased tickets and to the The Hop Kettle, Stroud Brewery, Cotswold Lakes Brew Co and Corinium Ales that donated the fantastic prizes.

**We are also thrilled to have received the following donations over the last three months...**

**CDC - £4,000.00**

**SJP - Charitable Foundation/Newbury Committee - £2,500.00**

**British Autogard Limited- £500**

**Chesterton Foundation - £500**

**Cotswold Metal Detecting Club** – Raising funds from their surplus vegetable sale and fundraising card of Guess The Dogs Name.

Thank you all immensely 🧡

**All donations help us to continue offering our activities at the centre....**

**NEW.....** Sign up for first of a series of workshops by Mental Wellbeing Coach Linda Clarke starting on 16<sup>th</sup> October 7pm – 9pm. See our website for more details and on how to register.

**Art Sessions** - Fridays 12.30pm - 2.30pm

**Anxiety Support Group** - First Wednesday of the month from **2.30pm to 4pm.**

**Tea & Catch Up** - Second Wednesday of the month from **2:30pm to 4.00pm**. Engage in conversations over a cuppa and take the opportunity to reconnect with others.

**One to One Coaching** - If you have a social event coming up which feels overwhelming, we can offer a one off, one to one coaching session to help regulate your nervous system, offering techniques to help keep you grounded, building up to the event.

### **Personal Development Coaching**

**Coaching** - Learn new ways to take control of how you think, feel and behave. Build Resilience so that you can cope better when life throws you a curve ball.

**Relationship Counselling** - Untangle the power struggle in your relationships and learn new ways to talk safely about difficult issues.

**One to One Counselling** - Please email [centre@bigyellowbusproject.co.uk](mailto:centre@bigyellowbusproject.co.uk) for additional information and express your interest in coaching or counselling.

**Drop-In Tuesdays 10.30am–12.30pm** - If you need guidance on any topic, please don't hesitate to reach out. If we are unable to provide the support you need, we will assist you in finding the appropriate services.

**Online Form Support** - If you require assistance with submitting online forms, feel free to visit us at our drop-in Tuesdays and we will be happy to help.

**Charity Shop** – We are thrilled to say it's our 5th Anniversary this October! A heartfelt thank you to everyone who has generously donated items over the years. Every contribution is essential in supporting our shop and funding our services, so we encourage you to keep sharing! We warmly invite you to visit us and chat about how we can assist you.

**Well Being Event** - We were delighted to have been asked again to be part of the Community Health & Wellbeing Day in The Market Place in August. It was a wonderful day spent chatting with those who came to say hello and forming new connections with various organisations in the community. Thank you all for the lovely interactions, and we look forward to seeing you again in the future.

**Tesco In-Store Vote Update** - We are thrilled to be informed that our applications to Tesco Stronger Starts has been approved, and our project will be presented for customer voting in Tesco stores. Voting will take place in-store from the first week of October 2024 until mid-January 2025.

For further information about our other services or to book a session please email [centre@bigyellowbusproject.co.uk](mailto:centre@bigyellowbusproject.co.uk) or give us a call on **01285 657818** we would love to hear from you.

Stay updated on our website and social media for fundraising events happening all year round. To donate to our project, visit [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)