

The Children's Society is the charity St Michael's regularly supports over Christmas

This Christmas children can't wait.

Right now, hundreds of thousands of young people need mental health support. Many are left on waiting lists while their mental health gets worse. 1 in 6 children are likely to have a mental health condition and 66% said they couldn't get support when they needed it.

Too many children are counting down the days to crisis. Their childhoods are hanging in the balance. They can't wait any longer for support.

A brand new response – “*Space to grow*”

Space to grow is a nationwide partnership between *The Children's Society* in England and Wales, *Children First* in Scotland, and *MACS* in Northern Ireland. It offers free early help for children struggling with their emotional health and wellbeing aged 8 to 13, so that they can feel happier, supported, and safer.



In particular, support is there for those children who ordinarily may not be well represented within wellbeing and mental health services, such as children from the global majority, young carers and others.

Every childhood is special. It's a time to learn and grow, to make friends, to discover. But there are challenges, big and small. From bullying to racism at school, from abuse to problems at home, the pressures can quickly start to build up.

With *Space to grow*, children can get the help they need to understand and deal with their feelings, build strong relationships, and communicate. Whether it's one-to-one support, joining a workshop, online resources or speaking to a specialist project worker by phone, children can get the support that's right for them exactly when they need it. There's advice, information, and resources for parents and carers too.

The Children's Society is there for those who can't access mental health services and are at a high risk of developing a mental health condition if they don't get the support they need. For many, our services are the only places they have to talk to about their problems. We also campaign to make sure young people are listened to and that their wellbeing is top of the Government's agenda.

As a society, we're 'missing' too many children and young people. Children cannot afford to wait for professional support and are being left to struggle alone. In pain, isolated. Desperate to be heard, to be supported, to be helped. This Christmas, children can't wait any longer. With *Space to grow*, children can get support that helps them to flourish.

How you can help?

■ **Attend the Christingle Service** on **Sunday 15 December** at **3:30pm** (particularly suitable for families with young children)



■ **Make a donation at the service**, or by putting cash/cheque in an envelope, marking for '*The Children's Society*' and give to Emma Hodge or Janet Rogers.

GIVE HOPE You can also *Give Hope* by donating a gift from the online store, you'll support a young person who is struggling: <https://givehope.uk>

■ **Join the choir Carol Singing** around the streets on **Monday 16 December**. Meeting at the **Rectory at 6:30pm** (155 High St. GU47 8HR) and finishing with hot drinks at 8:00pm.

Children welcome, and we need people to collect as well as singers.



Find out more about the work of *The Children's Society* at: <http://www.childrenssociety.org.uk>

On behalf of all the young people that inspire our work, “*Thank you for all your support.*”



Janet Rogers,
Volunteer Speaker,
The Children's Society