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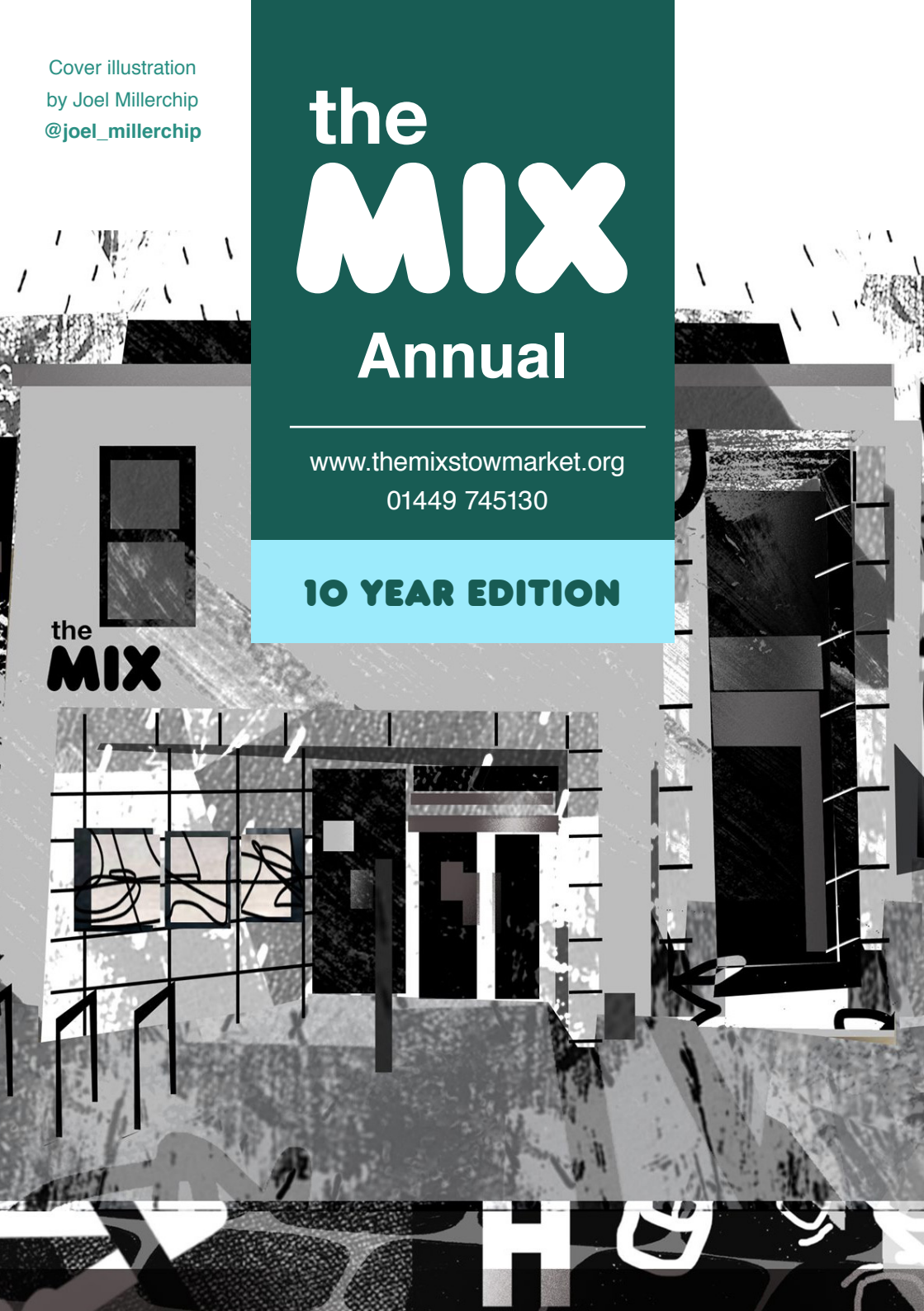
the MIX Annual

www.themixstowmarket.org

01449 745130

10 YEAR EDITION

the
MIX



Hey! Welcome to The Mix, a Suffolk-based youth work charity. Within these pages, you will find what The Mix can do to support you, your family and your community. We hope you like it. Get in touch if you have any questions.

We see a future in which every young person from any background can thrive and grow to become their best selves. A future in which young people become change makers, with clear confident voices that are heard above the noise, exercising both their rights and responsibilities to build a better world.

We want to see young people and families that are supported by and invest in strong communities. We walk together with young people as trusted partners who support, guide, inspire and empower them with that future in mind. **WE ARE THE MIX.**

OUR PROMISES:



To see you.



To believe in you.



To hear you.



To walk with you.

CONTENTS

10 Inclusive Youth Work

Inclusive Support

Meet & Greet

14 Open Access

Drop In

Detached

Young Leaders

22 Employability Support

Next steps support

Coaching & Mentoring

Job Squad



Like the design you see in this book? Get in touch with the BRIX Team!

hello@brixbrandcreative.com
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28 Schools

Youth Work in School

Primary School mentoring

Crucial Crew

36 Alternative Education

40 Small Groups

Diadem

Drama

Expression

Symmetra

46 Volunteering

50 Youth Work Academy

52 Other Support

58 Commercial

SO WHAT IS THE MIX?

Here's what young people had to say...

"A space where you can be yourself and get the help you need!"

Somewhere you don't have to worry

"School is quite stressful for me so I like to go to The Mix after to hang out and talk about my day"

They love to talk with you, they help you come out of your shell and make you more confident

"The Mix helps with my anxiety and mental health."

My safe space

Young people were instrumental in the planning and development of The Mix, including our logo - "X marks the spot"

This is their youth work and we want their views and ideas to shape how we grow and evolve in the future.



10 YEARS OF CHANGE MAKERS



Sam Petersen
Youth Work Director

It has been 10 years since The Mix was established in Stowmarket.

Our hope is that this Annual will help to bring to life the many programmes and activities that we currently provide for young people in Suffolk.

But first, time to reflect on the past 10 years...

The Mix was launched in 2012 as part of the governments Myplace programme, aimed at developing youth centres up and down the country.

Thanks to the collective effort of individuals within the town, The Mix in Stowmarket, was one of just 63 selected!

Following investment into a state-of-the-art facility, the challenge was turning that early excitement into a sustainable, relevant and impactful provision for young people.

The brief was clear that successful projects would need to look 'beyond public funds', instead drawing on the local resources of young people, communities, charities, voluntary groups, and local businesses.

10-years on, we are proud to say The Mix is strongly positioned in the community, and the idea behind those innovative and cross-sector partnerships has come to reality!

In the early years of The Mix setting out on its youth work journey, it also took its first steps towards sustainability. This included developing Book-a-space (room rentals), BRIX (a branding and design agency), Duck & Teapot and Cabbages & Kings (our cafés).

Over the years, our youth work has grown, as have our businesses and partnerships. Our partnerships include schools, community groups, councils, funders, local businesses and passionate individuals, who strengthen our work by supporting us financially and in lots of other ways.

One of the ways people partner with us is through volunteering. Our volunteers are key players in our mission to deliver passionate, consistent and sustainable youth work. Despite the Covid-19 pandemic, The Mix has over 50 volunteers, of a mixture of ages, that support our projects on a regular basis.

We would like to celebrate the contribution of all of our team members, partners and funders, past as well as present.

As of 2023, The Mix works with over 300 young people each month across the county. We have two youth work hubs, in Stowmarket and in Needham Market and are providing youth work in 3 local secondary schools, and 12 local primary schools, engaging with over 2,000 young people each year. Whilst we are proud of the difference we have been able to make over the past 10 years, we know we must continue to grow and evolve, if we are to meet the future need in our community.

This year we launched our first Mixed Views event to hear from young people about what they think of their community, including The Mix and what they think we should be doing. We aspire to be a charity that is relevant and responsive. One that champions young people and the things that matter to them. One that empowers them to become change makers, in their personal world, as well as the one we all share.



YOUR JOURNEY WITH US

Inclusive Youth Work (Page 10)

Drop In & Holiday Activities (Page 15)

Detached Youth Work (Page 16)

Primary School Mentoring

Young Leaders (Page 20)

8–11

11–16

18–25

Secondary School Youth Work (Page 28)

Thrive Alternative Education (Page 28)

Small Groups (Page 40)

Employability Support (Page 22)



At the Mix we seek to understand and support you through **INCLUSIVE YOUTH WORK**, getting to know you and your needs. We are open to everyone!

Contact information:

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We are here to listen closely and we understand that some young people experience exclusion in their everyday lives. We aim to create a place where all young people feel welcome and relaxed.

We aim to adapt and respond to each young person's needs, working together to help everyone feel they belong at The Mix.

Inclusive Support

All of our amazing projects at The Mix are supported by Anna our SEN Youth Worker.

This includes inclusion training, adapting resources, building support networks in the community and creating bespoke approaches to working with young people with different needs.

Inclusive Spaces

The Mix building hosts lots of amazing projects; we aim to adapt our spaces to be accessible and sensory friendly for all people.

We have developed a photographic visual tour of the building as an introduction to the space.

At our Open Access Drop Ins we run a chill out space, which is quieter and has lots of creative activities.

Meet and Greet

A meet and greet is a relaxed intro to The Mix building, team and our projects.

Come and meet Anna for a chat and a tour of the spaces when the building is sensory friendly.

Supporting Young People at The Mix

We support young people with diverse needs to develop their self-esteem, build confidence, self-awareness and resilience.

Mentoring is a stepping stone for young people with additional needs to be supported through challenges, such as social anxiety or isolation, and to support them to access social groups and build friendships at The Mix and beyond.

YOUNG PERSON'S STORY



Robin's Story

Robin is on the autistic spectrum, she struggles with the sensory overwhelm of the school environment and often wears ear defenders throughout the school day. Robin does not attend any other social groups outside of school and often spends her break and lunchtimes alone in the quiet space at school.

When Robin first arrived at R&R (our group in school) she chose to sit separately from the group playing with

slime and cloud dough. Gradually we got to know that Robin's passion was "Anime". As we chatted about it, she shared her favourite programmes and showed us her drawings. We gently invited Robin to join in with group activities and now she is involved throughout the session. She no longer chooses to wear ear defenders and openly talks about her emotions.



Freddie's Story

Freddie has been engaging with SEN mentoring for 6 weeks. When he arrived, he was in a state of anxious fear and depression, out of education, isolated, and afraid to enter a new social setting.

His social support system had broken down and his opinion of himself was rock bottom, "I have no-one and can never have friends because of my disabilities".

The mentoring has helped him understand himself, embrace his differences and to develop healthy boundaries within social settings.

The support has enabled him to identify his strengths and embrace his unique personality including his neurodiversity. Youth workers at The Mix have supported his journey into engaging in social time at Drop In Lates.

He shared with us that he feels accepted and embraced by the youth workers at The Mix and the young people at Drop In and that this has been an incredibly powerful boost for his confidence.



OPEN ACCESS means 'available to all'. Everything that we offer is free of charge and we do not want there to be any barriers to young people accessing our sessions.

Contact information:

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STATS FOR 2022

150+

Open Access sessions have been provided to over

300

young people, across our hubs in Stowmarket and Needham Market.

Our Open Access team organise our programme of weekly Drop Ins, detached youth work and holiday activities.

What is 'Open Access'?

In its simplest form, Open Access means 'available to all'. Everything we offer is free of charge and we do not want there to be any barriers to you accessing what we offer.

We have lots of sessions running each week for different age groups and we work across multiple locations, including Needham Market and Stowmarket.

Feel free to come along to anything that we run, meet the team, have some fun and learn more about how you can be involved.

Drop In

Drop In is a weekly space for young people to come in, make friends and hang out. Young people are welcome to join us at any point within our opening times. They are not required to stay for the duration and they can arrive and leave whenever they choose to.

We are responsible for the behaviour and safety of young people on our premises. Our team of dedicated youth workers and volunteers are trained in safeguarding, first aid, sexual health, neurodiversity, drug and alcohol use and much more.

“We have everything we need here. We were asked what we’d like to see inside The Mix Hut and everything we have asked for has been listened to”

“It’s perfect, I’ve had a toastie, I’m warm and I’m playing pool, what more could I want”

Detached youth work

Our Open Access team offer weekly detached sessions in and around Stowmarket and Needham Market, which are open to anyone aged 11-19.

We understand that not all young people are able to or have a desire to attend regular centre-based activities. Through our detached youth work and events, we engage with young people who may not otherwise access the support or information they want or need.

Our team can be seen in Mix t-shirts, or raincoats and are often loaded with a range of goodies - from drinks and snacks to sports equipment and bike lights. Our team are there to listen and support young people with any challenges they may be facing.

Our Open Access programme would not be able to do the work we do without our funders:



THE ROPE TRUST
THE MRS L D ROPE THIRD CHARITABLE SETTLEMENT





The Mix Hut

The Mix Hut is our youth room at Crowley Park in Needham Market. The space was launched in December 2022 and is equipped with a games console, pool table, dartboard and a fully fitted kitchen.

We run weekly sessions at The Hut and often make use of the large field outside for wide games and other outdoor events.

These sessions are completely free and aimed at young people aged between 11-16. We are always open to new ideas so let our team know if there are specific things you would like to do and we will do our best to make them happen.

Holiday activities

We aim to provide a variety of activities over the school holidays where young people can have fun, socialise and try out some new experiences. In the past, this has included zoo trips, inflatables, overnight residentials, survival skills, environmental projects, bake-offs, climbing and escape rooms!

Sounds good, how do I get involved?

There is no need to register before coming along, so feel free to just turn up and we will walk you through the sign up process.

There is a calendar of events available on our website and up in our building. To keep up to date with what's on and where, you can also follow our Instagram page.

If you would like to meet with our team before coming along to get a feel for the space or to discuss anything that would help you to feel comfortable here, please send us an email or give us a call.



Young Leaders

Young Leaders is a bespoke young leader training and mentoring programme for anyone looking to grow their leadership skills and gain valuable experience within a volunteer setting. It is open to all young people aged 16-19.

Our aim is to equip young people with the skills and tools to grow as leaders. Firstly, so that they can lead their own lives and then beyond that to be leaders in their peer groups, schools and communities. Young Leaders combines training, wellbeing support, mentoring and socials to ensure young people are not just giving their time but receiving all round support.

The programme consists of three main parts:

- **Volunteering** – weekly volunteering opportunities for them to make a difference within The Mix projects.
- **Mentoring** – monthly meetings with a youth worker, providing them with a space to reflect and to discuss the goals that are important to them.
- **Equipping** – half-termly sessions at The Mix for our young leaders to get together as a group, support each other and to gain valuable hints and tips on the different parts of becoming a young leader.

Through our Young Leaders programme, there will be an opportunity to gain a number of different awards and certificates. As well as gaining valuable skills and experiences to add to your CV, we hope it will enable you to grow in confidence, make a difference in your community and to develop your skills.



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Our **TOGETHER PROJECT** supports young people aged 15-25 who are looking to take their next step into employment, education and training.

Contact information:

together@themixstowmarket.co.uk
01449 745130



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Togetherprojectatthemix



The Together Project

Our Together Project delivers a programme that is tailored to the individual. It is open to every young person aged 15 - 25 wanting to progress with their next steps into work, education, or training.

After filling out our online sign-up form, you will be invited to an initial meeting with one of our youth workers. In this meeting, we will aim to get to know you a little better and together decide how we can support you with your next step.

Our programme includes 1:1 coaching as well as a variety of workshops and groups designed to help you better understand yourself, and grow confidence, motivation and resilience.

Our 1:1 coaching underpins the programme. We want to offer you constant and consistent support so that you not only gain employment, education or training, but are able to sustain it too.

We understand that some young people may not want or need 1:1 support and, instead, may only need a one-off session to help them with applying for something new. For those young people, we offer a number of open-access workshops and groups, such as our Job Squad. Job Squad is a space where you can get support from one of our youth workers with anything job related, whether you are signed up to our programme or not.

The Together Project is built on the idea of partnership, and we could not do what we do without the involvement of our brilliant business partners. We always try to work collaboratively with employers, schools and other providers to ensure every young person gets the best support possible. We have a range of partners who are willing to go the extra mile to help young people and invest in their future. These partners support us by planning and running workshops to up-skill and inspire those on our programme, offering work experience, career mentoring, sharing job vacancies and assisting with mock interviews.

If you or your business or organisation want to get involved in the work we do, get in touch.

Our project has been designed with feedback from both local employers and young people to make sure it is relevant and engaging.

Our Together Project would not be able to do the work we do without our funders:



Lawrence Atwell Charity

When I started seeing my youth worker last year, I was a mess *mentally and emotionally.*

I had recently left my first job after a meeting in which I was told, 'your emotional behaviour right now makes us think you are not stable to be in employment'. This meeting was the last push that sent me off the edge.

I couldn't stop crying, I felt like I was drowning, kicking my legs so hard to keep my head above water and gasping for breath.

That day was the day I got put on medication and it worked! Within a few months I was no longer off sick, I had handed my resignation in never having to go back there and I started a new job.

Everything was great, and then it wasn't.

I started coming home from work every day miserable, feeling hopeless and that nothing I did was good enough, but I kept pushing through telling myself, 'you have

to do this.' I had a panic attack at work, walking out. My boss was understanding until my next shift when I had another panic attack and never made it in, going back to my doctor being signed off again and losing my job in the process.

And I was drowning again.

This is when I joined The Together Project. At first, I hated it, but I needed that time. It was hard pushing myself little by little out into the world, leaving the house by myself. It happened so slowly that I didn't notice how well I was doing and then I was sat in the cafe alone with a cup of tea when I realised, I could never do this before. Yes, my anxiety was still there but my youth worker had given me the tools I needed to cope and allow the waves of anxiety to come and go, knowing I could get through it. That moment is the proudest day of my life and



I know that without The Mix, this moment never would have happened. I would still be kicking my legs so hard, trying to keep my head above the water. But I'm not.

The day I started my work with The Together Project, I was not alone.

They jumped in the water, gave me a float and helped me to swim.

They gave me the tools I need to swim on my own and are still there ready to give support when life gets too much, and I forget how.

At the moment the water is rough, I'm

finding it hard to swim. But they are still here, providing the support I need. I am honestly so grateful for the support The Together Project provides me and others, without this I don't know where I'd be today.

1,352

hours of support provided

11

new educational placements or courses

1,120

attendances

7

instances of NEET prevention.

169

young people engaged with

46

jobs, placements and apprenticeships gained



YOUNG PERSON'S STORY

I decided to leave my university course which left me feeling guilty - because I seemed to have disappointed more people than I expected, and lost - because *the direction I had been set on for a long time in school was suddenly not what I wanted anymore.*

This confusion, isolation and panic led me to look for help. I was overwhelmed because I had no idea what to do next.

Someone suggested I speak to The Mix. I was unsure of what to expect from walking through the doors - I don't think I had even been in the building before then. I briefly explained why I was there and was given a form to complete, the lady was very positive and told me about her nephew who had done something similar a few years before which was encouraging and made me feel comfortable.

After feeling out of place both at university and since leaving, standing in The Mix, I felt like I was in the right place for something. Once I had completed the

form I was still unsure of what would follow but when I had my first meeting, it turned out to be exactly what I needed.

Since coming to The Mix, I have learnt lots about myself. There is a voice of reason that now exists in my head when I have doubts. I have a better sense of self - I can look at things with a clearer differentiation between what I really want for myself and what I want because it would please other people, with the knowledge that there is always someone on my side and that there always can be. I don't assume the opposite.



By building stronger and closer partnerships with **SCHOOLS**, we believe we can reduce the barriers young people face accessing the support and information they want and need.

Contact information:

schoolsyw@themixstowmarket.co.uk
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[mixstowmarket](https://twitter.com/mixstowmarket)



[themixstowmarket](https://www.instagram.com/themixstowmarket)



[themixstowmarket](https://www.linkedin.com/company/themixstowmarket)

Youth work in school

Our youth work in school is about being available to young people where they spend the majority of their time.

Our school link youth workers aim to be a consistent, trusted and familiar presence in school, as well as a reliable source of knowledge about the activities, support and opportunities that are available to young people in the wider community.

Our primary focus is prevention. We seek to work in ways that promote emotional fitness and resilience and that prevent young people from reaching a point where they require more critical intervention.

“The impact of having a youth worker in school is massive. Their wealth of knowledge and contacts is paramount to helping the school function in a high level. The young people have great things to say about their school youth worker and feel they can relate to them and feel comfortable in speaking to them. Our school youth workers’ attitude and personality shine through at all times, and they are every student’s biggest advocate. They build relationships of trust with ease and are a joy to work alongside”

Head of Year

One of the ways we do this is by increasing access to a range of support and opportunities that enable young people to build confidence and grow their support network.

We aim to amplify the voices of young people, ensuring that their wants and needs are heard and used to inform the support and opportunities that we offer, both at The Mix and within the school setting.

Some of the ways our youth workers in school do this include:

- Short-term 1:1 coaching & mentoring designed to support young people with

navigating challenges and accessing opportunities

- Structured small groups in school, based on the topics that young people are interested in
- Breaktime drop ins, where young people can access information, advice or guidance
- Promotion of local initiatives and opportunities for young people

If you see us around your school, come and say hello!

“Our school youth worker is a key part of our pastoral care within school; there for both students and staff. The young people in our school feel even more supported in that they know where they will be out of term time demonstrating The Mix’s commitment to them. As a pastoral lead I have witnessed first-hand the reduction in many an ‘end of term wobble’ for our learners losing the structure and security that school provides. There should be a school youth worker in every school.”

Head of Year





Empower: Leading the way for progress and possibility!*

We offer **1:1 PRIMARY SCHOOL MENTORING** to support children with strategies around anxiety, low self-esteem, anger, resilience and more.

*formerly known as Greenlights

Contact information:

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In recent years, early intervention for primary aged children has been getting the attention it deserves.

At The Mix Stowmarket, we believe wholeheartedly that this is a vital part of healthy child development. We want to help children overcome difficulties ranging from anxiety, anger, low self-esteem and resilience and empower them to create their own future of greenlights and possibilities. That's why we're excited to have a team of committed volunteers, equipped with the skills they need to help one child at a time.

Why we exist:

It's never been more important to offer children early intervention. Worrying statistics show that one in ten children in the UK feel unable to cope with the school day, and almost two thirds say they worry "all the time".

What we offer:

One hour a week to one pupil for one year.

Each of our trained mentors will give one hour a week for a full academic year to one child in year 5 or 6, offering them the time and support that they need to thrive in areas such as self-esteem and emotional regulation.

Mentors will meet with pupils in their primary school, bringing with them a range of excellent and engaging resources.

What next?

If you would like more information about who we are, how we work, to volunteer as a mentor or to apply for a mentor to work with a pupil, please use the contact information on this page.





CRUCIAL CREW is our annual safety event for Year 6s across Mid Suffolk. It is fun, informative and life saving!

Contact information:

hello@themixstowmarket.co.uk
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Crucial Crew is an annual child safety event which has been running nationally for in excess of 15 years and in Mid Suffolk for over 10 years. It is aimed at primary school children in Year 6 (age 10/11).

The event is staged when year 6 pupils move from primary to secondary school, entering a more independent phase in their lives.

Crucial Crew raises awareness of risky behaviours and their consequences. It provides general safety and wellbeing messages, including anti-social behaviour, drugs and alcohol, emotional fitness, healthy eating and fire safety in the home.

We partner with a variety of voluntary and community sector organisations to deliver the eight scenarios including Suffolk Fire Service, Suffolk Constabulary, Turning Point and School Nurses.

“We love Crucial Crew & think it’s a very important workshop to attend. Thank you to everyone for organising & delivering it to us.”

“It’s been an excellent afternoon for our year 6s. It backs up so many things we do in school, but addresses many issues we don’t, such as fire, drugs & alcohol. It’s always good for the children to hear these things in an environment outside of school.”





THRIVE is our alternative education provision based at The Mix, enabling young people to receive the support they need in education to thrive.

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SINCE 2018:

75+

students from
15 local schools

15K

hours of
support provided

15

local businesses and charities -
as well as an amazing team of
volunteers supporting us

We believe that young people need to believe in themselves to thrive in life and learning, and that is our starting point. We want to provide them with the opportunity to get to know who they really are and build on their uniqueness from there.

We know that once they start to develop that confidence, they will thrive in becoming the best version of themselves. We focus on leading young people to develop positive thinking, to build resilience, grow perseverance, develop character and pursue excellence.

Within our team, we have curriculum experts, SEN and SEMH specialists and experienced youth workers to support students in all their needs.

We are able to offer a different learning environment from mainstream for those who need it. We have bespoke learning spaces within The Mix, as well as all the facilities on hand that The Mix and local community have to offer. Where we are purposeful in the teaching of character education, we can empower young people to be resilient and bring hope and leadership to their lives and others.

Broken. Distressed.
Overwhelmed. Withdrawn.
Is it too late? Is anything
actually going to work for
him? I genuinely didn't
know what to do next.

Ben wasn't communicating. He was totally shut down and so unhappy.

Ben didn't want to go to Thrive. He hates change and didn't trust anyone. Why would they be any different? We arranged that he'd only stay for an hour the first day – he left shaking, but he went back. The second day he actually lifted his head and did the work and by the third day he was chatting and laughing. He came home with a smile on his face and his head held high. No-one had achieved that with him in four years.

He trusts them. They listened to his needs and met him where he was at. They push him to challenge himself, but at the right time and in the right way. Ben knows he is valued, for who he is.

He has built **relationships**, he engages socially at Thrive and even eats with them. He sings along to music in the car on the way home from a Thrive day. He even attends on PD days and school holidays.

Ben's confidence has grown. He now takes part in family life, in mealtimes and chatting with us.

We gave them broken

They gave us back our son.

What?

A variety of support is on offer:

- Self-leadership programme
- 1:1 mentoring and coaching
- Personal and skills development through vocational and project learning including carpentry, forest school, mixed martial arts, animal care, art and cookery
- Academic support in Maths and English

Who for?

Secondary aged students on roll at a local mainstream school

When?

Students attend one day a week, term time only





We have a variety of fun, creative and **SUPPORTIVE GROUPS** that young people can get involved in – both in school and outside of school.

Contact information:

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Here are some of the groups we run:

Diadem

Diadem, a jewelled crown, a royal headband.

Diadem is a group for girls to help improve their confidence, self-worth, mental health, relationships, body image and all of the other tricky bits of being a teen.

Our course is named 'Diadem' as we believe it sums up the immeasurable worth we see in every young woman that takes part in the course. We want them to feel they are regal, and through the course, recognise their worth and potential.

Over the course of six 2-hour sessions, our youth workers will support you to talk about a wide variety of topics that affect young women today. This includes healthy friendships and relationships, body image, social media, self-worth and your future aspirations.

Expression

Expression is our Art course – come along to get in touch with your thoughts and feelings whilst getting creative!

Each week will support young people by looking at different ways they can use art to explore themselves, their skills and their future goals and dreams. This includes exploring values, finding out about strengths and building communication skills.



Drama

Our drama group provides young people aged 14-18 with the opportunity to take part in an accessible, fun and creative activity. Weekly workshops take place after school led by two experienced youth theatre practitioners.

Through a series of drama games and exercises, young people are encouraged to work together to develop the skills needed for a performance. These include building confidence, listening, problem solving, respecting difference and speaking out – all things that help with personal development and wellbeing.

Young people are encouraged to use their imaginations and to guide future content, culminating in a live performance.

“Taking part in drama at The Mix has shown me what I’m capable of.”

Young Person, Drama



Symmetra

The Mix runs small and inclusive group sessions at The Mix and in local schools. Symmetra is a fun and activity-based course exploring neurodiversity and social anxiety. Over 7-weeks, Symmetra seeks to support young people in growing their self-understanding, confidence and emotional intelligence.

“I really enjoyed being able to talk openly and understand that how my brain works is ok”

Young Person, Symmetra

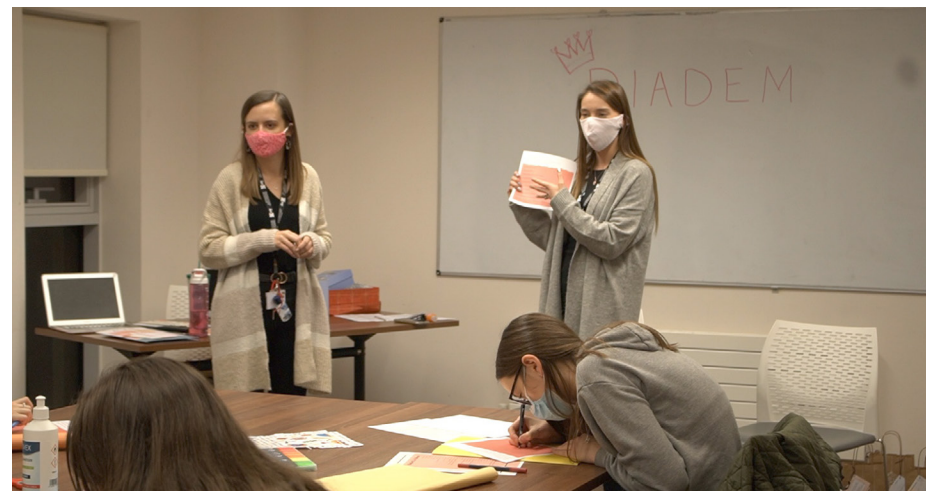


YOUNG PERSON'S STORY

I came to Diadem after my teacher referred me when I was *struggling with difficult friendships and low confidence*. This was affecting my schoolwork and my ability to get on the school bus. I was having panic attacks about the bus, going to the GP and *it felt like everything was closing in on me*.

I was really anxious during the first session and had to leave 10 minutes in. Because I had been bullied in the past I was really worried that this would happen in the group too. I was so frightened and overwhelmed and my anxiety meant I struggled to join in. I didn't think I would be able to do it but I spoke with the group leader and she helped me with a plan to try and settle in. I felt able to come back on the call with my camera and microphone off (online group due to Covid-19) and as the session unfolded I was able to start joining in with my camera and microphone! The other group members were really respectful and understanding of my worries and welcomed me as much as the leaders did.

After this, I was able to join every week and after building a trusting relationship with the group members and leaders I was able to share experiences I had faced! I was able to contribute to all the discussions and activities, sharing my, worries and advice for the others. It was really empowering for me to get support from the rest of the group and hear of similar situations they had been through. We were all able to build each other up and learn how to be good friends to one another. The group supported me so much that I felt able to get back on the bus to school! I couldn't have done that without this group and without every person in the group supporting me. They got me through those six weeks and it made such a difference in my life.



I'm now much more confident and resilient, I can say no to people and stick up for myself. I know how to be a better friend, can spot toxic friendships, am more independent and am now seven months free from any self-harming urges! I still have some days where things are a bit difficult but I am also able to get on the bus to school and am coping well there, making sure I speak out when I need someone to talk to. My mum said she has really seen the difference in me, especially with my confidence and the school side of things; particularly getting on the bus and standing up for myself. These are things I was not able to do before!

Lastly, Diadem didn't end after our graduation.. the support we gave each other as a group was so invaluable that we decided to continue our weekly check ins with each other! We have a group chat called 'The Tuesday Group' where we continue to support each other and build each other up, helping each other through the good and bad times.



Our **VOLUNTEERS** are key players in our mission to inspire, empower and support young people in our community. We have a whole range of both face-to-face and behind the scenes roles.

**Contact
information:**

volunteering@themixstowmarket.co.uk
01449 745130



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Do you have some spare time and share a passion for making a difference in the lives of young people in your community?

Are you looking to build up your confidence for returning to work, want to build up your CV with some experience for going to college or University, maybe you are retired with a wealth of life experience and would like to give something back. Listening, smiling, encouraging or supporting, just being there for a few hours a week/fortnight really does make a difference to the young people, our team and the wider community.

There are many different ways to volunteer at The Mix, whether it's as part of our youth work team, or behind the scenes, helping out in our coffee shop, with admin or fundraising.

Many of our volunteers would testify to the fact that they get more than they give. Spending time with young people or the knowledge that you have played even a small role in their life is both a joy and a privilege. Helping out behind the scenes is just as satisfying and our volunteers say that they love being part of a team.

If you would like to find out a little bit more about how you can get involved with the work we do, then please get in touch!

Anyone over the age of 16 can apply to join our team. All our volunteers are given the training and support they need. By completing an application form, you can get the ball rolling.

We hope to hear from you soon.

300

volunteer hours given per month

Picture this: you're a teenage girl who feels stuck, alone, and held back by anxiety but desperately *wanting to take a step forward.*

That was me in September 2022. After a year's long struggle with anxiety, I was the most stuck I had ever felt in my life. I rarely went out, I had little to no confidence in myself or my capabilities, I felt lost, and I had no idea where to start finding my way again.

I knew I wanted to get out and meet more people and learn new things, I just didn't know how.

Then I found Cabbages & Kings; actually, my support worker found them and suggested we go in and grab a coffee while we look online for somewhere I could volunteer - the thought of volunteering there hadn't even crossed our minds yet.

Sometimes when you walk into a cafe it can feel almost intimidating, like you're taking up a space that wasn't meant for

you but walking into Cabbages & Kings wasn't like that at all. I remember being the most at ease in a public space I had felt in months, the cosiness of the cafe and the kindness of the staff helping to calm my nerves, and something about it just felt...safe. We ended up coming in for coffee a lot.

When the idea of volunteering at Cabbages & Kings came about, I had mixed feelings. On one hand, I was excited because I had seen how the cafe worked from a customer's standpoint, I knew that it was an experience I'd love to try out, and with the staff being so kind I knew I would be supported. But on the other hand, I was terrified.

What if I got an order wrong? What if I messed a drink up? Can I handle talking to the public without making a fool out of myself?

I had so many anxious worries whirling around my head, which is completely normal when starting something new, I just didn't know that at the time. Either way, I just had this gut feeling (and some lovely supportive people) telling me to just try.

So I did! At first I stayed in the back of the kitchen, literally in a corner, making cakes. It was where I felt safest, because while I was pushing the limits of my anxiety, it was pushing me too.

Over the weeks the cafe team, Angela in particular, would offer to teach me how to make coffees and time and time again I would say no. I was too afraid to mess up. Gert who works on front of house and is the volunteer coordinator for The Mix would offer to be my guinea pig, and again I would say no, afraid of messing up.

But as time went on and the support of the team around me never wavered, eventually I found the courage to try and make a cappuccino. My thoughts being, 'too much froth on a cappuccino isn't a thing, right?' and I was right! All it took was that one coffee to give me the confidence to try and make other ones – though it took me a while to get the hang of lattes, which I have now learned isn't even a me thing, lattes are temperamental for everybody.

With every new thing I tried and learned, my confidence grew. Coffees, working the

till, speaking to customers, you name it.

And then I was offered paid shifts! I am no longer a volunteer, but an actual employee of Cabbages & Kings! That's something I hadn't expected for myself for a long, long time.

If you had told me this time last year that I'd be looking forward to speaking to customers, even having regulars who know me by name, and making drinks, I'd have said you were crazy.

I used to dread that stuff, but thanks to Cabbages & Kings, and all the lovely staff in The Mix, I've had the opportunity to test my limits and grow in ways I didn't think possible in such a short amount of time.

Most importantly, I've had the opportunity to try. I think that's been my favourite part about volunteering here; everyone around me has been so supportive of me just trying my best, always ready to help me if I need it but also allowing me space to find my own feet.

Written by Laura



Our **YOUTH WORK ACADEMY** aims to inspire and equip youth workers and volunteers by creating regular opportunities for learning, reflection and sharing.

Contact information:

youthworkacademy@themixstowmarket.co.uk
01449 745130



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We believe in upskilling and empowering adults to offer young people the best support possible. We aspire to offer learning opportunities that cover a broad range of topics, bringing together people from all experiences and disciplines.

Our main areas of training include:

- Developing the skills of those working with children and young people, so they can do it effectively and safely through training on safeguarding, de-escalation, 1:1 mentoring & coaching and an introduction to youth work.

- Providing care for youth workers and volunteers so they can invest in themselves to be able to invest in others.
- Enhancing delivery of youth work through the sharing of tools, tips and resources.

Are you interested in youth work? Perhaps even setting up a provision for young people in your community? We have had lots of conversations like this over the years and would love to hear from you.

"I seriously cannot fault the learning from today. We need this to be continuously drip fed to change thinking and practice and culture."

"Such an enjoyable day, really valuable to network with people and have training we can implement straight away in our roles."

"I was worried about missing a day at school at the beginning of the school year as I am so busy. But this day was so worth it."

Here's what to do if you need **URGENT SUPPORT:**

If the situation is an emergency:

Call 999

If you think you need to make a referral:

Call Customer First or The MASH



C-Card Centre:

Many of our team at The Mix are trained C-Card providers. To arrange to speak with one of our youth workers about sexual health, such as contraception or any concerns you may have, please just ask one of our team.

Childline:

childline.org.uk
Call free on 0800 1111

Customer First (Out of Hours Safeguarding Concerns):

0808 800 4005

The Source (Information & Advice for Young People):

thesource.me.uk

Young Minds Parents Helpline:

0808 802 5544

Suffolk Emotional

Wellbeing Hub:

0345 600 2090
(Mon-Fri 8am-7.30pm)

Kooth (Digital Support & Advice):

www.kooth.com

Samaritans (Suicide Prevention Charity):

116 123 (free 24-hour helpline)

Fearless (Report

Crime Anonymously):

0800 555 111

ChatHealth (Confidential Text Messaging Service for Young People):

07507 333356

Papyrus Hopeline (Suicide Prevention Charity):

0800 068 4141

Mind (Mental Health & Support):

www.mind.org.uk

NSFT Support Helpline (24/7 Mental Health Support):

www.nsft.nhs.uk/first-response

Non-Emergency Police Line:

101

Emergency Police Line:

999

Domestic Abuse Hotline:

0808 2000 247
www.nationaldahelpline.org.uk

Multi-Agency Safeguarding Hub (MASH) Consultation Line:

0345 606 1499
Live chat available on website

NHS Mental Health Crisis Line:

111

Turning Point Young People Service (Support With Drug And Alcohol Use):

0300 123 0872



We are a registered charity and as such, we rely on **FUNDING OPPORTUNITIES** to ensure we can deliver our services for young people.

Contact information:

rose@themixstowmarket.co.uk
01449 745130



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HOW YOU CAN HELP:



JOIN OUR VOLUNTEER FUNDRAISING TEAM

and help young people in Mid Suffolk!

Email: volunteering@themixstowmarket.co.uk



CREATE YOUR OWN FUNDRAISER for The Mix. If you want to chat about it, get in touch!

Email: rose@themixstowmarket.co.uk



NOMINATE THE MIX AS A CHARITY PARTNER WITH YOUR EMPLOYER. Get in touch for more info!

Email: rose@themixstowmarket.co.uk



SIGN UP TO OUR 100 CLUB DRAW. It's a simple way to spend £10 a month and if your number is drawn you win 50% of the membership fees taken that month. Email: rose@themixstowmarket.co.uk for a form!

Text **MIXFIVE** to
70085 to donate £5

(Texts cost £5 plus one
standard rate message)

Text **MIXTEN** to
70085 to donate £10

(Texts cost £10 plus one
standard rate message)

COULD YOU HELP US KEEP DELIVERING SERVICES?

The impact of the COVID 19 crisis has led to local young people and their families needing The Mix's support services now more than ever.

Support The Mix to maintain these services in your community by making a donation.

Here's some of the things we do:

- Weekly Drop Ins'
- Coaching & Mentoring
- Detached Youth Work
- Youth Work in Schools
- Alternative Education
- Inclusive / SEN Youth Work
- Employability Support
- Small Groups
- Holiday Activities
- Young Leaders
- Primary School Mentoring

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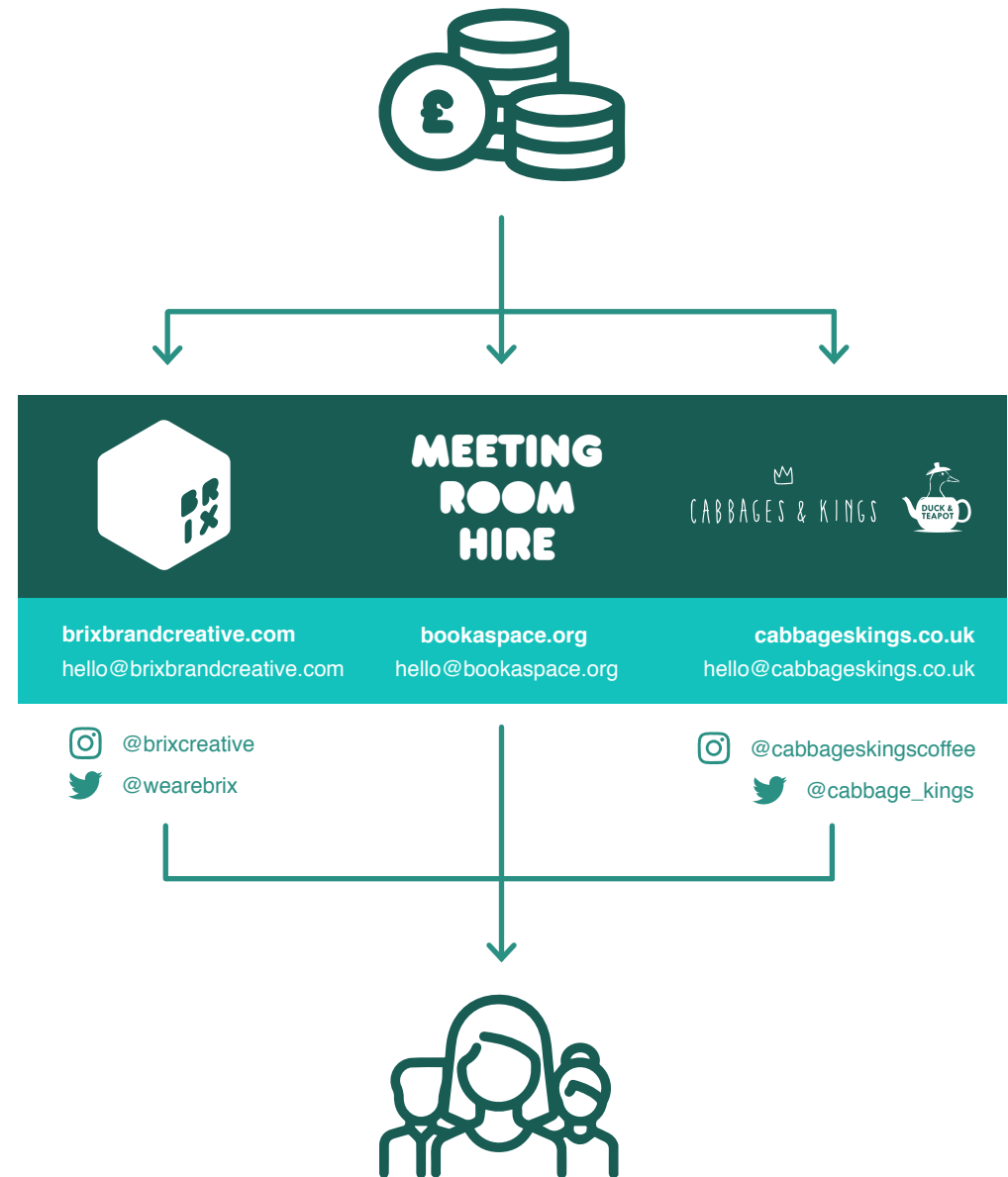
.....
*includes an option to add gift aid

HAVE YOU HEARD ABOUT OUR BUSINESSES?

The Mix has a fabulous base for all of our youth work programmes. However, our building costs a lot of money to run every month and we are able to cover those costs through our businesses. In fact, our building and our basic services for young people are all paid for through what we earn.

There are two income generating arms. Firstly, Book a Space which rents out office space and a performance hall in the building, and secondly our trading subsidiary which currently houses two businesses. These are Cabbages and Kings, who now work in two locations (including the Duck & teapot at Needham Market), and BRIX, a branding and design agency for the charity sector. As well as providing great services, both businesses have a track record of employing and developing young people and they invest their profits into The Mix to help us deliver great youth work.

HOW THEY WORK:



All profits are re-invested back into supporting young people and their families in Mid Suffolk and beyond!



the
MIX

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IP14 1BB

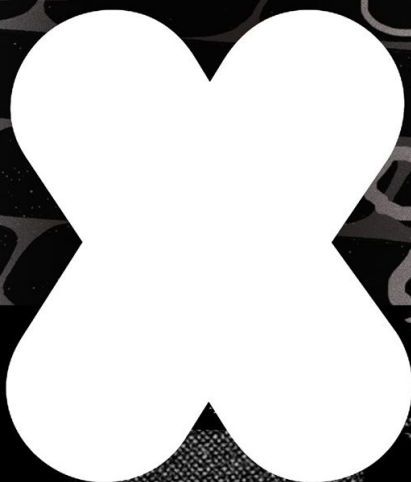
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the

MIX



The Mix of Money for Your Future

Investing in the stock market is a long-term strategy that can help you grow your wealth over time. However, it's important to understand the risks involved and to diversify your portfolio to protect your investments.

One way to diversify your portfolio is by investing in a mix of different asset classes, such as stocks, bonds, and real estate. This can help you reduce the risk of your investments and potentially increase your returns.

Another way to diversify your portfolio is by investing in different industries and sectors. This can help you spread your risk and potentially increase your returns by investing in high-growth areas.

It's also important to consider the time horizon of your investments. If you're investing for the long term, you may be able to weather market volatility and potentially achieve higher returns.

Finally, it's important to consult with a financial advisor to help you develop a personalized investment strategy that meets your goals and risk tolerance.

By understanding the mix of money for your future, you can make informed decisions and potentially achieve your financial goals.

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