

Volunteering to work with us

We could not do as much as we do or help as many people as we help, without a loyal, energetic, committed and caring group of volunteers. We need people of all ages and walks of life with a variety of life experiences to support our clients.

If you would be interested in knowing more about the work we do or would be interested in volunteering some of your time, we would love to hear from you.

Full training and DBS check provided.

Donating to our work

As a Charity all the work that we do depends on the generosity and funding of public and private sector donations. We have been grateful to organisations such as Children in Need, Henry Tudor Trust, Affinity Sutton and local companies such Buildbase, Homebase, High House Insurance, Co-Op, One Stop and Greggs. If you would like to donate to Youth Dream to continue the invaluable work that we carry out please contact us or donate through

<https://mydonate.bt.com/charities/youthdreamselseylimited>

Your support is gratefully appreciated.

Opening Times: Term Time

Monday to Friday
8.30am to 5.00pm

Opening Times: Holiday Time

Monday to Friday
Core Hours
9.30am to 4.00pm

Contact us:

Telephone 01243 608943

Email TheBridge@youthdream.co.uk

Contacts

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|---|---|
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Chairman Youth Dream:

Mike Nicholls
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Working in partnership with



Registered Office: Unit E Penny Lane,
118 High Street, Selsey, West Sussex PO20 0QG

Youth Dream (Selsey) Limited Registered in England and Wales
Company Registration No. 8752886 Registered Charity No. 1155982



(Mural by Selsey Young people)

The Bridge Support Centre

Helping the community of Selsey
strive and thrive

Managed by the Charity



**The Bridge
Support Centre
(Behind Selsey Library)
School Lane, Selsey,
PO20 9EH**

Telephone: 01243 608943

E-mail: TheBridge@youthdream.co.uk

The Bridge

The Bridge is a Support Centre based in the heart of Selsey, West Sussex managed by the charity Youth Dream (Selsey).

It opened in April 2015 providing services for young people under 18 and in 2017 added a second service for adults following the success of the youth work and an identified need for adult support.



A small team of dedicated staff work with volunteers from the community to provide a range of services and activities for those in need.

Every now and again we all need help – that is human nature, and life is not always fair and kind. We understand that sometimes it helps to share things and we are here to do that, but we often help in the practical steps that need to be taken to sort out problems too, because as the practical problems are solved, mental health and happiness levels rise.

No question is a silly question and no issue or problem too big or too small – we are here to help and support you, just give us a call, email or drop in.

Youth Bridge

Mentoring and resilience training

We support young people at a time when life is confusing and full of pressures, through transition from Primary to Secondary school to leaving school altogether; from friendship problems to bereavement; self-esteem to sexuality – we are here when they need us.

Emotional support

From a friendly ear to fully qualified counselling we offer 1-2-1 support for as little or as long as required.

Educational support

We support young people struggling for a variety of reasons in and out of the classroom.

Support Clubs

Such as **Girls Group, Technology Club and GrowLER** (Grow, learn, educate and relationships) which helps young people to express themselves in practical ways through gardening and environmental projects.

Sexual Health

We provide a drop-in services for teens offering C-Cards, free condoms and Chlamydia and Gonorrhoea tests as well as support and sign-posting.

Adult Bridge

Courses in Positive Parenting

We offer courses designed to address the many challenging moments that arise for parents offering suggestions and ideas to help make parenting easier and promote the child's development. Different courses are aimed at parents of primary and teenaged children. These courses are also available for carers and grandparents who are involved significantly with child care.

Supporting NEETS

Providing 1-2-1 support and guidance for those aged 18-24 not currently in education, employment or training from assistance with goals and direction to CV's and job applications.

Adult Mentoring

From a friendly ear to fully qualified counselling we offer 1-2-1 support for as little or as long as required. From friendship problems to bereavement; self-esteem to sexuality – we are here to assist.

Resilience Building

We support people and build resilience, providing assistance with various courses and programmes throughout the year.

Teacher Support

Providing assistance to Teachers.