

AUTUMN NEWSLETTER



October 26



Here's what has happened in the last few months and what's to come!

We're pleased to share some recent updates as we continue our work to make a meaningful and lasting difference within the community. First and foremost, we would like to extend our sincere thanks to our dedicated trustees, donors, and volunteers. Your continued support, generosity, and commitment to our mission play a vital role in helping our programs thrive and expand.

The Centre Place, has had a very busy couple of months - we enjoyed a lovely Team Wellbeing Day at Clumber Park in the lovely weather we have had this summer! The LGBT+ Group enjoyed trips out in the community & celebrating Pride month during groups and we have hosted informative stalls within Bassetlaw Hospital.

As always, we'd like to remind you that our work is only possible thanks to the ongoing support of people like you. Whether you can give your time, share your skills, donate resources, or support us through Easy Fundraising, every contribution makes a real difference. Even everyday activities, such as online shopping, can help raise donations that go directly towards supporting young people across Bassetlaw.

Exciting news! The Centre Place has turned 30 this year! What a wonderful achievement for the service to celebrate this amazing milestone, hopefully we can continue with your support to help the young people within district.

Thank you - and
enjoy this seasons
newsletter!

Centre Place x

In this newsletter you can expect:

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Centre Place Updates

During the Summer half term, we ran a “Half Term Hub”. This was weekly groups for the young people and each week we had a different theme, ran by our team; it was a great success! All the young people who attended, had an amazing time and we are looking forward to further Hubs of support that we can hold within Centre Place.

During the summer, we also had our own Wellbeing Day for the staff members of Centre Place. We had a lovely day at Clumber Park and wrote a letter to our future selves, had a walk around the grounds, visited the library and then enjoyed some lovely time sat speaking about the service and what we would like to see in the future for The Centre Place. This was a lovely day out for us all and we enjoyed the glorious sunshine. We was blessed with that day, as it was the hottest day of the year!

During September we all wore Yellow or used something Yellow, in support of the Suicide Prevention charter. Please check out gallery for these images, as always we are proud to support and raise awareness for these days within Centre Place.

Moving forward into the Autumn months, we are going to be visible within schools for the weeks surrounding World Mental Health Day in October, to offer support to the young people around the district.

We have also teamed up with Aurora for the “Turn it Pink Campaign” in hope to raise further awareness for Breast Cancer Support. The Team will all be wearing pink to support this day & we have made a beautiful board with lots of information in The Centre Place; as ever remember to check your chest! Please look out on social media for these posts to help raise awareness together.

We will be hosting “Drop-In Hubs” this autumn term. These hubs are here to support and offer information for anyone regarding: Education, Employment, Housing, Wellbeing & Health and LGBT+ Support.

We are pleased to announce that the work on our brand new building has started! It is so exciting to see the work that is being completed. Look out for us in local newspapers for more information on this new venture.



LGBT+ Updates

Our LGBT+ Group has enjoyed an active and engaging summer. In June, our Project Workers attended Harworth and Bircotes Pride, showing their support and celebrating LGBT+ inclusion within the local community. The LGBT+ 11-16 group also enjoyed a trip to The Arcade Warehouse, where they had a fantastic time playing a wide range of arcade games, from classic machines to newer setups. It was wonderful to see everyone having fun and enjoying the opportunity to spend time together.

Throughout the summer, our groups have taken part in a variety of creative and social activities, including making Pride flags, arts and crafts, tie-dyeing, Drag Queen sock-puppet making, and Pride parties for both age groups. We also held a quiz during Bisexual Awareness Week, making learning fun and encouraging positive conversations. It has been a fantastic summer, and we're looking forward to continuing the fun throughout the autumn term.

We also have some exciting plans coming up. Our team will be visiting other mental health services across the county to provide LGBT+ inclusion training. We're continuing to work closely with youth services and schools to support LGBT+ inclusion, including hosting groups in schools during the school day for young people to attend.

The LGBT+ Group will also be hosting its own Halloween party. The date is yet to be confirmed, so please keep an eye on our social media for updates and details of this spooky event.



Talkzone Updates

Throughout the summer term, Talkzone has continued to work hard to support young people and their families. The summer break can be challenging for some, but we have received excellent feedback from clients, with many saying they felt listened to and were better able to manage their emotions after attending sessions with our counsellors or mental health and wellbeing workers.

We continue to work closely with schools to support young people during school hours and accommodate appointments wherever possible. We also remain visible in local communities through advertising and information stalls. Alongside this, we have been working with the Early Help Team to better understand school-based anxiety and provide accessible, joined-up support for young people.

Our Anxiety Freedom programme has recently moved to a weekly three-part series, delivered online via Teams by our wellbeing workers. The sessions take place during school hours, and we have worked with schools to make them accessible to students who are attending school on those days.

We have also noticed an increasing number of people turning to AI chatbots for emotional or therapeutic support. Although chatbots may feel helpful initially, they are not a substitute for professional support and may not be able to assess risk or provide safe clinical interventions. If you or someone you know is relying on AI for therapeutic support, please contact an appropriate local service for professional help and guidance.

As we move into the autumn months, we look forward to continuing to support the community through workshops, partnership working, and wellbeing activities, while creating more opportunities for children, young people, and families to connect, learn, and thrive.

Awareness Days

Important Awareness Days to Mark on Your Calendar

Here are some key dates for Awareness days to be mindful of:

October 2026

10th October – World Mental Health Day

10–17th October – National Hate Crime Awareness Week

19–25th October – ACE Week (Asexual Awareness)

23rd October – Wear it Pink (Breast Cancer Awareness)

November 2026

2–6th November – International Stress Awareness Week

13–19th November – Transgender Awareness Week

16–20th November – Anti-Bullying Week

December 2026

1st December – World AIDS Day

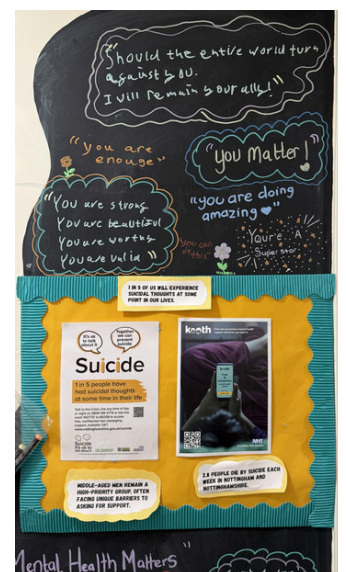
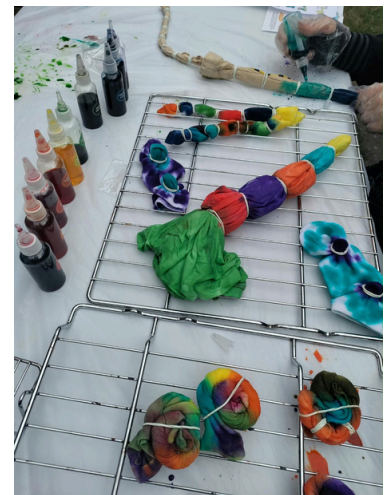
2–8th December – National Grief Awareness Week

3rd December – International Day of Person with Disabilities

10th December – Human Rights Day & Christmas Jumper Day (Save the Children)

Gallery

Please enjoy looking at our Gallery



Thankyou For Reading