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Dear Friends of Youth Talk,

Just one month to go until Christmas!

And what a time this is. With restrictions on our daily lives still in place, but the promise of at least some family time ahead, we're all trying to balance the realities of life in a pandemic with our wish to make the most of this special time of year. A season that brings family, friends and our community together.

Here at Youth Talk, we're looking back on our busiest ever year - and we're so thankful that with your help, we've been here for so many young people who find themselves struggling with their mental health.

But we're also looking forward – to growing our service further in the face of great demand, and to tackling our need for funding. We are determined to be there as our local young people face not just the many usual challenges of growing up, but the challenges brought by lockdowns, restrictions and uncertainty.

So, this Christmas, we're launching our first ever Festive Fundraiser, and it's for you!
To find out how to get involved visit www.youthtalk.info

There's something for everyone...

- You can bring a little joy to your neighbourhood by creating a festive window and joining the Festive Streets Challenge
- You can help light up our virtual Christmas tree and make a donation – or give your Christmas tree light as the perfect Christmas gift to your loved one who already has everything they want!
- Or you can do your own thing to raise money... from festive biscuit baking or a Christmas quiz to donating your Secret Santa gift or your last hour of pay this year, we have a whole host of ideas to get you inspired

Patrons: Lady Verulam; Ida Fairbairn; Richard Brooks; Viscountess Trenchard; Lord McNally

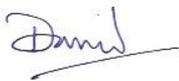
- or you might even challenge yourself (or someone else!) to the Polar Plunge for a 'refreshing' start to the new year

It's easy to take part. It's about fun, and family, and community – do something you'll enjoy, try something new, bring people together (virtually or outdoors!), or give an extra Christmas present by making a donation – it's up to you. Just visit <http://www.youthtalk.info/> to find out more.

Every little helps. Every pound makes a difference. Every counselling session takes a young person closer to coming out of a dark time, to look ahead with hope.

So please join us. Give, take part, or spread the word. We are truly grateful to have you with us, supporting our local young people when they need it most. Thank you.

My very best Christmas wishes to you and your family



David Barker
Chief Executive, Youth Talk

PS If you have any questions, don't hesitate to get in touch – Rachel is here to help, on rachel.simkin@youthtalk.org.uk.

