



Changing
young lives

break

At Break, we make life better for vulnerable young people.

We believe every child and young person needs a home where they feel safe and loved, so they can grow in confidence and look to the future with hope.

That's why we work tirelessly to help young people in care, children with disabilities, children at risk, and families who need support, finding a way through difficult times and opening the door to brighter tomorrows.

Break has been changing young lives for 50 years.

#changingyounglives

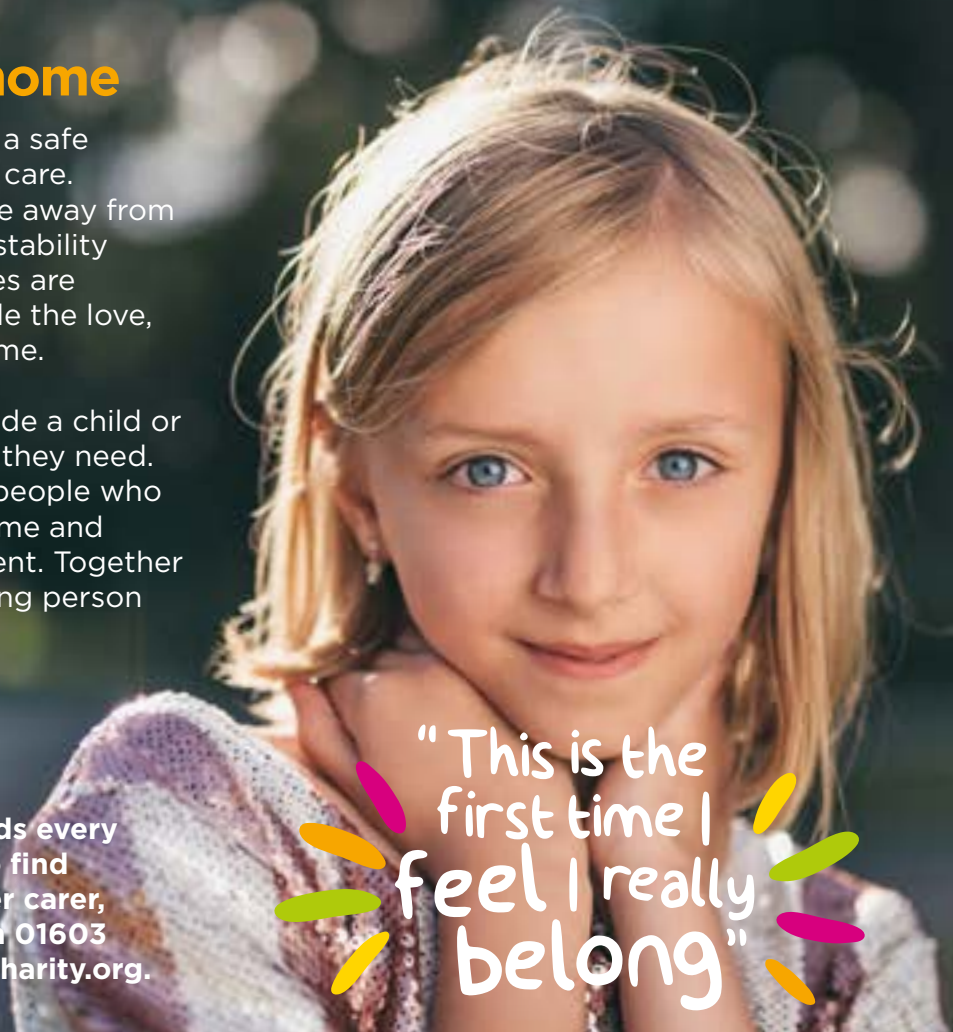
A safe place to call home

All children and young people need a safe place to call home with people who care. Sometimes children may need to live away from their families to find the safety and stability they need. All Break children's homes are small, replicating as much as possible the love, vibrancy and warmth of a family home.

Alternatively, foster carers can provide a child or young person with the stable home they need. Break foster carers are exceptional people who welcome a child into their family home and provide a safe and caring environment. Together we work hard to heal the hurt a young person may have experienced.

Break always needs more foster carers

We support our fostering households every step of the way. If you would like to find out more about being a Break foster carer, call the fostering team for a chat on 01603 670100 or email fostering@break-charity.org.



"This is the first time I feel I really belong"



Support for young people leaving care

Leaving home is a challenge for everyone – and even more so for a young person who has been in care. The **Moving on Team** steps in to provide practical help and a sense of extended family for as long as our young people need it. This could include support with finding accommodation, completing job applications and managing finances or coping emotionally with living away from home.

Our Mentoring Service

Break's Mentoring Service is for young people who may benefit from regular additional support. Mentoring can provide young people with an informal, supportive relationship that brings real lasting benefit. Our mentors are ordinary people who, after appropriate training, give up two to three hours a week to support a young person.

"I will always appreciate how Break stuck with me and did not give up on me"

Children and young people with disabilities

We provide homes for children with disabilities, working alongside their families to make sure they remain a big part of their children's lives.

Break offers a range of short breaks for children and young people with disabilities. Our youth clubs and activity breaks provide friendship and new experiences for young people with disabilities, also giving families a break from their caring responsibilities.

Help for families in challenging times

When families face difficult times, it is the children who suffer most.

We offer therapeutic and practical help for families to strengthen and build relationships. This can include specialist counselling for children who have had difficult or traumatic experiences, as well as support for the whole family.

We also work with families in crisis and offer support and assessments to prevent further harm to babies and young children.

Could you spare a few hours a week?

Could you offer your time to help a young person? A supportive relationship with a mentor can make a real difference to a young person at a time of transition and can encourage them to make positive changes in their life.



"I know I am privileged that Anna allowed me into her life"

Anna's care worker



Anna's story

Anna came to live in one of Break's children's homes, aged nine, after several placement breakdowns. Anna had never known love; only fear, unpredictability and neglect.

Now, at last, Anna is learning how to be a child. The Break team has helped her through times of great distress when she would relive traumatic events in her life. We showed her that our care was unconditional, safe and reliable.

She ate only chocolate during the first years of her life and she still finds this soothing, but now she is learning to eat a varied and healthy diet. The first time Anna tried broccoli she thought it was a tree! Anna is learning to have fun too. When she had her first bath she poured bubbles over her head and played with the toys gleefully as a

much younger child would. When she plays hide and seek she shakes with excitement when she is found!

"To tell you all Anna has suffered would feel as if I was breaking her trust," Anna's key worker says. "But what I can tell you is that, as an adult, even I can't comprehend how a child can survive through some of these things. I can tell you of the complete admiration I have for the battles she has faced and come through. I'm not sure I would have."

Anna is able to concentrate on learning now that she no longer suffers from night terrors. She is joining in with all the special events and trips at her school, which used to be too difficult for her. Break has given Anna the time and space to play and develop.



Join the fundraising party and help us change young lives

Something for everyone at Break

Break is like a big family and there are so many ways you can get involved.

Businesses, organisations and people from all walks of life raise thousands every year to help Break to change young lives. We could not do what we do without your support.

Being part of our fundraising network is rewarding and we value every single one of our partners who have made us their charity of the year, become a patron or taken part in our events.

Thousands of people attend or take part in fundraising events, are sponsored to run for us or undertake many other amazing feats to help us to change young lives. Hundreds of volunteers help us in our shops and at our events. They are all part of our big Break family, doing something amazing day in, day out.





"My foster carers helped me achieve so much - thank you!"

Our shops

We run more than 50 charity shops in the heart of our communities, selling a wide range of new and donated clothing, homewares, books and accessories.

The money raised from our shops helps us to keep on changing the lives of vulnerable young people in our local communities. We rely on donations of high quality goods and the good will of our amazing volunteers to help us run our shops. Next time you clear out your loft, please think of Break!

Our big Break family

Our volunteers in shops and at events so often tell us how becoming part of the Break family has changed their lives.

If you would like to help us to change young lives by volunteering with us, please go to www.break-charity.org or call 01603 670100.

Help us change young lives

There are many ways you can help Break to support the vulnerable children, young people and families we work with.

- **Shop** with us in our community shops.
- **Donate** any unwanted items to your local Break shop – please Gift Aid it if you can.
- Do a sponsored **fundraising** challenge.
- Choose us as your **Charity of the Year** or become a **Corporate Patron**.
- **Volunteer** in our shops or at our events.
- **Attend** or **take part** in our corporate or public events.
- **Leave a Legacy** to change young lives. Remember Break in your will.
- **Become a mentor** for a young person.
- Find out about becoming a **foster carer**.



"The best thing about volunteering for Break is knowing that what you do is going to benefit others"

A Break volunteer

Find out more

Please contact us on:

t: 01603 670100

e: reception@break-charity.org

w: www.break-charity.org



Registered charity no. 286650