

Newsletter



AN URGENT UPDATE FROM MINDSTARS

• 16 JAN 2025

Dear friends of Mindstars

It is with a heavy heart that we must share a difficult decision we have recently made.

Due to a lack of funding, we have had to close our referral process for our vital mental health support programs.

This decision was not taken lightly, as we understand the profound impact it will have on the families and children who rely on us as a lifeline, together with GP's, CAMHS and Schools who refer hundreds of families to us.



REFERRALS CLOSED

Not how we wanted to start 2025...



The Impact on Our Community

Since Feb 2023, Mindstars received over 700 referrals and provided essential mental health support to:

263 Children

314 Parents & Carers

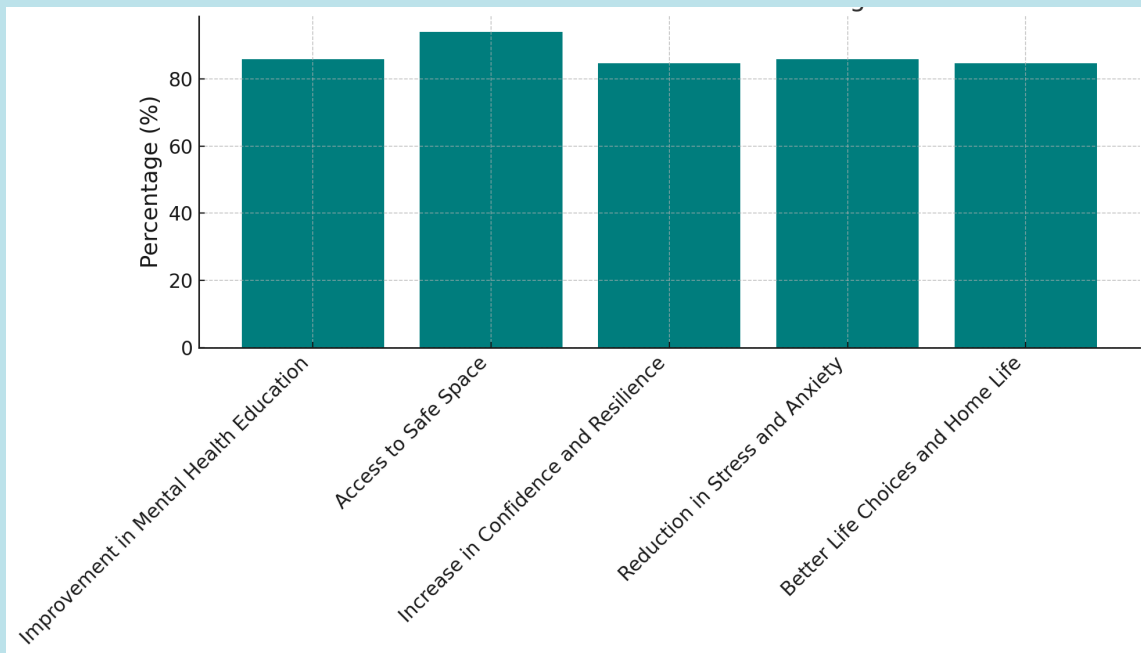


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Outcomes for Children



85% families experienced significant improvements in home life.

90% of parents rated our services 5 stars

Despite our best efforts, the demand for our services **far exceeds** our resources. In North Tyneside, the number of children requiring mental health support continues to rise, with over 4,000 children identified as having Special Educational Needs and Disabilities (SEND) and hospital admissions for self-harm on the increase.

Without sufficient funding, children and families who have nowhere else to turn are being left without the vital help they need.

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HOW YOU CAN HELP

Donate Today

Every contribution, no matter how small, brings us closer to supporting more families. If you are able, please consider supporting us, thank you.

Purchase our "My Mind Toolkit" on Amazon

This transformative resource equips children with personalised coping strategies and emotional tools they can use throughout their lives. Each purchase helps fund our ability to continue providing life-changing services to those in need.

Organise a Work Charity Event or Fundraiser

Raise vital funds for Mindstars to continue its work.

Spread The Word

Share our mission with friends, family, and businesses who may be able to support us.



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WHY YOUR SUPPORT MATTERS



Resilient Families

Strengthening home life and empowering parents with tools to support their children.

Healthier Futures

Preventing mental health crises and reducing long-term strain on statutory services.



Hope for all

Ensuring every child has the chance to thrive emotionally and mentally with early intervention.

Together, we can bridge the gap and keep our doors open to families who depend on us.

Thank you for standing with us during this challenging time.

**With your help, we can continue to make a meaningful difference
in the lives of so many.**

Thank you for reading
