

BASE 51 INFORMATION

Base 51 are well known charity based in Nottingham city centre. We have been supporting young people for almost 30 years. We base our work around the needs of young people, listening to their needs, concerns and those of our communities so that we can respond in ways that are supportive for all. Over the years we have supported over 50,000 young people. Here are what some of those young people have said about us....

"Base 51 saved me when I didn't realise I needed saving"

"Thank you for your help and support I can now keep in contact with my family which means a lot to me and I always know that Base 51 is a safe place for me"

"My counselling is going really well. I look forward to my sessions because it helps me understand myself and think about what I want, it has a good impact. I feel safe with my counsellor and the youth team at Base 51."

WHAT CAN BASE 51 DO FOR SCHOOLS?

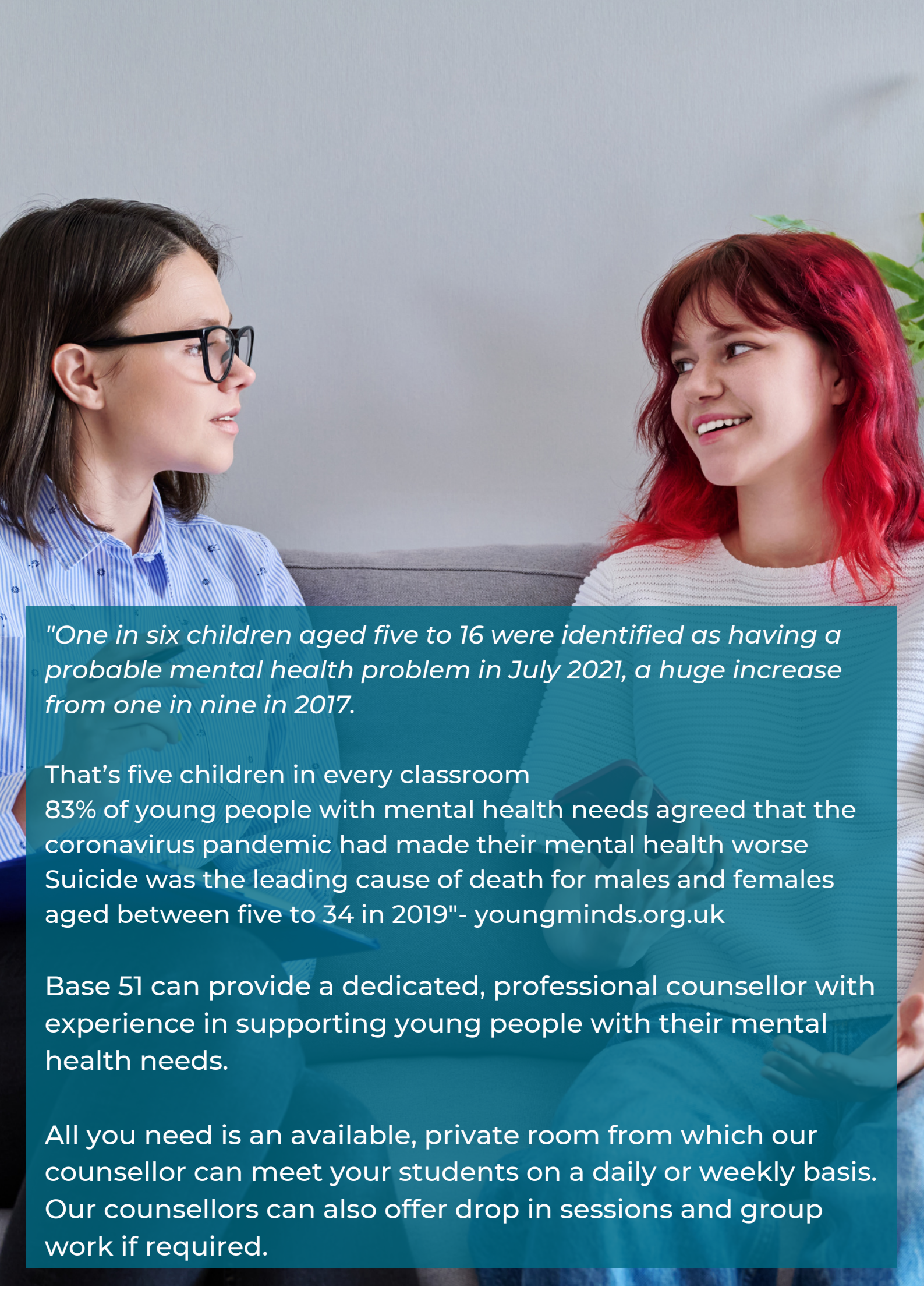


Base 51 have devised an offer for schools to enable us to support more young people with their mental health and ease the pressure on faculties, who may be having to work outside of their expertise to help students with serious mental health concerns. Your school can choose from the following options or create a bespoke package to meet your needs.

A dedicated school counsellor

Despite a government initiative to have counsellors in all schools, many still do not have a qualified counsellor available to students.

Yet since the pandemic there has been a rapid increase in young people reporting various mental health difficulties.



"One in six children aged five to 16 were identified as having a probable mental health problem in July 2021, a huge increase from one in nine in 2017.

That's five children in every classroom
83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse
Suicide was the leading cause of death for males and females aged between five to 34 in 2019"- [youngminds.org.uk](https://www.youngminds.org.uk)

Base 51 can provide a dedicated, professional counsellor with experience in supporting young people with their mental health needs.

All you need is an available, private room from which our counsellor can meet your students on a daily or weekly basis. Our counsellors can also offer drop in sessions and group work if required.



WHY HIRE A COUNSELLOR WHEN YOU MAY HAVE PASTORAL CARE OR WELLBEING SUPPORT STAFF?

A recent study conducted by the British Association for Counselling and Psychotherapy and Roehampton university found that school based humanistic counselling led to significant reductions in pupils psychological distress over the long-term, compared to pupils who only received pastoral care.- BACP.co.uk

Person-centred therapy is a psychological treatment founded in the 1940's by the American psychologist Carl Rogers. It is one of the core humanistic approaches. Its core values is to offer a person empathy, congruence and unconditional positive regard, in doing so people are able to use this environment to grow and change.

Anyone offering psychological support to young people should be suitably qualified. Person centred therapists can complete between 4- 7 years of professional training. They should be qualified to at least diploma level 4.

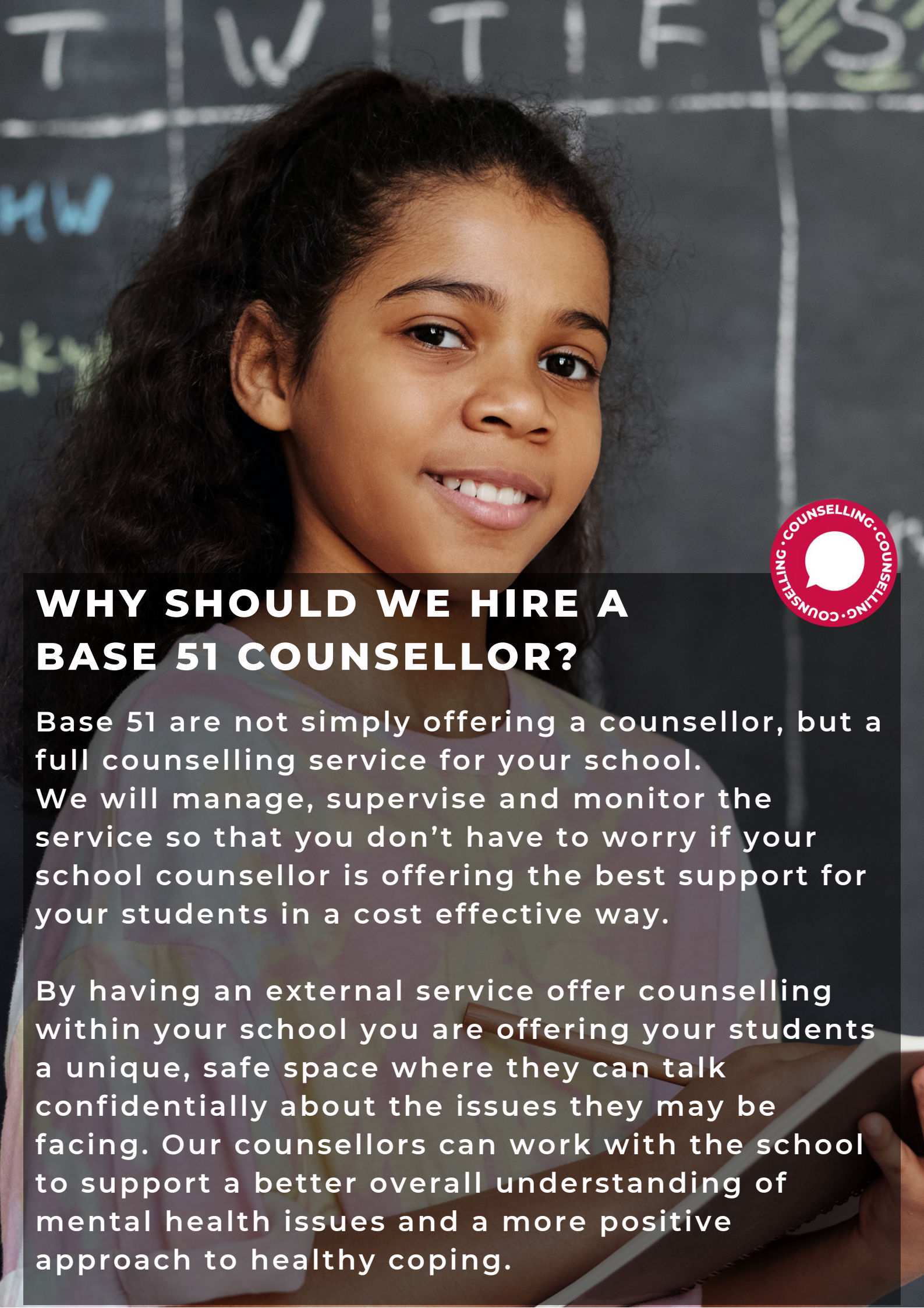
Our counsellors are all fully qualified and are accredited members of a professional governing body such as the BACP (British association for counselling and psychotherapy) or NCS (National Counselling Society). They also have vast experience of working with young people and enabling individual engagement.



Here are what some of the young people who have experienced counselling with Base 51 have said:

"The counselling has helped a lot, especially figuring out how to express myself and not worrying so much. How I think I what others will think and what other people might think."

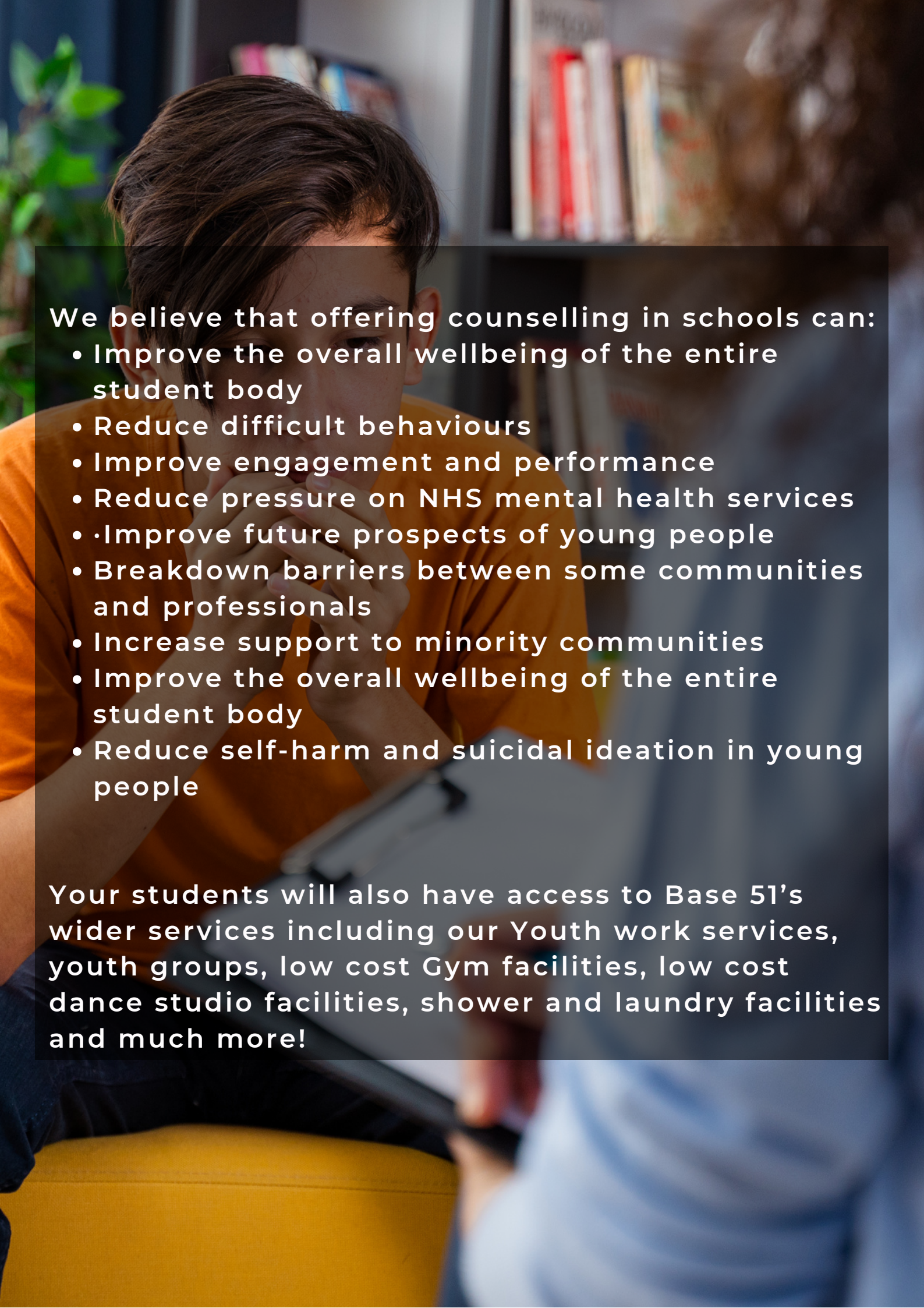
"Thank you, I feel that I'm finally being listened to and I feel like I can talk to someone freely".



WHY SHOULD WE HIRE A BASE 51 COUNSELLOR?

Base 51 are not simply offering a counsellor, but a full counselling service for your school. We will manage, supervise and monitor the service so that you don't have to worry if your school counsellor is offering the best support for your students in a cost effective way.

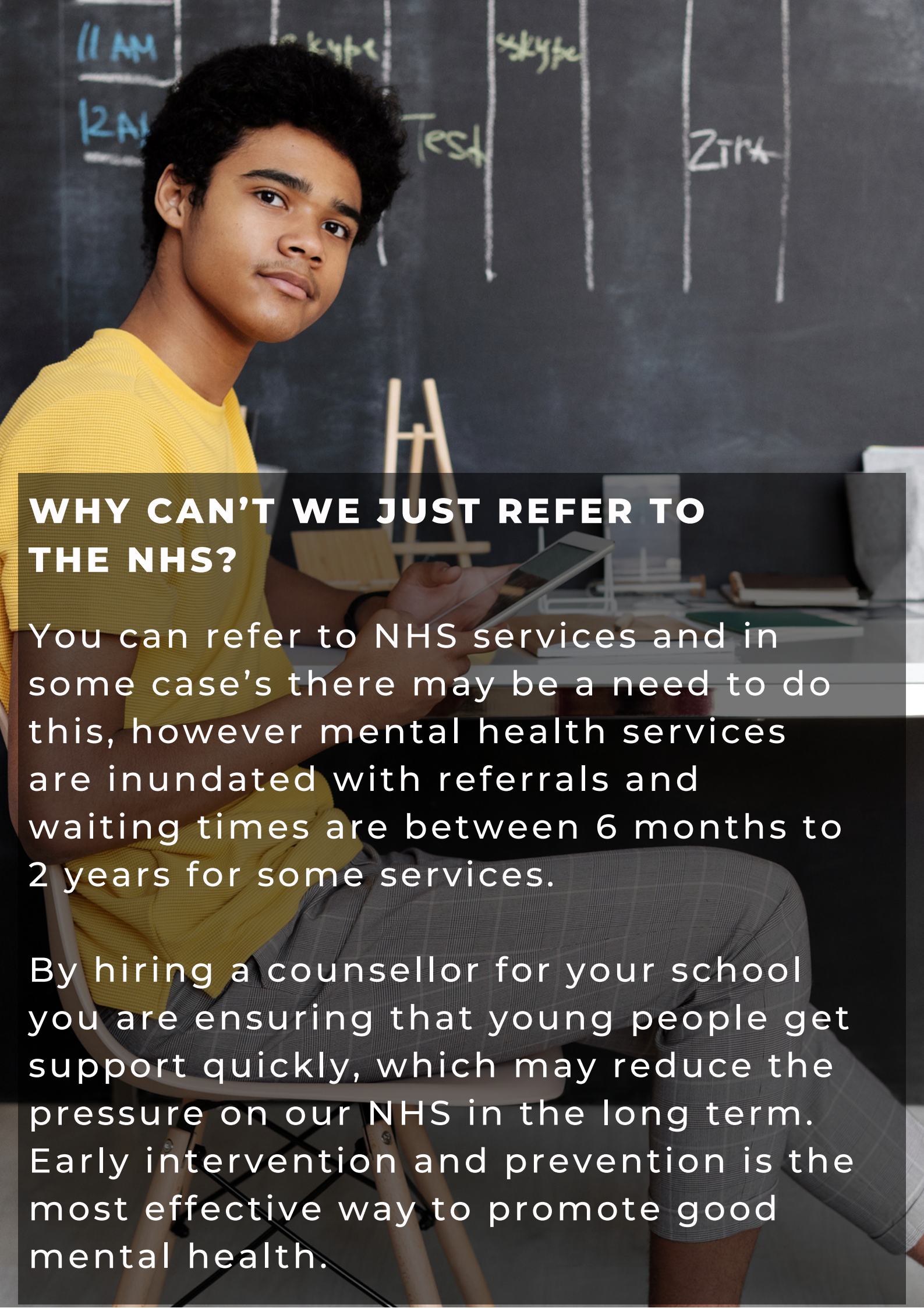
By having an external service offer counselling within your school you are offering your students a unique, safe space where they can talk confidentially about the issues they may be facing. Our counsellors can work with the school to support a better overall understanding of mental health issues and a more positive approach to healthy coping.



We believe that offering counselling in schools can:

- Improve the overall wellbeing of the entire student body
- Reduce difficult behaviours
- Improve engagement and performance
- Reduce pressure on NHS mental health services
- Improve future prospects of young people
- Breakdown barriers between some communities and professionals
- Increase support to minority communities
- Improve the overall wellbeing of the entire student body
- Reduce self-harm and suicidal ideation in young people

Your students will also have access to Base 51's wider services including our Youth work services, youth groups, low cost Gym facilities, low cost dance studio facilities, shower and laundry facilities and much more!



WHY CAN'T WE JUST REFER TO THE NHS?

You can refer to NHS services and in some cases there may be a need to do this, however mental health services are inundated with referrals and waiting times are between 6 months to 2 years for some services.

By hiring a counsellor for your school you are ensuring that young people get support quickly, which may reduce the pressure on our NHS in the long term. Early intervention and prevention is the most effective way to promote good mental health.

Our student workshops are a fantastic way to aid young people's understanding of specific mental health issues, while offering them a space to share their experiences and learn new healthy coping strategies. All sessions are designed to be fun and interactive with activities and resources included.

Each workshop will run for 4 consecutive 2 hour sessions for up to 15 students, and is facilitated by a qualified counsellor and youth worker to ensure that students are safe and fully supported throughout.

Sessions can take place at your school or at Base 51 in Nottingham city centre.

Workshop title	Content	Number of sessions	Total Cost
Anger	What is anger? Common reactions Negative cycles Understanding triggers Managing anger	4 x 2 hour sessions	£1,100
Coping with Anxiety	What is anxiety? Anxiety and the brain Recognising and coping with trauma triggers Managing worry and stress Introduction to mindfulness	4 x 2 hour sessions	£1,100
Self-Harm	Understanding Self-harm? Risks of Self-harm Negative cycles Reducing Self-Harm Self-care	4 x 2 hour sessions	£1,100
Bereavement	Grief models Managing emotions remembering Self-care	4 x 2 hour sessions	As this is a specialist group for young people who have experienced a bereavement cost is dependant on numbers.



We also offer bespoke training for teachers, parents, support staff and senco's.

Please get in touch for more details.



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