

## **ANNUAL REPORT:**

Based in Northampton, we are a charity founded on the principle of 'Power of Togetherness'. We help people reach their potential and offer advice and guidance to those in need. We offer a 'one stop' facility to help individuals because we realise that often people require different forms of help but can never find it in one place. Our organisation name is derived from the hills in the southern part of Zimbabwe which are very spritual and powerful! Although our heritage is rooted in Zimbabwe, everything we do here is open for all in the local community of Wellingborough. The idea of this new project is to provide a platform where young people 16 -25 can make positive choices in areas in their lives where they can be most vulnerable. To provide confidential non judgemental help to young people so that they can further their life goals rather than go on a distractive path. To provide a safe area to 'offload' and not be in the streets. Our new project will be focusing on 1. Mental Health issues such as Anxiety and depression, Self Harm, confidence issues and eating disorders 2. Nutrition, physical inactivity and oral health 3. Sexual Health and Unplanned Pregnancy 4. Substance and Alcohol Misuse 5. Other social pressures Our project will address some serious issues that young people have, it will also be a place of leisure and fun. We want to attract as many young people as possible. Therefore we have tried to do our sessions once a month due to funding issuses but we plan to get back to running them once a week, every saturday from 12 noon-4pm.

We have managed to provide a positive supportive space where attendees can be creative. And also did a lot of signposting.

### **Accounts**

Fundraising by volunteers 500 pounds

Money spent on materials for the youth 500 pounds