

RAISING AWARENESS OF YOUTH MENTAL HEALTH & BULLYING

MEGAN'S TARR FOUNDATION



“Supporting the mental health of young people is a crucial aspect of ensuring their overall well-being. Mental health issues such as depression, anxiety, and stress can have a significant impact on a young person's life, affecting their school performance, relationships, and overall quality of life.

There are various ways in which young people can receive support for their mental health. One of the most important is through access to mental health professionals, such as therapists or counsellors. These professionals can provide young people with a safe and supportive space to discuss their feelings and develop coping strategies for managing their mental health issues.

Additionally, schools and community organisations can play a vital role in supporting young people's mental health. This can include providing mental health education, creating safe spaces for young people to express themselves, and offering resources and referrals to mental health professionals.

It is also important for parents and caregivers to be aware of their child's mental health and to seek support if needed. This can include talking with their child about their feelings, seeking out mental health resources, and modeling healthy coping strategies.

Overall, supporting the mental health of young people requires a collaborative effort from parents, caregivers, schools, and mental health professionals. By prioritising mental health support for young people, we can help ensure that they have the resources and tools they need to lead happy and healthy lives”.

Note from our Chair & Founder Nicola Hartevelde

The Megan's Starr Foundation was set up after my 14-year-old daughter Megan took her own life after being cyberbullied, and subsequently suffering with her mental health. Like many young people, she obviously didn't feel like she could reach out and seek help, by speaking to a teacher, a police officer or even us her parents. She didn't want to be a burden to anyone, least of all us or her friends. She gut-wrenchingly suffered in silence. She was just a little girl. After Megan's death, my world literally fell apart. There was no support for any of us including my children. There were no services that were offered to us and we did not know where to turn to for help. We all suffered horrifically and had only each other for support. Our family has been desecrated forever. However, I put my grief and anger aside and decided that I could either let her death destroy me, or define me. I chose the latter. I vowed that I would not let any other young person feel like they had no choice other than to end their life. That I would ensure that there was always someone to speak to, without judgement or fear of being labelled attention-seeking or a burden. I also wanted to ensure that we would be there for parents who had concerns about their children and to raise awareness of teen suicide. Megan was a popular, vivacious, intelligent, beautiful and funny young girl, with her whole life in front of her. She was creative, talented and had a flair for art & poetry/writing.

But she's dead. Suicide & mental health has no face and does not discriminate. I wanted parents to know that. Megan hid her pain behind a huge smile and others can too. I felt it was imperative to try to break the taboo. To show that we need to speak up about our mental health in order to try to overcome these stigmas.

Megan was a normal, happy and healthy girl to everyone else, but looks can be deceiving. I couldn't let that happen to anyone else if I have a chance to prevent it.



Nicki 

Who we are & what we do.

Megan's Starr Foundation is a recently registered charity, based in Pembrokeshire, Wales, that provides help, support and advice to young people and parents/carers throughout Pembrokeshire. MSF was established following the death by suicide of Megan Evans, our Founder, Nicola's, 14-year-old daughter. Megan was a kind, beautiful, popular, healthy, and vivacious young lady with a life full of promise and adventure awaiting her, but due to relentless cyber bullying, leading to a severe mental health crisis, she felt unable to reach out, and consequently her life cut short, and her family's life destroyed forever. The ripple effect of Meg's death trickled into our community, and Nicola vowed that she would do everything in her capacity to ensure that no other child or young person would feel alone, scared, and unable to reach out for help. Megan's Starr Foundation's ethos, core values and mission statement are that suicide and mental health doesn't discriminate and it destroys families and communities. Unless we break the stigma and become proactive in our fight to raise awareness of teen suicide, support young people's mental health, and offer advice and advocacy services to families, more young lives will be taken too early, with broken families and communities inevitable.

As the MSF charity continues to grow, we are currently extremely active both in our community and online via social media, running workshops and projects, promoting positive mental health and well-being, and offering advice and guidance, both in person and online. We are entirely volunteer led and fund free professional counselling services and peer support to young people who are facing crisis and offer support and coping strategies to parents/guardians who feel that they are unable to cope alone with the trials and tribulations of parenthood. We have offered free Educational and Additional Learning Needs Surgeries at the Coffee Community House, to provide information regarding the new ALNET Act (2018) in Wales. This supports families and young people, ensuring they can access the correct provision and receive the education they are entitled to. We work in a unique and diverse way to break the mental health stigma often attached to accessing support, and to bridge the gap by advocacy, to statutory services. We have a Community Coffee House, where young people in the community can access mental health and wellbeing support, 7 days a week. Pembrokeshire has the highest level of child poverty in Wales, therefore offering disadvantaged young people, Looked After Young People (LAYP), young carers, and individuals not in education or employment (NEET), the chance to have work experience in a safe and supportive environment is paramount. This will enable them to gain confidence and experience, before venturing out into the working environment, where they will contribute to the economy and become valuable members of our society. We regularly hold evening events such as 'Board games and Milk Shake Making', 'Coffee and Chats', 'Pop-ins', 'Crochet Pumpkin Making', 'The Young and the Elderly Club', family games nights, pebble painting, art & crafts, textiles classes and many more. Our Foundation also provides workshops based on wellbeing, resilience, and anti-bullying in a fun and dynamic way. What has become increasingly evident is that our Coffee House is proving to be very popular by adults (including the elderly) alongside families and our young people.

Speakeasy Coffee Van.

The Speakeasy idea was borne when the young people (beneficiaries) were discussing how to reach other young people, and additionally be able to facilitate support for those who are further away in Pembrokeshire, in more remote areas. A think-tank of over 70 young people came together during 2021, pitching their ideas and discussing the ways in which the Speakeasy could become a reality. It was agreed that we would apply to the National Lottery for funding, and as a result the National Lottery Community Fund agreed to fund the project for 3 years commencing March 2022.

As per our initial application, we have visited many local groups and organisations with the van including brownies, youth football/rugby clubs, youth clubs and community centres.

Pembrokeshire has the highest level of child poverty in Wales, therefore offering disadvantaged young people, Looked After Young People (LAYP), young carers, and individuals not in education or employment (NEET), the chance to have work experience in a safe and supportive environment has been paramount. We have been able to reach many of the communities that fall into this bracket through other charitable/community initiatives in the county whom we have collaborated with. So far, we have fully trained many young people who are now both confident and competent in making barista-style coffee as well as serving customers, which is a massive part of boosting their self-esteem and self-belief, as several of them began suffering from social anxiety, which was hindering their lives, and now they are out making these new connections which are so heart-warming to see.

We are currently in discussions with primary and secondary schools in Pembrokeshire to use the Speakeasy Van as part of the Welsh Curriculum PSHCE programme, targeting self-esteem, resilience, healthy mind/healthy body, and Anti-Bullying topics. Pembrokeshire College already make use of the Speakeasy Van promoting wellbeing and mental health on a regularly basis. We raise awareness by taking the Van to a variety of fayres and shows, attracting a vast interest in our work and encouraging young people to reach out during crisis or hardship. The van is fully electric and can therefore be safely used inside in sports & community halls etc if accessible, so is not fully weather dependent.



off charity, that provides a range of services and activities, including counselling, singing activity sessions, and fundraising through sales of goods back into supporting members of community around mental health. @as You!



Community Coffee House

During lockdown 2020-2021, we were still extremely active providing both professional and peer support on a remote basis. Many great connections with young people and their families were forged during this time. When restrictions were lifted, we felt that there was a need to maintain these connections and did some research with our beneficiaries. It was unanimously decided that we needed a hub whereby both young people and families could come along not only for support, but as a safe space. The first thought was a 'drop-in' but this would just play up to the stigma and the barriers to help-seeking. It was decided to open a Community Coffee House which would be accessible to everyone. We found a premises and got to work. In September 2022 after months & months of hard work by a range of volunteers, beneficiaries and tradesmen The Megan's Starr Community Coffee House was opened.

The inside is full of positive connotations and uplifting quotes. It has a bright and colourful vibe which resonates with the safe, friendly and warm feeling that you get when you walk in. At the back there is a whole flower wall that is called 'Grace'. This was named after one of the young girls that we support was struggling hugely with bullying and as a result, social anxiety post lockdown. She did not have the confidence to talk to anyone as really struggled to contribute her ideas to the decoration and placement of things in the Coffee House. One day she gained the courage to speak up and said, 'I think a flower wall would be nice'. We harnessed this hugely courageous move and designed the flower wall. Grace did not come to the Coffee House for a few weeks as she did not want to take part in the decoration, and so we did not want her to see the work in progress, only surprise her with the finished article. We changed her sessions to walk & talk therapy which she loved. When she did come back to the Coffee House, the wall was finished. The look on her face was priceless. Someone had actually listened and validated her idea. This wall is now used by customers to take pictures by and makes people smile when they see it. Additionally, we have a 'Selfie Wall' which is full of inspirational love hearts. Again, this is another wall that promotes positivity and makes people smile and interact.

Milford Haven Port Authority have funded our Games Shelf, which is full of games, activities and crafts that people can access free of charge when they are in the Community Coffee House. This has been great to bring families together and encourage & enhance communication skills.

The Community Coffee House is run entirely on a volunteer basis where young people as well as the older generation come and gain invaluable skills such as communication, interpersonal and employability skills. It is a great way for intergenerational learning and promoting positivity. This also ensures that all funds generated are put back into the Charity to help facilitate the support that we offer.

In a WORLD Where you can be anything Be Kind

Be Kind

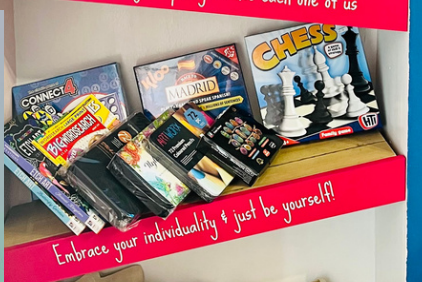
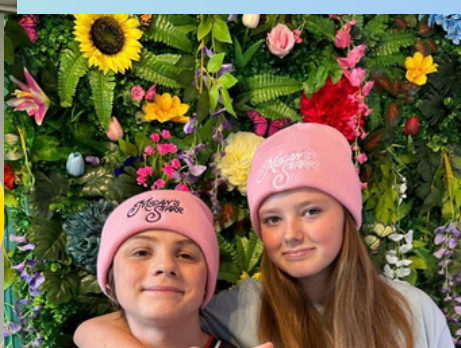
There's a lot of talk about kindness these days, but what does it really mean? Kindness is a simple word, but it's one of the most powerful things we can do for ourselves and others. It's about being nice, helpful, and caring. It's about making a difference in the world, one small act at a time.

Kindness is a choice. It's not something you're born with or without. It's something you decide to do. It's about being kind to yourself and others. It's about being kind to the world. It's about being kind to the people you love and the people you don't love. It's about being kind to the people you meet every day.

Kindness is a habit. It's something you can practice every day. It's something you can make a part of your life. It's something you can teach your children and your friends. It's something you can make a difference in the world.

Kindness is a gift. It's a gift that you can give to anyone. It's a gift that you can give to yourself. It's a gift that you can give to the world. It's a gift that you can give to the people you love and the people you don't love. It's a gift that you can give to the people you meet every day.

Kindness is a way of life. It's a way of life that you can live every day. It's a way of life that you can make a part of your life. It's a way of life that you can teach your children and your friends. It's a way of life that you can make a difference in the world.



and the reason why we chose to help young people who are struggling - often in silence.

It is our goal to provide a shared conversation and response to Mental Health and Bullying in which everyone works together to create safe environments for young people.

By creating a kinder, more accepting, and more inclusive community, fewer young people will experience mental health issues, become less isolated, and be willing to speak out and ask for help.

Like Meg, no-one ever has to feel alone.

Megan's Starr Foundation www.megansstarr.com





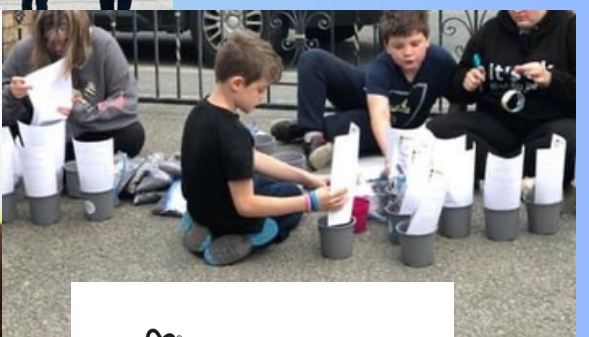
We know life is challenging for many young people right now. Whatever you are facing, whatever you are worried about - we are here to help.
We want to make sure you get the support to overcome your difficulties. Talking to someone can help.

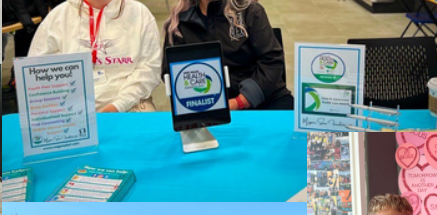
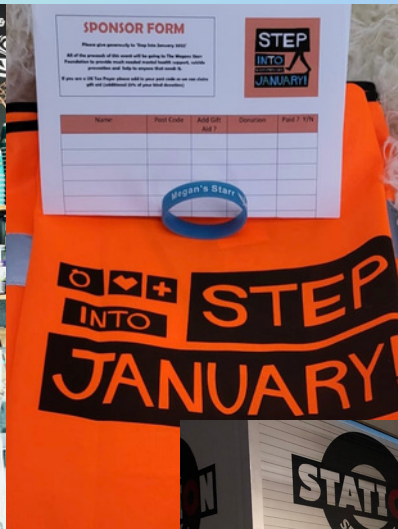
Youth Counselling

WHAT WE CAN OFFER?

unselling Sessions
Support
parent Support

We know these feelings can come with a stigma that may stop you from seeking the care you need. Your life can and should get better.
CONTACT US TODAY FOR MORE INFORMATION!
MEG@outlook.com www.meganstarr.com







How we can help.

www.megansstarr.com

Peer Support to young people, parents & carers who need a listening ear & or little bit of advice.

Professional Counselling for young people up to the age of 25.

Help and advice on issues regarding the mental health & well-being of young people & parents.

Help & advice regarding Special Educational Needs & schools.

Support, training and advice.



Sut y gallwn helpu.

www.megansstarr.com

Cefnogaeth gan gymheirid i bobl ifanc, rhieni a gofaiwyr sydd angen clust i wrando a chynghor neu ychydig bach o gyngor.

Cwnsella Proffesiynol i bobl ifanc hyd at 25.

Cymor a chynghor ar faterion yn ymwneud â iechyd meddwl i les pobl ifanc a rhieni.

Cymorth a chynghor ynglŷn Anghenion Addysgol Arbennig ac ysgollon.

Cefnogaeth hyfforddiant a chynghor ar fwlio materion ysgol a chyweithio.

Megan's Starr Foundation



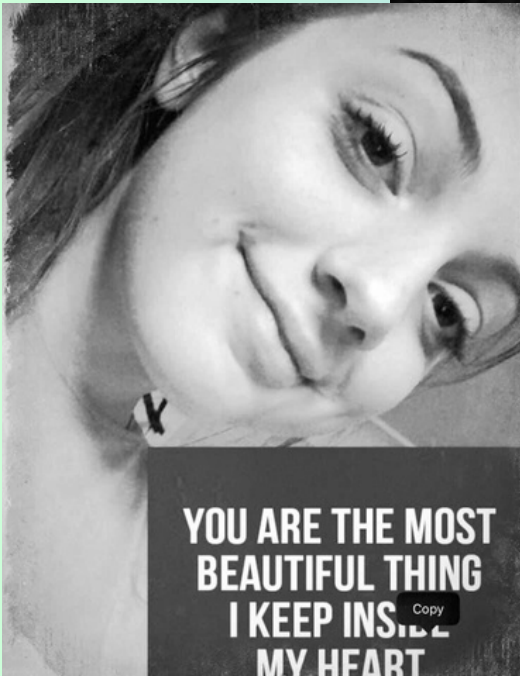


M.E.G.

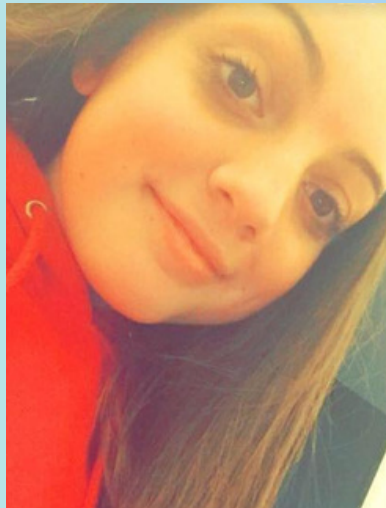
Make Everything Good

#BeThere...

...to help prevent suicide



**YOU ARE THE MOST
BEAUTIFUL THING
I KEEP INSIDE
MY HEART**



**CREATE A WORLD
WITHOUT BULLYING**

Megans Starr Foundation

Profit and Loss

For Period Ending 30 November 2022

Account description	1 Dec - 31 Dec 2021	1 Jan - 30 Nov 2022	YTD 1 Jan - 30 Nov 2022
Sales	-	2,555	2,555
Other Income	638	118,297	118,297
Total Sales	638	120,852	120,852
Direct Expenses	730	7,138	7,138
Gross Profit /(Loss)	(92)	113,714	113,714
Gross Profit /(Loss) %	(14.42%)	94.09%	94.09%
Overheads	2,596	27,909	27,909
Other Expenses	-	-	-
Taxation	-	-	-
Total Overheads	2,596	27,909	27,909
Net Profit /(Loss)	(2,688)	85,805	85,805
Net Profit /(Loss) %	(421.32%)	71.00%	71.00%

Bank Account(s): Bank Account (1200), Cash (1210)

Opening Balance	Cash Flow In	Cash Flow Out	Closing Balance	Owed to others	Net Balance
£6,822.79	£121,489.95	£102,516.51	£25,796.23	£0.00	£25,796.23
	Money ins	Money outs	Cash Flow for period		
	£121,489.95	£102,516.51	£18,973.44		

Show Opening & Closing Balances, Summarise profit and loss values

Category Code	Category Name	Opening Balance		Selected Period		Closing Balance	
		Debit	Credit	Debit	Credit	Debit	Credit
002	Plant and Machinery - Cost			7,600.62		7,600.62	
0	Office equipment and IT - Cost	2,388.88		1,255.93		3,644.81	
003	Fixtures and fittings - Cost	4,854.00		6,481.81		11,335.81	
0	Motor Vehicles - Cost			46,240.60		46,240.60	
004	Bank Account	6,822.79		19,508.44		26,331.23	
0	Cash				535.00		535.00
005	Profit and Loss Account		14,080.47				14,080.47
0	Transactions						0.00
120	Calculated profit and loss		14,080.47				14,080.47
000	Sales - Products				2,554.77		2,554.77
021	Other income				118,935.18		118,935.18
090	Cost of Sales - Goods			5,874.94		5,874.94	
010	Games & Activities			181.86		181.86	
000	Cost of Sales - Materials			228.70		228.70	
0	Sub-Contractors			700.00		700.00	
500	Other Direct Expenses						0.00
2	Packaging Materials			1,064.66		1,064.66	
502	Marketing			507.44		507.44	
0	Rent			4,090.00		4,090.00	
505	General Rates			70.99		70.99	
0	Premises Insurance			14.02		14.02	
506	Charity Insurance	14.80		179.74		194.54	
0	Electricity			795.74		795.74	
507							
0							
600							
0							
710							
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713							
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720							
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From:
01/12/2021 To:
~~30/11/2022~~

Megans Starr Foundation
Trial Balance Report

03 Sep 2023
18:52

730	Vehicle Fuel	1,254.62	1,254.62	
0	Vehicle Repair and Servicing	1,610.00	1,610.00	
731	Vehicle Insurance	1,160.94	1,160.94	
0	Miscellaneous Vehicle Expenses	3,000.00	3,000.00	
733	Hotel and Accommodation	549.10	549.10	
0	Entertainment	378.00	378.00	
734	Printing	784.99	784.99	
0	Postage and Carriage	191.06	191.06	
742	Office Stationery	335.19	335.19	
0	Internet Charges	140.62	140.62	
743	Computer & Software	610.25	610.25	
0	Mobile Charges			0.00
750	Legal Fees	70.00	70.00	
0	Consultancy & Professional Fees	7,090.00	7,090.00	
751	Repairs and Renewals	3,384.95	3,384.95	
0	Cleaning	164.08	164.08	
752	Bank Charges and Interest			0.00
0	Craft Supplies	277.46	277.46	
754	Catering supplies food stuff	1,618.31	1,618.31	
0	Warm Nights	203.96	203.96	
755	General Expenses	953.27	953.27	
0	Subscriptions	280.53	280.53	
756	Clothing Costs	2,423.11	2,423.11	
0	Training Costs	627.35	627.35	
760	Refreshments	12.70	12.70	

0				
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762
0
780
0
781
0
790
0
800
0
800
1
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	TOTAL	£14,080.47	£14,080.47	£121,915.98	£122,024.95	£135,996.45	£136,105.42
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Balance Sheet
For Period Ending 30 November 2022

Account description	1 Dec - 31 Dec 2021 YTD	1 Jan - 31 Mar 2022 YTD	1 Apr - 30 Jun 2022 YTD	1 Jul - 30 Sep 2022 YTD	1 Oct - 30 Nov 2022 YTD
Assets					
Fixed Assets					
Fixed Assets	7,439.88	19,707.71	61,295.36	68,506.65	68,821.84
Noncurrent Assets	-	-	-	-	-
Intangible Assets	-	-	-	-	-
Total Fixed Assets	7,439.88	19,707.71	61,295.36	68,506.65	68,821.84
Current Assets					
Current Assets	28.82	58.48	617.06	1,197.38	2,585.10
Bank	3,923.92	8,301.17	28,056.00	31,296.86	26,331.23
Total Current Assets	3,952.74	8,359.65	28,673.06	32,494.24	28,916.33
Total Assets	11,392.62	28,067.36	89,968.42	101,000.89	97,738.17
Liabilities					
Current Liabilities					
Current Liabilities	-	-	-	-	-
Bank Overdraft	-	-	-	535.00	535.00
Other Current Liabilities	-	-	-	-	-
Total Current Liabilities	-	-	-	-	-
Future Liabilities	-	-	-	535.00	535.00
Long Term Liabilities	-	-	-	-	-
Total Future Liabilities	-	-	-	-	-
Total Liabilities	-	-	-	-	-
Total Net Assets	-	-	-	535.00	535.00
Equity	11,392.62	28,067.36	89,968.42	100,465.89	97,203.17
Equity					
Equity	11,392.62	28,067.36	89,968.42	100,465.89	97,203.17
Profit And Loss - Prior Years	619.52	11,392.62	11,392.62	11,392.62	11,392.62
Profit And Loss - Current Year	10,773.10	16,674.74	78,575.80	89,073.27	85,810.55
Total Equity	11,392.62	28,067.36	89,968.42	100,465.89	97,203.17