

Wish List

Our Healing Environment

Every year we welcome thousands of people to our centre, we need new tables, chairs, building repairs to ensure the trauma informed environment is as healing as possible.

£15,000

Feeding the community

Every year we feed thousands of people, we need some new equipment for the kitchen to keep those freshly prepared meals feeding everyone.

£4,000

Giving a voice

Creativity is central to the programmes we deliver; from film to music to photography. Help us buy multi media equipment to capture the life of members who walk through the door.

£10,000

Therapy for young people who have attempted suicide

Providing specialist 1:1 therapies, including Dialectical Behaviour Therapy Group, for young people who have attempted suicide.

£28,000

Building a Healthy inside

We know eating a balanced diet supports our physical and mental wellbeing. 1:1 nutritional support helps members to eat well on a budget, tailored to their individual needs

£8,000

Sponsor our Childhood Trauma Series

In 2019, Body & Soul hosted Love vs. Trauma, a symposium to bring understanding, dialogue and creative thinking to childhood trauma. Help us bring more conversations/experiences to the sector.

£15,000

Reaching Out

To reach out we need to print a selection of booklets, postcards and posters for health and social care settings

£10,000

Remote Peer Support

Every year our remote peer support programme – Beyond Boundaries – provides essential over the phone support to hundreds of the most isolated people in our society.

£30,000

Therapeutic Package

Allows us to buy massage towels, yoga mats, lavender oil, and bean bags for therapy rooms

£3,000