

## Selected charities presenting at the Community Foundation in Wales' first Giving Circle

**'Speed Dating for Donors' Thursday 17<sup>th</sup> November**  
**Royal Welsh College of Music and Drama, Cardiff, 6pm-9pm**

**Organisation: The Amber Project**

**Project Name: Theatre Workshop**

Cardiff Based Amber Project is 'one of its kind' in Wales, working in a ground-breaking way with young people who experience self-harm. The project provides a vital safety net to support many high risk young people, struggling with complex, multiple problems such as depression, eating disorders, neglect and abuse, which would otherwise remain unsupported. They have excellent partnership working with a range of agencies but meet a real need for young people falling between the agencies' care.

With an increasing number of young people presenting to Accident and Emergency Units throughout the UK, with additional demands being made on other services e.g. CAMHS (Child and Adolescent Mental Health Teams) adult services, G.P.'s and school counsellors leading, to considerable demands on the finances of Local Health Boards.

With your support the Amber project will provide three 10 week theatre workshops throughout the year, demonstrating how drama is a great tool to build self esteem and confidence, working with approximately 30 young people per week. For more information see [The Amber Project](#)



**Organisation: Size of Wales**

**Project Name: Wapishan land rights in Guyana**

Size of Wales is a small charity which inspires a whole nation to help protect an area of tropical forest the size of Wales as part of a national response to climate change. The Size of Wales works to unite the local and the global through this innovative model which has a big environmental and community impact. Through working with local partners in rainforests around the world this charity empowers local people to conserve their forests for the benefit of their communities and the environment both locally and worldwide.



With your support the Size of Wales will help secure the land rights of the indigenous Wapishan people of Guyana, who are traditional guardians of over 1 million hectares of tropical forest which are threatened by mining, logging, roads and agriculture. For more information see [Size of Wales](#)

**Organisation: Bullies Out**

**Project Name: Peer2Peer**

Bullies Out provides help, support and information to individuals, schools, youth and community settings affected by bullying. By ensuring that young people understand what constitutes bullying and are equipped with the skills, confidence and self-esteem to report bullying incidents, Bullies Out can improve their emotional health and well-being. Long term, this will positively impact on their ability to form positive relationships and improve their subsequent life chances.



The Peer2Peer programme aims to train up to 160 young people as mentors, encouraging the development of personal and social skills, such as active listening and communication skills, improving self-esteem, learning to negotiate with one another and adults over areas of conflict, and learning to ask for help and support. It offers children and young people the opportunity to experience different roles and responsibilities and to learn effective leadership and team working skills. This project works closely with schools which commit staff resources to underpin the peer mentors. Working in eight schools training a potential 160 mentors this programme will have an impressive impact on up to 5600 young people. For more information see [Bullies Out](#)

**Organisation: New Pathways**

**Project Name: Online Counselling and Support Service**

New Pathways specialises in providing therapy and support to victims of rape and sexual abuse. Founded in 1993, New Pathways is an established and respected organisation supported in part by funding from the local SW Police forces as they operate the SARCs (Sexual Abuse Reporting Centres) where victims of Rape and Sexual Abuse can come to report and have forensic evidence of the crime collected in a non-threatening, supportive and comforting surroundings.



This new project from New Pathways will develop an online counselling and support service providing access to specialist therapeutic and advocacy services using online technology. This innovative project will provide much needed help and support to people who would otherwise not be able to access their specialist services due to the level of demand. By providing online counselling and support, sources from their expertise and knowledge, they aim to help some of the most vulnerable and at risk members of the community whose trauma issues are compounded by feelings of isolation and helplessness. For more information see [New Pathways](#)

**Philanthropy in action.**