

## The Action 50 Club

Our Action 50 Club is made up of generous donors from the corporate, commercial and private sector looking to build on their social responsibility, and individuals wishing to give back to society.

These last couple of years strained everybody's mental health. Prior to lockdown young members of the LGBTIQ+ community were already suffering, over the last few years there has been a dramatic and clear increase in the number of children looking to hurt themselves or worse, our work at the RYC targets the most vulnerable children within society. With young members of the LGBTIQ+ community 45% more likely to hurt themselves compared to their non-LGBTIQ+ peers, we use the RYC as a safe space for young members to be themselves, to ask for help or advice, find a friend through our peer-to-peer support network and where possible receive therapy sessions with qualified professionals.

As the only organisation of its kind the RYC hopes, with your help to grow into a national support charity working as a buffer, to try and help young people before they hit the NHS.

The money we receive from our Action 50 members goes towards the provision of these services. Without the generosity of our members, we would struggle to maintain our service or help the children that come through our doors. We can not stress enough how grateful we are for their continued support, help and generosity.  
"Thank you from everyone at the RYC."

To be an Action 50 member, we ask that rather than giving a lump sum donation, you agree to donate a minimum of £50 per month via standing order or direct debit, this is the cost of a single 1hr therapy session.

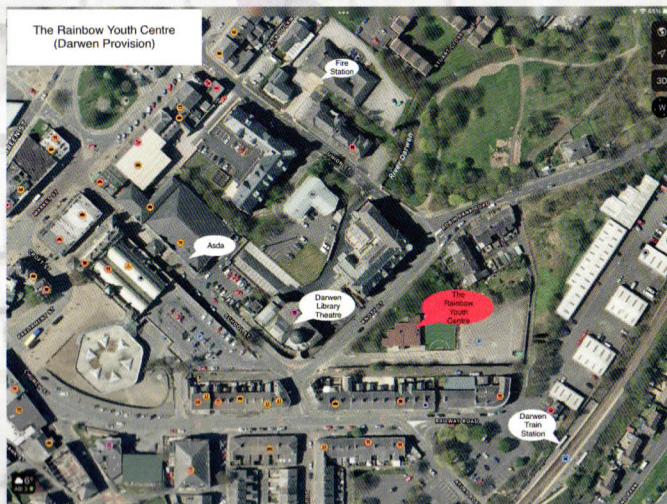
Receiving regular donations allows us to plan and organise the best use of our resources, whether that is a block of therapy sessions for a child or a single event for multiple children. We do ask members to give us three months' notice before cancelling their donation, which allows us to make alternative arrangements. If you wanted to give more then we would be incredibly grateful, we have levels for different members, bronze, silver, gold & platinum dependant on your donation.

In return for your generosity and continued support we at the RYC organise thankyou events 3 or 4 times a year, these may be networking events, a charity ball, Christmas party or even a spring formal. We also post and promote all our members on our social media outlets, issue a formal gratitude certificate and include members on our supporter's page.

Thank you for considering The RYC.

# \*\*\*Rainbow Youth Centre\*\*\*

**Centre:**  
**The Rainbow Youth Centre**  
**Knott Street Community Centre**  
**Knott Street**  
**Darwen**  
**BB3 2RN**



**Office:**  
**The Rainbow Youth Centre**  
**Suite 23**  
**Blackburn Rovers Business Centre**  
**Ewood Park**  
**Darwen End Stand**  
**Nuttall Street**  
**BB2 4JF**

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**[www.rainbowyouthcentre.com](http://www.rainbowyouthcentre.com)**



# \*\*\*Rainbow Youth Centre\*\*\*



**DARWEN CENTRE**  
Open 10am-12.30pm for younger members,  
parents, coffee, drop-in, ask for advice or help.  
Open 1.00pm-5.30pm for all LGBTIQ+ under 18  
Relax, join a club, play games, make friends.

**"Every young person has a unique situation  
– but the fear and pain they endure for  
expressing who they are is universal.  
Only together can we hope to  
make a better world."**



Website



Instagram





We are committed to building a strong and cohesive LGBTQI+ community that is safe, free from prejudice and judgement. A community where every young person feels empowered, inspired and proud of who they are.

The RYC aims to become a life saving and life enhancing organisation that helps young LGBTQI+ people empower themselves, to make a positive change for themselves, their families and their communities. We do this through coordinating with national and regional LGBTQI+ youth work networks, delivering training, running events and campaigns, undertaking research and creating resources.

The Rainbow Youth Centre is a hub for LGBTQI+ rights, a place where young people can come and be themselves, a safe place, a place to make a friend, a place to meet young people like just like them.

The RYC is not just for young people, we also offer support groups and advice to families of young people that are suffering with mental health issues such as depression, anxiety, panic attacks, self harm, eating disorders or suicide. We are always here to offer support and advice.



"All the friends I have I made through the RYC. Thankyou"  
D, 15yo

**MOVIE NIGHT:**  
as always a fantastic bunch that made a great night. lots of popcorn & Coke was had.



Thankyou for helping with my college application and interview, not sure what i would have done without you.  
RJ, 17yo

We are currently limited to the services we provide due to lack of resources, for our current opening times and service provisions please keep an eye on our Instagram or Facebook pages.

## \*Full Day Saturday Provision at Knott Street Community Centre

- \*Online Movies
- \*Arts & Craft
- \*Mentoring
- \*College Preparation
- \*Movie Night
- \*Games Night
- \*Photography Club
- \*Movie Club
- \*Making Friends
- \*Work Experience
- \*Therapy Sessions
- \*Rugby
- \*C.V. Writing
- \*College Interviews
- \*Party Nights
- \*Legal Advice
- \*College Applications



We have a wide array of equipment for our members to use, everything pool tables, foosball table, ping pong, x-boxes. Or maybe a game of football on our secure AstroTurf pitch or if you prefer a board game or craft session, then we can do that too.

Thankyou for making a safe space, for me and my friends  
E, 13yo

We also have a fully equipped music room with drums, keyboard, guitars and amps of course, (I may need some ear plugs).

All of our sessions are supervised by dedicated staff members that have been first aid trained and undergone enhanced DBS checks, in addition all the services and facilities we offer are available to our members free of charge.



But if you prefer just to talk, or you would like some advice, then we can do that too. We are not just here to entertain you, we are here to help.

\*Parents Coffee Mornings  
\*Parents Support Groups

The competitions are great, and we look forward to the games night, i just like being around other young people like me.  
A, 12yo



**GAMES NIGHT:**  
it was a little cold that night but as usual the spirits never dwindle, a truly fantastic bunch of young people, and only a little cheating