

Steps and Stories: The Bright Paths Newsletter

Welcome to the October edition of Steps and Stories!

This month, we're sharing how BrightPaths came to be, what drives our preventative approach, and how you can help us keep supporting children and young people.

You'll also find highlights from our summer projects, exciting new funding updates, and this month's free downloadable resource: a curated list of trusted mental-health and neurodiversity resources.

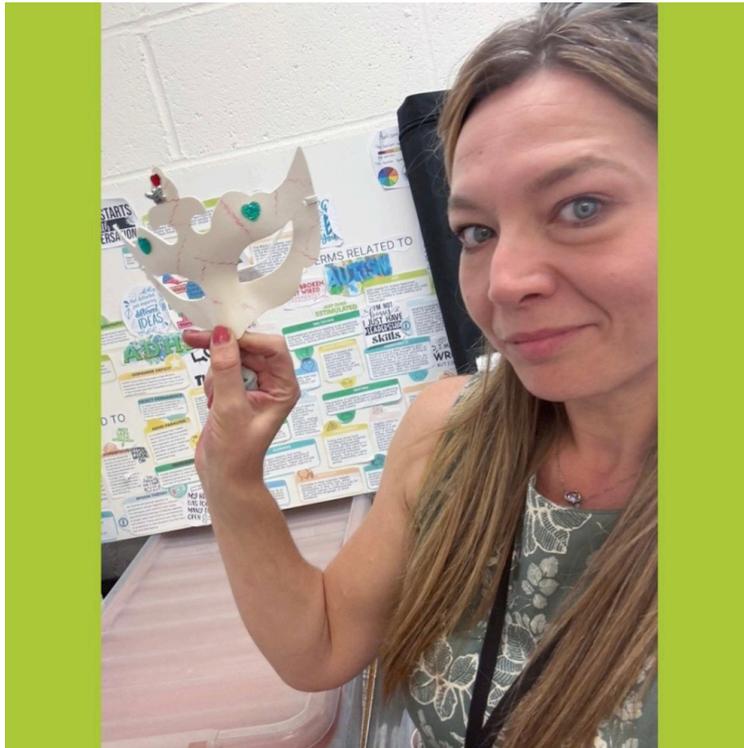
The Brightpaths ethos: the case for early intervention

At Bright Paths, we believe that early intervention is one of the most powerful ways to improve children's emotional wellbeing. Waiting until challenges escalate often means young people miss out on the chance to develop coping strategies early, which can lead to greater difficulties later in life.

Our founder, Natashia, started Bright Paths after seeing firsthand how many children were being left behind due to long waiting lists and a lack of accessible, tailored support. Her vision was to create an organisation that could step in early, working with schools and families to help children feel understood and supported before their needs reach crisis point.

Every child deserves to be heard, supported, and given the tools to thrive. That's why we're committed to expanding access to mentoring, workshops, and creative spaces – and why community support makes all the difference in keeping our work going.

[🔗 Read the full article on our website](#)



Recent Highlights

Back to school

This autumn, we're continuing to provide face-to-face, specialised support tailored to children with SEMH needs and those navigating neurodivergent traits in mainstream settings. Our free YES mentoring service, delivered by skilled volunteers, remains in high demand. As this service is unfunded, continued community support is crucial to maintaining its accessibility

Thank you to the ASDA Foundation's Young Futures Fund

Over the summer, we delivered a series of creative support workshops across Bedfordshire, giving young people an opportunity to express themselves through art, journaling, and interactive activities. The sessions provided a welcoming space to share ideas and develop practical wellbeing tools.

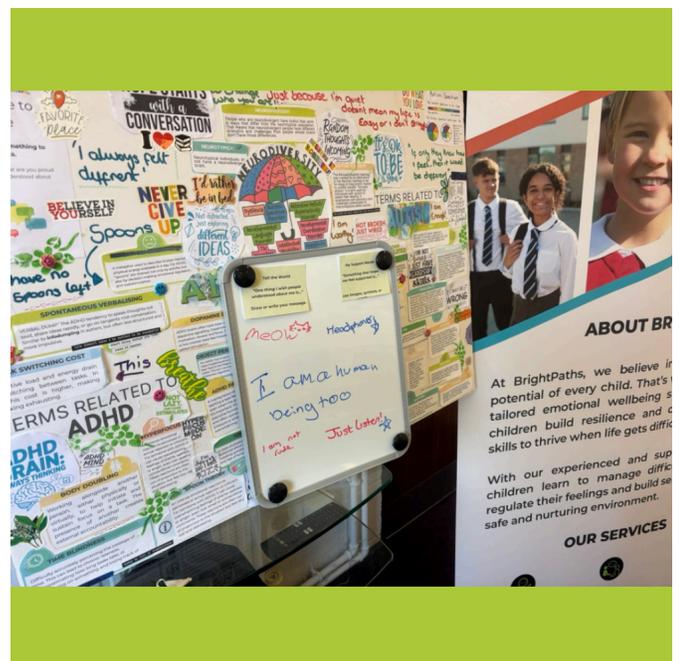
Feedback was overwhelmingly positive, with many young people eager to take part again.

We're incredibly grateful for ASDA's support and hope to continue these sessions in the future. To learn how you can help, please see our stationery donation appeal below.

Whitbread Plc. Chairman's Fund Grant

We're delighted to have received a £5,000 grant from the Whitbread Plc Chairman's Fund via the Bedfordshire & Luton Community Foundation. This funding supports early intervention workshops and mentoring for around 120 children in Dunstable, Houghton Regis and Leighton Buzzard - particularly those with emerging or undiagnosed needs who can't currently access CAMHS or SEND support. The project includes group sessions on resilience and emotional regulation, plus follow-on 1-1 mentoring with trained volunteers.

Thanks to this generous funding, the programme will run this autumn free of charge for schools and families, removing cost barriers and ensuring every child can access early support.



Creative supplies appeal

To help us continue running our creative wellbeing workshops, workshops, we're seeking donations of good-quality art and stationery supplies. Each contribution helps us to create welcoming, inclusive spaces where young people can express themselves, build confidence, and develop positive wellbeing strategies.

We'd like to thank everyone who has already donated; your support makes a real difference and helps ensure these sessions remain accessible to those who benefit most.

We're currently in need of items such as:

- Art materials: paints, sketchbooks, journals, pens, and markers
- Craft supplies: glue sticks, scissors, collage materials, washi tape, stickers, inks, stamps, and affirmation cards
- Activities: simple games (e.g. Uno, Jenga, Dobble) and teen magazines

If you're clearing out cupboards or picking up supplies, we'd be grateful for any donations. Please get in touch to arrange collection or drop-off. Thank you for helping us keep this important work going.

 brightpaths.org.uk |  [Contact us](#) |  [Instagram](#) |  [LinkedIn](#) |  [Facebook](#)



How you can get involved

There are lots of ways to support our work, whether you're an educator, young person, or part of a community group.

Volunteer with us - We're always looking for passionate volunteers to help deliver our programmes and grow our reach.

Donate creative supplies - Paints, journals, pens, collage materials, stickers, and stationery all go directly into our workshops, helping young people express themselves and build confidence.

Help spread the word - If you know a school, educator, carer, or young person who could benefit from our support, please share our details.

 support@brightpaths.org.uk  **01234 958493**  [Contact us](#)  [Support us](#)

This Month's free resource: mental health resource guide

We've put together a list of recommended resources to help parents, carers, and educators strengthen understanding of emotional wellbeing and neurodiversity.

The materials include practical guides, helpful tools, and links to respected organisations - all aimed at helping young people feel understood, supported, and able to thrive at school and at home.

 [\[Download the Mental Health Resource List\]](#)

Stay connected

Thank you for reading this edition of Steps and Stories.

To keep receiving monthly updates, free tools, and ways to support children's wellbeing, make sure you're subscribed – and please share this newsletter with a friend or colleague.

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