

## ABOUT US

Just Drop-In was the Millennium Project of Hope in North East Cheshire, representing Christians in Macclesfield and surrounding villages.

We are supported by Cheshire East Council, charitable grants, contracts from statutory services, fundraising and public donations.

Our happy, friendly team consists of...



Our Chief Officer, Ann Wright, full-time staff, self-employed counsellors, and over 40 volunteers!

## GET IN TOUCH



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Just Drop-In



justdropinmacc



@JDIMacc



Free & friendly counselling and wellbeing services for 12-25 year-olds from Macclesfield and surrounding areas



# COUNSELLING SERVICES

We know that it can be tough growing up, and that children and young people can be faced with lots of different stressors from any angle - school/college, family, relationships, friendships, finding or keeping a job, money troubles or self-image.

Many young people struggle with how they feel, but counselling can help you talk things through, support you without judgement, and make a positive difference to your life.

Just Drop-In offers free, confidential counselling, by appointment, for a broad range of issues.

Our service is offered by a caring team of Counselling Coordinators, qualified and student counsellors, contractors and volunteer counsellors, who offer counselling from a person-centred approach.

Our work is underpinned by the BACP ethical framework for good practice.



# WELLBEING SERVICES

**Wellbeing Activities:** Free, fun and informal one to one sessions including cooking, arts & crafts or gaming on a weekly basis.

**Mentoring:** Meet with a mentor regularly, either in our premises or out in the community. They will help you to set a goal, and work towards achieving this.

**Drop-In:** Drop in to our premises during our offices hours with no appointment needed and find out how we can best support you moving forwards. We're able to provide more immediate support through food parcels, or ongoing support through things like looking for work, or moving house.

**Wellbeing Groups:** We run different groups, ranging from walking to cooking. Meet other young people, learn a new skill and improve your wellbeing.



# PARENT SUPPORT

**Mental Health First Aid:** A 2-day accredited course covering all aspects of youth mental health.

**Sleep Workshop:** Led by a trained Sleep Practitioner, we aim to support you in understanding what you can do to help your child and family to get better sleep.

**Mental Health Aware:** Information on mental health issues to help you support your child with their mental health.

**Timid to Tiger:** A parenting-based approach to managing anxiety in children aged 8-11.

