Fantastic Fundraisers Light Up Wimbledon for Teenage Mental Health this Christmas

LONDON, DECEMBER: Over the weekend Saturday 5th and Sunday 6th December, local volunteers Ali Love and Julie Lennon launched their beautiful Wishing Tree fundraiser in aid of stem4, Wimbledon-based teenage mental health charity. Along with a group of amazing volunteers, 3 Wishing Trees have been placed on Wimbledon Common, with members of the public invited to place a bauble, along with a personal wish, onto the tree in return for a donation.

With new NHS statistics* showing 1 in 6 of 5-19-year olds in England had at least one mental health disorder in 2020, COVID-19 has had a devastating effect on young people. Despite many fundraising events being cancelled this year due to the pandemic, Ali and Julie are determined to end the year with some sparkle and bring the community together by making a wish, hanging baubles, and raising vital funds for stem4.

Pictured: Fundraiser Ali Love in a purple stem4 hoodie, with her Wishing Tree baubles and some super volunteers. To her left, Dr Nihara Krause (stem4 CEO and Founder).

Dr Nihara Krause, stem4 CEO and Founder says, "Ali and Julie are doing a wonderful job in helping us by raising money this Christmas. Not only will their incredible fundraising endeavours go directly towards helping young people with their mental health, the very act of inviting the community to make a wish together after a very tough year is fantastic and heart-warming. The whole project has brought some much-needed Christmas cheer to

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stem4
supporting teenage mental health

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✉ enquiries@stem4.org.uk
🌐 www.stem4.org.uk

Wimbledon, and I'd encourage anyone who can visit the common to see the result to do so!"

Pictured: One of the many lovely wishes made by the local community. Dr Nihara Krause, stem4 CEO and Founder (left), alongside Ali Love (right).

The 3 Wishing Trees, hosted opposite the Windmill Cafe, will be up again between 9am and 2pm next weekend 12th and 13th December. Ali and Julie are just under halfway to their amazing £7000 target. All donations are gratefully received through this JustGiving page:

https://www.justgiving.com/fundraising/Alison-Love5

Volunteers who wish to help can also sign up here: https://signup.com/go/osEOAQP

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About stem4: Founded by Clinical Psychologist Dr Nihara Krause, stem4 is an award-winning charity aimed at supporting the positive mental health in teenagers. With 1 in 8 children and young people aged between 5-19 presenting with at least one diagnosable mental health condition*, stem4 works to enhance early understanding of mental illness and signpost towards prompt action and intervention.

In order to carry out this mission, the charity educates individuals, parents, teachers and communities through the provision of interactive conferences, digital educational resources such as 'Head Ed' and a comprehensive website. Further, the charity has identified the widespread use of mobile phones as a potential means for change, resulting in the development of apps such as 'Calm Harm' for dealing with urges of self harm, 'Clear Fear' to help with anxiety and 'Combined Minds' for family and friends of those dealing with mental ill health. stem4 are also founders of Youth Mental Health Day, an annual campaign that encourages understanding and awareness of mental health in young people, enabling them to live happy and healthy lives all year round. *(NHS Digital 2017)

Website: Please see website for more information www.stem4.org.uk

Contact: For further enquiry please contact Juliette Hellman PR at juliettehellmanpr@googlemail.com or Anna, stem4 communications coordinator at anna@stem4.org.uk / 07874350339.

*Sources: NHS Digital report → *Information from NHS Digital in 2017 on the rates of probable mental disorders in children and young people from 5-16 years was one in nine. Data released in July 2020 by NHS Digital indicated that this had increased to one in six in the same age group.*

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