



HAB Newsletter

MARCH 2026

HAB Antibullying & Mental health A few facts of HAB

All our volunteers are non paid volunteers who take time out of their life to help support & fundraise.

We're always looking for people to join the team

All money raised from events goes towards supporting adults & children with counselling grants.

All our services that we offer are FREE of charge

Waiting times if any are very short lives are important if some one needs support we want to get that support in place ASAP

Applications ? yes there is a form but it isn't full of red tape or invasive questions it's so we can understand your needs

Support can be many things - counselling grants - support with school or work place meetings-coaching - help filling dreaded forms out - sign posting in the right direction - help to flee a dangerous situation - help to rebuild your life

We will always try and help with any situation and if we can't we will try help guide you

We're a registered charity that isn't government funded

Most importantly I think is that we are ordinary people that don't judge that also may have walked in your shoes that are here and ready to listen and support you

HOW TO CONTACT US

★ Telephone- 07369 276817

★ Email- marie@habantibullying.com

★ Contact us tab -<https://www.hab-antibullying.com/>

★ Facebook-
<https://www.facebook.com/groups/548753905900256/>

★ https://www.instagram.com/hab_and_mental_health?

WANT TO KNOW MORE ABOUT VOLUNTEERING GET IN TOUCH YOU CAN REGISTER YOUR INTEREST ONLINE



TICKETS CAN BE PURCHASED ON OUR FACEBOOK GROUP

DRAWN LIVE ON THE 29TH MARCH

OVER 25 PRIZES TO BE WON!



MEN ONLY GROUP HIGHLY RECOMMENDED IN MARKET HARBROUGH



£10000 LOTTERY FUNDING IN WHICH £7500 TOWARDS COUNSELLING GRANTS & £2500 FOR THE SAMARITANS COURSE FOR OUR VOLUNTEERS WHICH CAN HELP MAKE A DIFFERENCE

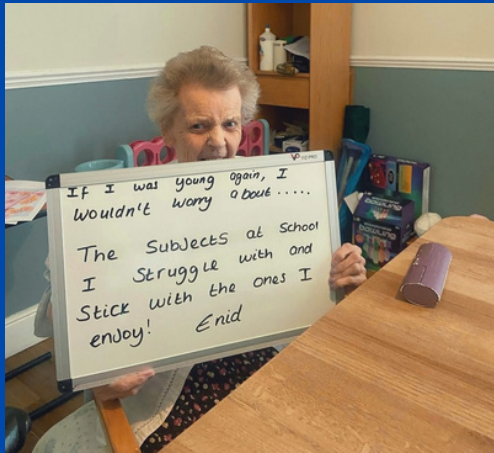




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WE LOVED OUR VISIT- We got some great advice from the fabulous residents at Oxendon House Care Home for children's mental health week.



Cup, matching coaster & HAB keyring
£15
 Choose your Design
 Cup colour
 Text colour

TO THE PERSON READING THIS YOU ARE WORTHY YOU ARE LOVED YOU ARE ENOUGH YOU MATTER NEVER FORGET THAT

YOUR mental health IS A PRIORITY & YOUR happiness IS ESSENTIAL your self care IS A NECESSITY

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Proud to Support HAB Anti-Bullying & Mental Health

WANT TO PURCHASE UR MENTAL HEALTH MUGS & COASTERS? THESE CAN BE PURCHASED THROUGH OUR FACEBOOK GROUP

WE ALSO HAVE FREE CAR WINDOW STICKERS IF YOU WOULD LIKE TO SHOW YOUR SUPPORT





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DONATIONS APPRECIATED

If your having a clear out HAB would love any donations of clean clothes, shoes, bags or hats. These will then be sold on our vinted accounts to help raise money to support adults and children.

MASSIVE THANK YOU TO ANY ONE WHO HAS GIVEN US DONATIONS THIS REALLY DOES MAKE A MASSIVE DIFFERENCE TO OUR CHRITY.

WHY DO WE NEED TO RAISE SO MUCH MONEY EACH YEAR ?

LAST YEAR WAS AROUND £35500 COSTS FOR HAB THE DEMAND FOR SUPPORT IS HIGH AND WE EXPECT TO BE EXCEEDING THAT AMOUNT THIS YEAR.

TO CONTINUE TO OFFER OUR SERVICES FOR FREE FUNDS ARE VITAL AND EVERY PENNY MAKES A DIFFERENCE.

WE CAN ONLY DO WHAT WE DO THANKS TO THE PUBLIC AND BUSINESSES - POTENTIALLY HELPING US TO SAVE LIVES.

OUR CUREENT TURN AROUND FOR SUPPORT IS 7 DAYS HOWEVER WE DO TRY OUR BEST AND IN SOME CURCUMSTANCES SUPPORT IS PUT IN PLACE THE SAME DAY .

PLEASE CONTINUE TO SUPPORT AND DONATE TO HAB AND MOST IMPORTANTLY IF YOU NEED SUPPORT ADULT OR CHILD GET IN TOUCH.

Vinted

Two ways to help with Vinted - Browse our accounts, if you see something you like get in touch so you can collect and save on postage if in Market Harborough.

USERNAMES -
Cleymo1
marie1976hab

We also collect donations to help raise funds on vinted. We can accept any of the following as long as they're in good clean condition.

Clothes - Shoes - Bags - Coats - Small toys e.g. Barbies or action figures
Unsure of items but you think they would sell get in touch to discuss.



DONATION BIN LOCATIONS
68 WILLOW CRESCENT
33 NASBY CLOSE
RIDGEWAY SCHOOL

VINTED ON AVERAGE IS HELPING US RAISE £1200 PER MONTH