

A volunteer led Community Interest Company providing a rapid and direct, self-referral, face-to-face mental health counselling service for young people aged 13-19, living or attending a school in Gravesham.



**203**  
Young People  
Self-Referred



**92%**  
Counselling  
sessions attended

## Instances of meaningful impact: Supporting young people into safety, stability, or recovery.



**386**  
Days quicker to access  
support for each  
young person

Average of 6 days from self-referral  
to a chosen counsellor.

National NHS Average 392 days\*

*\*Source: Young Minds 2023/24 analysis*

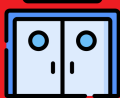
**80**

Young People  
made reliable improvements  
or clinical recovery



Young people who showed  
significant changes to wellbeing,  
social and life functioning skills or  
reduced risk of self-harm.

A&E



**33**  
Young People  
who avoided  
Crisis intervention

These cases were at significant  
risk of self-harm or emergency  
attendance. Early intervention  
prevented likely A&E visits and  
possible hospital admission.



**15**  
Young People  
Safeguarding interventions

Young people identified as 'at  
risk', and appropriate action  
was taken by their counsellor  
in collaboration with relevant  
parties or organisations.

The Elliott Holmes Memorial Fund provided a total calculated Social Value of £1,828,248 in 2025  
For every £1 invested, the service generates approximately £28 in social value.

## The Elliott Holmes Memorial Fund

Since 2022, the Elliott Holmes Memorial Fund CIC has provided fast, free, early access to face-to-face mental health counselling for young people aged 13-19 in Gravesham. Through a unique, volunteer-led self-referral model and strong community partnerships, the service removes barriers and delivers early intervention where public sector support is limited or difficult to access.

The Elliott Holmes Memorial Fund delivers life-changing benefits to young people, which has a positive impact on their families and the wider community. Young people access counselling within days rather than years, preventing escalation to crisis and reducing distress, self-harm and safeguarding risk. The service reaches vulnerable young people, some whose struggles are unknown to parents, schools or services, filling a critical gap in local provision.

Working closely with schools, businesses and other local organisations, the Elliott Holmes Memorial Fund continually strengthens its reach and effectiveness. Schools, local police and health services benefit from reduced pressure and improved safeguarding outcomes. We also support families who have been impacted by the suicide of a young person.

The organisation is volunteer-led and governed. Volunteers are responsible for fundraising, governance, safeguarding oversight, partnership development, awareness, community outreach and service continuity.

The Elliott Holmes Memorial Fund sustains a year-round programme of fundraising, school engagement, awareness activity and community events, enabling a vital service with no waiting list. Through a trusted network of qualified private counsellors across Gravesham, the organisation provides rapid access to support at the point it is needed most.

**The Elliott Holmes Memorial Fund provided a total calculated Social Value of £1.82M in 2025.**

**For every £1 invested, the service generates approximately £28 in social value.**



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Elliott Holmes Memorial Fund is a Community Interest Company Reg No: 14361787