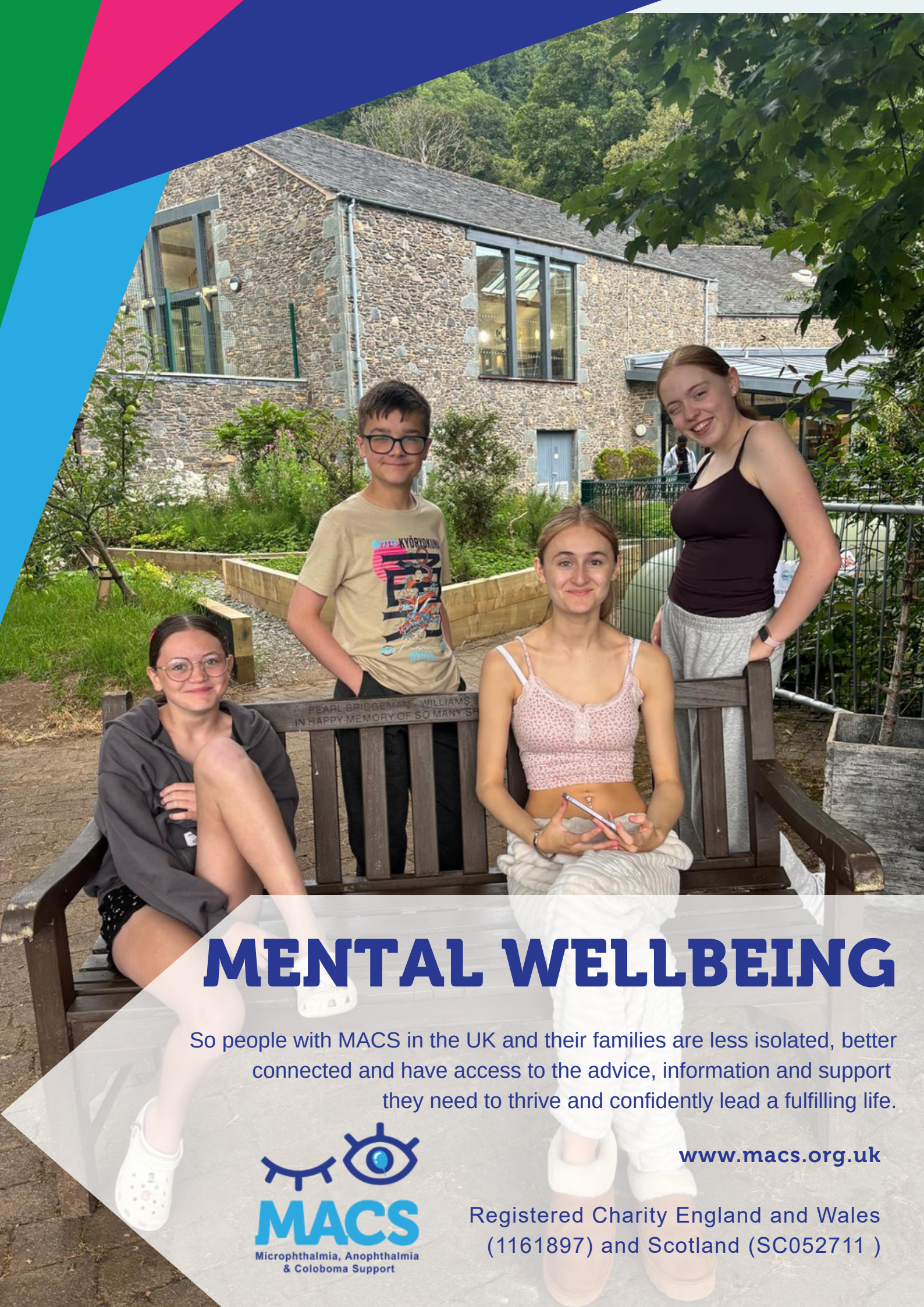
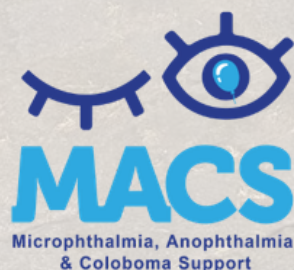




MENTAL WELLBEING

So people with MACS in the UK and their families are less isolated, better connected and have access to the advice, information and support they need to thrive and confidently lead a fulfilling life.



www.macs.org.uk

Registered Charity England and Wales
(1161897) and Scotland (SC052711)

ONE PAGE SUMMARY

The Need

Mental wellbeing is a critical but unmet need for people with MACS. Surveys show only 32% of parents feel confident that their child is receiving adequate help from anywhere. Isolation, bullying, and appearance-based stigma exacerbate challenges, with 72% facing social barriers, 61% struggling with self-esteem, and 60% experiencing bullying. Long waits for specialist services leave families navigating these issues alone, creating a growing mental health crisis.

Our Response: Plan to Thrive (2024–2026)

We aim to transform mental wellbeing through three integrated initiatives:

1. **Jamie's Farm Residential** (£13,650) – A five-day immersive experience for 12 MACS teenagers, building resilience, confidence, and teamwork through farm life and reflective sessions. Proven outcomes include improved wellbeing, relationships, and behaviour.
2. **Specialist Counselling** (£6,000) – Employing a part-time visually impaired counsellor to deliver ten sessions per month, offering tailored support for teens and young adults (16–25).
3. **Staff Upskilling** (£1,500) – Mental Health First Aid training for staff to identify distress, provide immediate support, and connect members to professional help.

Impact & Reporting

Our programme will reduce isolation, improve confidence, and strengthen emotional resilience. Outcomes will be measured through surveys, evaluations, and qualitative feedback. Funders receive two generic updates as well as a personalised impact report after 12 months, including stories and outcomes.

Why Your Support Matters

MACS receives no state funding and relies entirely on charitable contributions. For every £1 donated - 63p goes directly to services. Your gift will help us ensure that young people with MACS are not defined by their condition but empowered to lead fulfilling lives.

Impact Metric 1

Reduced
isolation and
Improved
connection

Impact Metric 2

Improved
wellbeing and
confidence

Impact Metric 3

Enhanced staff
capacity for
mental health
support