

NozStock ^{the} Hidden Valley

CHARITIES AT NOZSTOCK



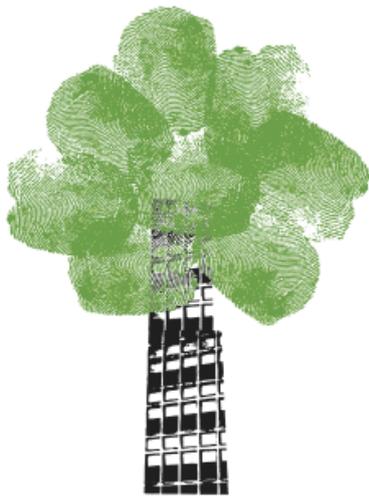
Here at Nozstock, we want to make sure we are doing what we can to give something back to the community that has supported us for so long and do our bit to help some great causes into the bargain. We also recognise that as a national event, there is a lot we can do to support and raise awareness for causes that affect the UK as a whole. Please find details of all the causes we support below.

THE MUSIC POOL



Founded in 1998, [The Music Pool](#) is a community-based music charity for Herefordshire and its borders. The Music Pool are dedicated to providing chances for people of all ages and abilities to make music together, because it is one of the most powerful ways to improve people's lives and well-being. They also work with dancers, dramatists, painters and potters to create new opportunities for everyone to join in. Their work affects a wide variety of groups from early years to those with special needs. You can catch the best of their Livewire youth music project right [here](#), which gives teenagers an insight into the music industry, organising training opportunities, music courses and gigs.

TREES FOR CITIES



Trees for Cities

[Trees for Cities](#) is the only charity working on an international scale specialising in planting urban trees. 8 out of 10 people in the UK now live in cities and there's a greater need for green spaces than ever before. Trees provide numerous vital services to our environment and society in making the landscape more attractive, cleaning and cooling the air whilst reducing noise and flood risk. They also provide habitats for a multitude of species and have a tremendous impact on our mental health. Trees for Cities sets the standard for urban forestry worldwide, improving the lives of city dwellers and inspiring children to grow and eat good food. They plant trees in parks, streets, schools and housing estates. The charity began in 1993 and has since engaged over 70,000 people to plant over 600,000 trees in cities worldwide.

YELENI SUPPORT CENTRE



When you need a break from the festival hive, visit [Yeleni](#) in the Healing Zone for a massage and an unwind. By helping yourself you will be helping someone else too! The idea for the Yeleni Support Centre happened back in 2000 when Nicky Heath decided she wanted to set up a charity which could offer free complementary therapy sessions to anyone with cancer in Herefordshire and the surrounding counties. Yeleni provides a place of peace where both clients and their families can receive support whilst they are having to deal with a very difficult time in their lives. Although they are a charity offering free therapy sessions to anyone with cancer, they also offer complementary therapies to everyone else. So whether you want a back massage or a few hypnotherapy sessions, £10 of the money you pay for your treatment will go towards supporting their charity work. They also have a varied programme of workshops to help you gain emotional and physical health and pursue your spirituality.

PEOPLE IN MOTION



[People in Motion](#) is a non-profit organisation who provide support and needed supplies to displaced people. Their current efforts are focused on the refugee crisis. They are sending aid and volunteer support throughout Europe to help people on their journey to a safer life. Volunteers from People in Motion will be helping to collect re-useable items from the campsite clear up such as camping equipment, non-perishable food and clothing to be sent out in their next shipment aid.