



Image (above): Winchester Business Excellence Awards Finalists c/o The Hampshire Chronicle

Once upon a time...

The story of Winchester Youth Counselling
In 2023, Winchester Youth Counselling will celebrate its 20-year anniversary, but where did it all start? In 2001 Jill Guppy & Stuart Gemmell put forward the idea to start a counselling service that provides free, longer term, open-ended counselling in Winchester. We spoke to Jill about what led them to form the charity, and the challenges they met along the way, and the success its achieved.



How WYC was born: Jill's Story

"My background was in youth and community development work. That's what I did before I went on to train as a counsellor and through that I helped other communities and young people set up things like a skatepark in Winchester in the late 80's / early 90's. At the time, I knew nothing about how to build a skatepark at all. And the young people had shown me this secret spot as they called it, which was this skate ramp that they built, illegally I guess, under a bridge near Winchester somewhere out in the middle of nowhere because there were no skatepark facilities in the area at that time."



Read the full story on our website

www.winchester-youthcounselling.org/the-history-of-wyc

Winchester Business Excellence Awards

We are very excited to announce that Winchester Youth Counselling has been shortlisted and is a finalist for the Winchester Business Excellence Awards in the Charity & Social Enterprise category. The Business Excellence Awards recognise the achievements of local businesses and reward them for their commitment to excellence. Our fellow finalists in the category are **Street Reach** who delivers weekly outreach

sessions in identified communities throughout Winchester, **Citizens Advice Winchester District** who offer free advice to local people, and **Bespoke Biking** which is a social enterprise dedicated to getting more people cycling in Winchester. We are very proud simply to have been shortlisted as a finalist and we wish all the finalists the best of luck. The winners will be announced at the awards on the 9th June.



2022 FINALIST

Image (left): Winchester Business Excellence Awards





Want to use our services or find out more?



Visit our new website:

www.winchesteryouthcounselling.org



Hello, is it you we're looking for?

Our team is growing and we're looking for some great people to join our dynamic and vibrant team and enable us to provide even more support to young people in Winchester. We currently have the following vacancies available:

- Counsellor
- Deputy Clinical Lead
- Fundraising Manager
- Pupil Counsellor
- Youth Ambassadors*

If you, or someone you know would like the opportunity to work with us, please check our website for the full job descriptions and to download an application form. The application deadline for most positions is Friday 24th June, so don't hesitate to apply if you're interested.

*Youth Ambassadors

We are looking for enthusiastic young people to join our Youth Board as Youth Ambassadors. The purpose of the Youth Board is to get input and perspective directly from young people to help us continuously improve our services and provide the support most needed. If you are aged 11-25 and would be interested in joining the Youth Board, please email admin@winchesteryouthcounselling.org and tell us a bit about yourself and why you want to be a part of the Youth Board.



Making a difference



"...with the support of WYC, we as a family have hope for the very first time..."

- Parent of a WYC client

"My 14 year old son has always been labelled at school as having 'bad behaviours'. Things became worse at secondary school when his mental health suffered and he started to believe that he was not good enough. With no support from school and lengthy delays at CAMHS we managed to find a doctor who diagnosed him with ADHD. He is now on medication and trying to find his way. It is still early days but with the support of WYC we as a family have hope for the very first time. WYC has meant the world to us as a family. To have a service like this available is quite frankly saving children's lives. Thank you."

We recently received the feedback above from a parent of one of WYC's clients. We are so grateful for the feedback and proud to know we are making a difference in young people's (and their families) lives.

News to make you smile!

Last month, as part of Mental Health Awareness Week, our CEO, Erin was interviewed by Smiley News who are part of the Smiley Movement whose mission is to spread good news stories that aren't picked up or highlighted by main-stream media around the world. You can find out more about Smiley News and the Smiley Movement at: smileymovement.org.

In the interview Erin explains how WYC uses nature as therapy as well as the benefits of nature therapy.

Watch the full short film here: bit.ly/3sKFTKB.

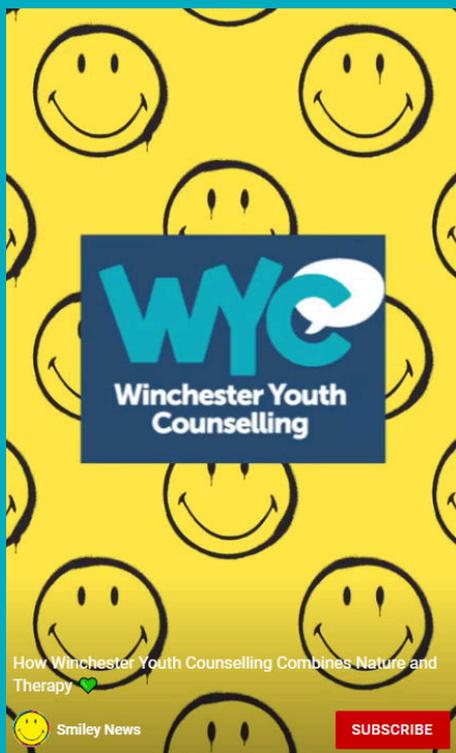


Image (above): Smiley News short film

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Get to know...

Jill Guppy

What is your role at WYC?

Therapeutics Intervention Lead / Clinical Lead.

What aspect of your role do you enjoy the most? Being outdoors and enabling young people to feel connected to nature and to realise that they are part of nature and not disconnected from it. I also enjoy seeing young people develop and grow as individuals. I also really enjoy working with parents.

www.winchesteryouthcounselling.org
What is the biggest career lesson you have learned so far? Being blessed to discover the joy of being reminded on a daily basis that I am just a very small cog in the big wheel of our Universe and the work of the writer John O'Donohue - he says: "The mind of the day draws no attention, It dwells within the silence with elegance, To create a space for all our words, Drawing us to listen inward and outward".

What three words would you use to describe WYC? Containing, nurturing, and creative.

What advice would you give your younger self? To listen to the words of Kermit the Frog: "I really do believe that we are all at the beginning of a wonderful journey. As you start travelling down the road of life, remember this: There are never enough comfort stops. The places you're going to are never on the map. And once you get that map out, you won't be able to refold it no matter how smart you are. So forget the map, roll down the windows and whenever you can, pull over and have a picnic with a pig. And if you can help it, never fly as cargo".



WELCOME TO THE TEAM

We recently welcomed Owen to the WYC team. Owen has joined us as a volunteer, trainee counsellor and is currently studying Chrysalis Professional Diploma in Psychotherapeutic Counselling Practice.

Previously Owen was a teacher of media production for 7 years, ran a GSA (Gay Straight Alliance), and then worked as an advocate and youth leader for young people with additional and educational needs.

In his spare time, Owen does some Hypnotherapy work, gets creative with crochet, loves bugs, and thoroughly enjoys horror movies!