



## WYC Takes on The Big Give Christmas Challenge 2022

This year, WYC is participating in The Big Give Christmas Challenge which is the UK's biggest match funding campaign. This year's Big Give Christmas Challenge will take place from **Tuesday 29th November (midday) - Tuesday 6th December (midday)**. Donations made during the event are doubled by matching them with monies already pledged by supporters. Additional funds can also come from a Big Give Champion which further increases the giving fund. The more Pledges we have the more likely we will attract the support of a Charity Champion.

The first step in taking on this challenge is to ask supporters to become Pledgers. Our goal is to secure **£2500** in pledges. The minimum pledge permitted by The Big Give is **£100** which we appreciate is a large sum but Pledges are the key to the campaigns success.

Pledgers' funds are key in 2 ways. Firstly, other supporters are more likely to contribute to WYC during the 7 days of The Big Give if they know that their donation will be matched by a Pledger. One pledge, twice the impact. Conversely, donors may look elsewhere if they see their donation will not be doubled. Secondly, if we secure sufficient pledges then we may be chosen by a Big Give Champion who will contribute even more to the pot. **To become a pledger, please complete the Big Give's online form by 23:59 on the 2nd September 2022.**

Make a pledge  
to WYC 

Or visit: [www.bit.ly/300ljAY](http://www.bit.ly/300ljAY)

If you would like to discuss The Big Give, please contact us on 01962820444 or email [admin@winchesteryouthcounselling.org](mailto:admin@winchesteryouthcounselling.org).

## The Big Give: Key Information

To become a pledger, please complete the Big Give's online form by 23:59 on the 2nd September 2022:

[www.bit.ly/300ljAY](http://www.bit.ly/300ljAY)

A Pledge is a promise of match funding made to a Charity. The Pledge is conditional on the Charity receiving the equivalent amount in online donations on The Big Give Platform - e.g. if you Pledge £100, you are offering to pay up to that amount to a Charity, dependent on them receiving the equivalent amount in Online Donations. You will not be asked to contribute more than your pledged amount.

A Pledge must not be fulfilled (i.e. paid to the Charity) until after the Match Funding Campaign has finished and before the Pledge deadline i.e. no earlier than 5pm on 6 December 2022 and no later than noon on 14 January 2023.

Pledgers should not make an online donation to the Charity to which they have provided the Pledge during the Match Funding Campaign.

For more information and on how The Big Give Christmas Challenge works, visit:

[www.thebiggive.org.uk/s/christmas-challenge](http://www.thebiggive.org.uk/s/christmas-challenge)



Founded by entrepreneur and philanthropist Sir Alec Reed CBE, the Christmas Challenge has raised millions of pounds for thousands of charity projects since it first launched on the Big Give in 2008.



A big thank you to the team at Avix for their very generous donation of £1500!

We are very grateful for your ongoing support.

## #EndTheWait

Young Minds is calling for the government to #EndTheWait and deliver on its promise to end the crisis in young people's mental health. On the Young Minds website, it says "Thousands of young people are seeking mental health support. But too many are being told to wait, struggling to cope and hitting crisis point before they get help.". Here at WYC, we are doing everything we can to decrease the wait times. We have been actively recruiting and have more counsellors joining our team in the coming months which means we will be able to see more clients, therefore reducing the wait times. If you would like to support our efforts by becoming a Friend of WYC or by making a one-off donation, please visit our [website](http://www.winchesteryouthcounselling.org) to find out how you can do help.



### Join the fight to #EndTheWait

If you would like to support Young Minds #EndTheWait campaign, visit their [website](http://www.bit.ly/3Jm294z) (or visit [www.bit.ly/3Jm294z](http://www.bit.ly/3Jm294z))

Follow us:



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@winchYC



## Get to know...

### Tammy Whitehouse

**What is your role at WYC?**  
Business Administrator.

**What aspect of your role do you enjoy the most?** Working with a great team and creating and implementing new processes.

**What is the biggest career lesson you have learned so far?** I have two, both of which I apply in my career and in life, generally. First one is: **no one person can do everything alone.** Working collaboratively is the key to success because everyone has their own set of skills, experience, knowledge, and abilities - don't be afraid to share yours and don't be too proud to admit you need help and to ask for help from others around you. The second lesson is to embrace positive changes! It may not always be comfortable but it will always be worth it.

**What three words would you use to describe WYC?** Compassionate, courageous, client-focussed.

**What advice would you give your younger self?** Difficult to pick just one piece of advice but I guess it would be to be courageous and live the life you want, not the life others expect of you.



## Dog Therapy

Recently the staff at the WYC offices have been joined by volunteer 'Emotional Support Officer', Mango the black Labrador. Many studies have shown the benefits of having dogs in the workplace and found that the presence of a dog



has reduced stress, increased cognitive abilities and social interactions, as well as counteract depression and anxiety in people. This has been evident to the WYC team on the days Mango has joined us in the office where moods have been lifted and everyone has enjoyed her company.



Mango has also been lucky enough to meet some of our clients who have been able to benefit from spending some time with her before and / or after their counselling sessions. The only downside we can find of having a dog is that they can't be around forever.

Mango belongs to our Business Administrator, Tammy and will be 10 years old in September this year.

Image (left): Mango at the WYC offices.