



# WYC

## Youth Board

### What is it?

The Youth Board is a new addition to WYC and one we are very excited about! It will be made up of a group of 8-10 young people aged 13-25 led by our Youth Engagement Lead, Katy. The Youth Board will meet once a month to discuss the mental health services WYC provides and to share their invaluable, young person's perspective which will enable us to improve our existing services as well as potentially offer new services.

### What will they do?

The board will organise and attend fundraising events, a representative from the Youth Board will attend trustee meetings and have input from their perspective and be involved in the running of the charity by suggesting positive changes, and sharing new ideas. There will also be some involvement in the recruitment of new staff members, as well as marketing e.g. designing posters, leaflets, and social media posts.

The board will have input in setting up mental health drop-ins and they can also suggest discussion topics and ideas for parent workshops which will start at the beginning of 2023

### Who are we looking for?

We are looking for young people who want to have a voice and share their views on mental health services and make a positive impact on the service WYC provides.

If you are aged 13-25, live within the Winchester district, and want to make a difference to mental health services, then we are looking for you!

You will be fully supported by Katy, the Youth Engagement Lead, and all meetings and activities will be facilitated by Katy.

If you or someone you know would be interested in joining the Youth Board, please email:

[katy@winchesteryouthcounselling.org](mailto:katy@winchesteryouthcounselling.org)

## A Big Thanks



Last month we announced that WYC was taking part in The Big Give Christmas Challenge. We are so grateful that (at time of writing) we have received £1150 in pledges so far.

## There's still time...

We are still £1350 away from our target but there is still (a little bit of) time to become a pledger if you can. as the deadline has been extended.

Pledges can now be made until  
**23:59 on Sunday  
11th September!**

If you would like to make a pledge or know someone (or a business) that would, please click on the button below or visit:  
[www.bit.ly/300ljAY](http://www.bit.ly/300ljAY)

[Make a pledge](#)



# 20 Years of WYC

Twenty years ago, on the 15th August 2002 Winchester Youth Counselling became a registered charity with the Charity Commission for England and Wales. We are proud to have been able to provide support to young people in the district of Winchester for so many years and we aim to continue for many years to come.

In case you missed it, you can read about the history of WYC on our website [HERE](#) or by visiting: [www.winchesteryouthcounselling.org/the-history-of-wyc/](http://www.winchesteryouthcounselling.org/the-history-of-wyc/)

*20 cheers for 20 years!*

## Farewell

We are sad to say farewell to our Operations Manager, Caroline, who left WYC at the end of August after 5 years with the charity. We want to wish Caroline all the very best in her future endeavours and extend our gratitude to her for all the effort and support she has put in to making Winchester Youth Counselling what it is today.



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## Get to know...

### Katy Seymour

#### What is your role at WYC?

I have recently taken on a new role here at WYC as Youth Engagement Lead. The role involves facilitating our new youth board, running a mental health drop-in service, setting up parent workshops, attending events, assisting nature therapy groups, liaising with schools and businesses, and updating social media platforms.

[www.winchesteryouthcounselling.org](http://www.winchesteryouthcounselling.org)

**What aspect of your new role are you looking forward to the most?** With a background in teaching, I have always loved face-to-face work with young people. I am particularly excited to be involved with nature therapy and also to work with the youth board, to hear their views and facilitate their ideas. To be honest, it is hard for me to pinpoint a specific aspect, as the role is so varied and I'm excited about it all!

**What is the biggest career lesson you have learned so far?** That happiness and wellbeing are the key to success.

**What three words would you use to describe WYC?** Teamwork, Supportive, Happy

**What advice would you give your younger self?** Life is full of surprises; positives, negatives, and everything in between! I would advise myself to be resilient to change, expect the unexpected and to live each day to the fullest.

## Welcome to the team!

We are excited to welcome some new additions to the WYC team who are joining us this month.

### Rose Milford

Rose joins us as our Deputy Clinical Lead and will be supporting our Clinical Lead at our WYC offices.

### Luisa Lucantoni

Luisa joins us as a counsellor and will be providing counselling to our clients at our WYC offices.