



In Memory of a Dear Friend

We were extremely saddened to hear of the recent passing of a dear friend to WYC, Dorothy Hickson. Dorothy has been involved with WYC for many years and started fundraising for us in 2007 where she began by writing letters to various trusts and organisations in support of WYC. Dorothy continued to do this until 2016. WYC has kept in contact with the trusts and organisations that gave donations off the back of Dorothy's efforts. Since 2017, Dorothy continued to fundraise for WYC in one way or another. Every Christmas she would donate the money she had raised from people who had used her parking space. She also encouraged her neighbours and other people that she met to support us in any way they could.

In total, Dorothy raised approximately £6,000 for WYC and we are extremely grateful and humbled that, even at such a difficult time, Dorothy's family are continuing to support WYC in her memory through Dorothy's page on Much Loved:



www.dorothyhickson.muchloved.com

WYC founder and Therapeutic Interventions Lead, Jill Guppy said "Dorothy will always hold a very special place in my heart and my thoughts are with her family."



Right: Dorothy at one of WYC's Annual General Meetings.

Nature On His Mind



All of us here at WYC are very excited about an upcoming event where naturalist, TV presenter, photographer, and author Chris Packham will give his first talk as patron of WYC. Chris is best known for presenting Springwatch, Autumnwatch, and Winterwatch for the BBC, as well as writing an award-winning memoir *Fingers in the Sparkle Jar* in 2016. Two documentaries, *Chris Packham: Aspergers and me* and more recently *Chris Packham: The walk that made me*, shed light on his unique perception of the world, and his own struggles with mental health in his younger years. Chris reveals the connection between immersion in a natural environment and preserving or improving mental health, and presents a call to action for society to understand the true value of the natural world around us. This event is being held as a partnership between the University of Winchester and Winchester Youth Counselling, and all proceeds from ticket sales will go directly to WYC.

The event will take place on **Thursday 1st December** from 7:15pm - 8:45pm at the University of Winchester and tickets will go on sale in early November.



If you would like to be one of the first to know when tickets are available for this event and hear about other events we hold in the future, please email:

fundraising@winchesteryouthcounselling.org. Alternatively, follow us on Instagram and Facebook (@WinchesterYouthCounselling) where we will announce as soon as the tickets go on sale.



Want to use our services or find out more?

Visit our new website:

www.winchesteryouthcounselling.org



Above: Fairfest 2022. Photo courtesy of Philippa Gedge Photography

'Fairfest' Takes Over Fairfield Road

The residents of Fairfield Road, Winchester took to the street for their bi-annual resident street party, affectionately named 'Fairfest'. In conjunction with The Fulflood Arms who ran a Real Ale Bar at the party, the residents raised £150 for WYC. One of the organisers, Clare, said of the event, "Fairfest is something we hold every other year on our road. Although Covid scuppered the last few years for us. We close our road entirely, all the cars are moved, and the whole place becomes a hive of community activity. The street is lined with dining tables for neighbours to gather around to eat and drink and socialise. We build and host a stage, with a live band; we have two silent discos (for kids and adults), our very own 'Fairfield Stomp' and

fancy dress parade, a Real Ale bar, ice cream truck, BBQ, Craft and arts table, face painting / kids tattoos, a nerf battle, and lots and lots more!! It is such a fantastic community event and an opportunity for neighbours old and new to get together and have some fun."

It looks like a great day was had by all and we would like to extend a huge thank you to all the residents and The Fulflood Arms for their support.



If you are planning an event or are interested in fundraising for WYC, we would love to hear from you! Please email us at:

fundraising@winchesteryouthcounselling.org

OAK FOUNDATION

We were recently visited by some of the team from the Oak Foundation

who met with our Chair of Trustees, Sian Searles, Clinical Lead, Marta Shepherd, and Youth Engagement Lead, Katy Seymour who were able to show how their grant has helped WYC grow significantly over the last year. Thanks to their grant, WYC was able to move to a bigger premises, employ more counsellors (and therefore shorten our waiting list), and so much more. As a charity, we rely on grants and donations to keep being able to provide the much needed support to young people in the district of Winchester and so we are very grateful for the support of the Oak Foundation and for taking the time to visit us.

A Big Reminder



Set a reminder on your phones and put a note in your diaries because **The Big Give Christmas Challenge** is just around the corner! From **midday on Tuesday 29th November until midday on Tuesday 6th December**, donations made to WYC will be doubled! We have been chosen by Big Give 'Champion', **Four Acre Trust** and we are so grateful for their support. We will share the link to donate in next month's newsletter as well as on all of our social media platforms so, watch this space!



Our Ambassadors, Ronni, Sonia, and Marion raised £300 for WYC at the Clarendon Marathon by manning the welcome station.



A big thank you to them all as well as to Carole Steel, David Davis, and James Larcombe for their efforts and support and to the Rotary organiser of the marathon, JJ Heath Caldwell.

Youth Engagement

An update from our Youth Engagement Lead, Katy



Parent Support Programme

We are very excited to be able to offer a new Parent Support Programme (PSP) in collaboration with Solent Mind.

The PSP is for parents of young people aged 11-25 within the Winchester District. We aim to begin the programme in the new year when we will hold one session every month. It will be an opportunity for parents to hear from mental health professionals and discuss concerns they may have. Each session will be facilitated by qualified counsellors and will focus on a different topic each month, addressing issues that young people may be facing and dealing with such as:

- Bereavement
- Self-harm
- Online Safety & Social Media
- Autism
- Gender Identity
- Emotional Health
- Suicide Awareness
- Young Carers
- Drugs & Alcohol
- Healthy Relationships
- Anxiety

WE WOULD LOVE TO HEAR FROM YOU...

If you are a parent/guardian of a young person and are interested in attending the PSP sessions, what topics would be helpful to you? Let us know by emailing:

psp@

winchesteryouthcounselling.org



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After receiving an overwhelming number of applications to join our Youth Board, we held final interviews in October and have now appointed eight fantastic new members to the Youth Board, aged between 16 and 23. We were extremely impressed with how passionate and driven these young people are and think each individual will bring varied skills and

opinions to the panel. We look forward to being able to introduce you all to our Youth Board next month!

The chair of the board, WYC CEO Erin, and I met with Winchester Radio to discuss our up-and-coming event with Chris Packham. Prior to the event, the youth board will be leading a discussion with Chris about mental health, which will be filmed and recorded for the radio. I am really looking forward to meeting with the newly appointed Youth Board as a whole for the first time this month (November).



Getting creative in nature

Last month, our Nature Therapy group were joined by the very talented Chris Redmond from Winnall Rock School in Winchester. Chris led two creative writing workshops for the group which were enjoyed by all in attendance and we hope to invite Chris back again in the near future.

