



Above: Chris with WYC Trustees (L-R) Debbie Lockett, Sian Searles (Chair), Andrew Simpson, Gareth Bloomfield, Alison Day, Natasha Montagu, and James Murphy.

An evening with Chris Packham

On Thursday 1st December, Chris Packham gave his first talk as patron of Winchester Youth Counselling. The event was held in the new and impressive West Downs auditorium at the University of Winchester. It was there that Chris met with our brand new Youth Board who, supported by Jackie Smith and Josh Dodd from Winchester Radio, interviewed him before his talk. Chris made himself available to meet guests as well as sign copies of his book, 'Fingers in the Sprinkle Jar' and his new educational calendar. Chris spoke about his experience of living with autism, the struggles with his own mental health, and focussed on the positive impact nature has had on his wellbeing. Over 200

people attended the event, including mental health professionals, parents, students, and many more. WYC CEO, Erin Tollefsen said of the event "I am blown away by the kindness and generosity of Chris who not only gave an interesting, funny, incredibly moving, and educational talk but took the time to meet guests and answer their questions with thoughtful reflection and honesty.". As is to be expected from Chris Packham, he spoke with a very tell-it-like-it-is attitude and was spontaneously applauded for this numerous times throughout his talk. A big thank you goes out to everyone involved at the University of Winchester for their hard work and incredible generosity for

hosting the event free of charge and for donating all proceeds from the ticket sales to WYC. Another big thank you to Chris's amazing PA, Cate for all her ongoing help and support. Keep an eye on our social media for more photos and updates from the night as well as to find out when we will be seeing Chris again - it may be sooner than you think!



Above: Meeting guests and signing his merchandise
Below: Chris chats and poses for photos with WYC Youth Board members (L-R) Thea, Zachariah, Harry, Alyssa, Grace, and Bluebell as well as WYC Youth Engagement Lead, Katy.

Below left: Chris Packham gives his first talk as patron of WYC. **Below right:** Chris with University of Winchester's Pro Vice-Chancellor, Sam Jones and Sian Searles, WYC Chair of Trustees.





Want to use our services or find out more?

Visit our new website:

www.winchesteryouthcounselling.org



Can you give big today?



The Big Give Christmas Challenge is almost over and we need your help to hit our target! Any donations made by 12pm (noon) on Tuesday 6th December will be DOUBLED! We can't do it without your help so anything you that you can give will make double the impact. You give £10, we get £20. You give £100, we get £200! Don't miss the opportunity to double your donation!

One donation, twice the impact.

Hit the button to support WYC today:



Alternatively, visit bit.ly/3GggOyq

Making a massive difference

We recently received a very generous donation of £30,000 from Fujitsu on behalf of previous employee Elaine Ozgen (pictured above with WYC CEO



Erin Tollefsen and WYC Chair of Trustees, Sian Searles). Elaine contacted us earlier this year in regards to making a donation to WYC. Of the decision, Elaine told us, "I chose [to make a donation to] WYC as I have benefitted personally from my own counselling sessions for many years now. If only I had had access to counselling as a teenager! During, and since lockdown, I saw my own teenage daughter and her friends struggle with mental health issues. I made contact with WYC to understand the work they do, the numbers of young people they are able to help and how they go about it, including innovative ideas such as therapy in nature. I therefore decided that WYC would be a great charity to support when I had the opportunity to make a donation. A most worthy cause and I'm delighted to have helped get WYC to a place where they can double their support provision for next year."

THANK YOU!



On behalf of all of us at WYC, thank you again, Elaine, for your support.

Thank you

A big thank you to one of our Big Give Christmas Challenge pledgers, **Fifty5 Contracts** for their pledge of £650!





Youth Engagement

● An update from our Youth Engagement Lead, Katy



Nature Therapy

A big thank you to Alison Seymour, Forest Ranger from Blackwood Forest Holidays for leading a Nature Therapy group last month. The group enjoyed hanging out in our hammocks under the stars and learnt how to use a Kelly Kettle to make hot chocolate - a perfect winter warmer for a chilly November evening. We look forward to our Christmas Nature Therapy trip with Alison on the 20th December.

Below: Making hot chocolate in the Kelly Kettle



Below: Enjoying the chillout time in the hammocks



It's been a very busy month!

On the 3rd November I went to the University of Winchester's recharge day where I met some of their students and was able to share some wellbeing and mindfulness activities. It was a very successful day with lots of engagement from students, and I aim to go back for the next recharge day.

Youth Board

Our seven youth board members are Alyssa, Bluebell, Grace, Hannah, Harry, Thea, and Zachariah. We welcome them to the team and thank them for their time and valuable contributions to helping shape the future of WYC. To find out more about our dynamic Youth Board, visit our website: www.winchesteryouthcounselling.org.



A discussion with Chris Packham

Four members of the Youth Board, supported by Josh Dodd and Jackie Smith from Winchester Radio held a discussion with Chris Packham about mental health, the services available, and personal experiences from both Chris's perspective and from each member of the Youth Board. The discussion was held prior to Chris's 'Nature On My Mind' talk at the University of Winchester (UoW) on the 1st December and was filmed and edited by 3rd year film production students from the UoW. This will be available to view on the University's YouTube channel and via our social media as well as on Winchester Radio (exact dates TBC). Youth Board member, Bluebell gave a welcome speech at the event and spoke briefly about the Youth Board, our work at WYC, and welcomed Chris.

She did such a great job - well done Bluebell!! And a huge thank you to all our Youth Board members who interviewed Chris and helped on the night. We're so lucky to have you!



Members from the Youth Board will be out in Winchester High Street on Tuesday 20th December fundraising for WYC. Keep an eye out for them in their blue WYC hoodies and come say hello - they would love to meet you!

Follow us!



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Get to know...



Lauren Groves

What is your role at WYC? As Admin Assistant, my role includes lots of things, I deal with any enquiries via phone or email, whether it be with a client or member of our team. I make and reschedule appointments when necessary, and generally cover all aspects of admin, and try and help out within the team as much as I can.

What aspect of your role do you enjoy the most? I enjoy a lot about my role, it's lovely to get the opportunity to meet lots of our clients, also interacting and helping them and their family members as much as possible. I also enjoy being part of such a happy, warm, and friendly team.

What is the biggest career lesson you have learned so far? My biggest career lesson so far has definitely been that happiness is key, it's so important to feel happy in your job.

What three words would you use to describe WYC? Warm, welcoming, and caring.

What advice would you give your younger self? There are a lot of things I'd love to advise my younger self, the main one would definitely be, take each day as it comes, and try not to worry as much about things that haven't happened yet.

A sad goodbye...



It is with very heavy hearts that we say goodbye to a furry friend of WYC, Mango the Labrador who, after putting up one heck of a fight, sadly lost her battle with cancer. Mango was our freelance, Volunteer Emotional Support Officer and lived up to her job title making sure she was available to everyone, staff and clients, and earned herself a spot as employee of the month, every month!

Mango quickly became a friend to everyone that walked through the door and was there in times of need for both staff and our clients. Her presence and unconditional love will be missed, as will her loving (and wet!) kisses and happy tail wags.

Mango crossed the rainbow bridge peacefully on Tuesday 29th November and will forever be remembered in our hearts.