



Parent Support Programme



We're here for parents, too.

Here at WYC we understand the value in supporting the parents of young people who are struggling with their mental and emotional health. For the past few years we have offered (and continue to offer) parent consultations and have seen the interest in this increase significantly over the years. We are excited to now, in partnership with Solent Mind, be able to offer even more support to parents by way of our new Parent Support Programme (PSP).

The PSP will be held on the first Tuesday of every month,

starting from the 7th February at the Quaker Meeting House in Winchester. The first topic will be 'Adolescence' and we will cover a different topic each month. The sessions will be lead and facilitated by a professional counsellor and all parents, grandparents, guardians, and carers are welcome to attend. Spaces are limited so you will need to book in advance to secure your place.

To book a place or for more information please email psp@winchyc.org



A New Year Message From Our CEO

I would like to wish you all a very Happy New Year on behalf of us all at WYC. This time last year we were unpacking boxes and getting settled into our new offices in St Georges Street...time has flown by! My highlights for 2022, were welcoming some fantastic new people into the team with the skills and experience that we needed to help us grow. It has also been super exciting to recruit our first Youth Board at the latter end of the year. We are very lucky to have such an enthusiastic, caring group of young people helping us to develop better projects and a more impactful service.

It goes without saying that welcoming our first patron, Chris Packham was also a huge milestone for us, and our Chair of Trustees Sian played a huge part in this. Sian was elected as Chair in May 2022 and leads a wonderful Board of Trustees, and I am fortunate to have such great support. Looking forward to 2023, we have some exciting new projects in development. Last year, we worked towards doubling our 1:1 counselling over 12 months. This year, we are introducing other ways to support the counselling service, including more group work, nature based therapies, drop-in services and parent support. I would like to thank our funders, and everyone who kindly donates to and supports WYC. I would also like to say a big 'thank you' and congratulations to our skilled, hardworking and caring team, for the huge amount that was achieved in 2022. I have every faith that this year

we will achieve even more to benefit the young people that need us.

Erin





Want to use our services or find out more?

Visit our new website:

www.winchesteryouthcounselling.org



THANK YOU!

We would love to extend a huge thank you to:

* **St Lawrence & St Swithuns PCC** for their donation of £570.

* **Mark Searles, Collingbourne Wealth Management, Fifty5 Contracts, and Searle & Taylor** for being our Big Give pledgers and for their combined donations of over £650 towards our Big Give Christmas Challenge.

* **Princes Mead** for their donation of £450.

* **Catherine Hawthorne, Carol Pusey, and the Sarum Road carol singers** for raising over £200 in memory of their neighbour Eleanor Yates.

As always, we are extremely grateful for the ongoing support we receive; we couldn't do what we do without people like you!

If you have an event coming up and would like to fundraise for WYC, would like to make a donation, or become a Friend of WYC, please email fundriasing@winchyc.org.



New year, new goals?

Tips from our senior counselling team for making New Year Resolutions that support your emotional health.

- 1 Consider when and how you will keep your resolution** rather than simply setting a goal. This will make it much easier to stick to. Research tells us that people are more likely to keep resolutions if they think about the process rather than just the goal.
- 2 Think about the basics**, and this means looking after your physical health first and foremost. Having enough sleep, regular exercise, however gentle, and healthy food will give you a strong foundation for feeling better emotionally, too.
- 3 What isn't going quite as well as it could?** Can you make a plan for how it could change? For example, if you want to do more of the things you love, find a regular time in the week when you can pursue a particular hobby. If you want to go to bed earlier, work backwards from the time when you want to turn off the light and decide when your bedtime routine needs to begin. If you want to walk more, decide whether you could leave home a little earlier and get off the bus (or park) further away, but still arrive on time.
- 4 Consider how you can cut down on things that you know are unhealthy** and addictive (and this includes social media!). What could you do instead? Try to identify when and why you fall back on unhealthy habits and find an alternative that is better for you, and also fun. You might be surprised to discover how much time you can free up in this way.



Youth Engagement

● An update from our Youth Engagement Lead, Katy



Youth Board

Members of our Youth Board were out and about on Winchester High Street just a few days before Christmas fundraising for WYC where they raised just over £40. Thank you to Harry, Alyssa, and Hannah!



Above: Alyssa, Hannah, and Harry.

Parent Support Programme

Thank you to everyone who sent in topic suggestions for our PSP. It kicks off next month and will begin with the topic of 'adolescence'.

Email us at psp@winchyc.org if you are interested in attending this or future sessions.

Nature Therapy

Just before Christmas, our Nature Therapy group took a trip to Blackwood Forest with Alison Seymour (Forest Ranger).



The group spent three hours in the forest where they enjoyed a peaceful forest walk in the winter sunshine, cooked on an open fire, made representations of the nature calendar, discussed the winter solstice, and enjoyed some arts & crafts.



During a moment of reflection, we were even joined by deer – a symbol of compassion, peace, and inner strength.



A massive thank you goes out to Alison for taking the time to plan and deliver such a fantastic session; it was thoroughly enjoyed by all!



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