

Newsletter

March 2023



Like the seasons, our newsletter is changing

For the past year, we have sent out a short, monthly newsletter to keep you up to date with 'everything WYC'. While the format of our newsletter won't be changing, we will be reducing the frequency in which we send them. From this month, we will now be sending out a quarterly newsletter so you can expect to receive your next newsletter from us in June. We will of course update those of you who have signed up to hear about specific topics such as events, fundraising, and the Parent Support Programme inbetween newsletters, as necessary. If you haven't already and would like to hear about the specific topics mentioned, please email us at mailinglist@winchyc.org and let us know what you want to hear about. In the meantime, why not follow us on social media for those every-day updates, useful information, and sneak peeks into the behind-the-scenes workings of WYC?

Off to a good start!

Our very first Parent Support Programme session was held at the Quaker Meeting House last month and was lead by our very experienced clinical leads, Marta and Rose. The topic was 'adolescence' which was a great opening session for the programme. We received some great feedback from the parents that attended the first session. Following the session, and after receiving suggestions for future sessions, we have now finalised our topics

for the year which can be found on our website where you will also be able to book your place on any of the upcoming sessions. Spaces are limited so we recommend booking quickly! The next session will be on Tuesday 7th March and will be focussing on 'Anxiety Management'.

For more information and to book your place on a session, please visit our website: www.winchyc.org

Follow us!



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Youth Engagement

● An update from our Youth Engagement Lead, Katy



Wellbeing Week

In February, I attended the University of Winchester's Wellbeing Week where I got to meet a lot of students and we focussed on writing a daily gratitude. In an article published on Harvard Medical School's Health Publishing, they explain the benefits of daily gratitude; "In positive psychology research, gratitude is strongly and consistently associated with greater happiness.



GRATEFUL!

Why not try it for yourself? Every day, write down at least one thing you are grateful for - it really works!



Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

THANK YOU



Photos courtesy of The Worthy Players

Treasurer, Peter Wooldridge, said "We normally put on a spring play and a panto at Christmas time. Each year, the group decides which local charity/charities will receive a donation from group funds." Thank you for choosing to support WYC!

A big thank you everyone at The Worthy Players for their kind donation of £250. The Worthy Players is an amateur dramatic group based in Kings Worthy, celebrating its 50th anniversary this year.



www.theworthyplayers.co.uk

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