Welcome to Your Fundraising Pack

Dear Supporter,

Thank you for choosing to support Winchester Youth Counselling (WYC). Your involvement is crucial as we continue our vital work in youth mental health. This pack is designed to guide you through various ways to help and make a real difference. Each effort you make directly contributes to the well-being of young individuals in our community.
Why is youth mental health important?

Youth mental health is a critical issue affecting many young people today and the existing statutory services are unable to meet the growing demand.

The increasing prevalence of mental health challenges among youth can lead to long-term consequences if not addressed early. The demand for mental health services has outpaced the available resources, leading to long waiting times and unmet needs.

Since April 2016, the number of children engaging with Child and Adolescent Mental Health Services (CAMHS) has quadrupled according to the British Medical Association (2023).

Proper mental health support during youth can lead to better academic performance, improved social interactions, and overall well-being, laying a foundation for a healthier adulthood.

Who We Are

WYC was established in 2002 by Jill Guppy, who recognised the significant need for mental health support among young people. She observed that the six sessions typically provided by statutory services were often inadequate.

Jill envisioned a service where young people could access long-term counselling and support for as long as necessary. Her dedication to this mission continues as she now serves as the Clinical Lead.

We are a dedicated organisation focused on providing mental health support to young people in the Winchester area. Established to address the growing need for accessible mental health services, WYC continues to be a vital part of the community, offering various forms of counselling and therapeutic services to young people and their families. We also offer support for parents/carers, as well as young people, providing parent consultations and a parent support programme.
What We Do

Winchester Youth Counselling provides a range of services to support the mental health and well-being of young people. This includes one-to-one counselling sessions, wellbeing support, and innovative outdoor therapies such as nature therapy and walk-and-talk sessions. In 2023, WYC provided over 2,700 one-to-one counselling sessions and continued to support parents through direct consultations.

“I love the idea of a nature therapy group and the activities that are offered to young people”
Achievements

WYC has made significant strides in reaching more young people and their families. Highlights from 2023 include providing thousands of counselling sessions, supporting dozens of parents, and maintaining a 100% positive feedback rate from young people who reported better understanding and management of their difficulties after counselling.

“I now feel happier, freer and in all ways better.”

“I have been able to talk about situations I have been struggling with and find my own ways of dealing with them.”
What Your Money Can Do

Every donation to Winchester Youth Counselling makes a significant impact on the lives of young people. Here’s how your contributions can help:

- **£5 per month**: Funds a parent support consultation with a counsellor, providing essential guidance and support to families.
- **£10 per month**: Covers a 20-minute urgent assessment for a young person, ensuring they receive timely intervention.
- **£20 per month**: Provides a 50-minute counselling session, offering professional help to a young person in need.
- **£30 per month**: Supports a nature therapy group with a wildlife expert, combining mental health support with the healing power of nature.

These donations help us deliver crucial services that improve the mental health and well-being of young people in our community.

How to Raise Money for Us:

Choosing Your Event

Selecting the right event is key to successful fundraising. Consider activities that you and your community will enjoy and participate in, why not take a look at our fundraising pages for some ideas. Popular options include charity runs, bake sales, community auctions, and sponsored challenges.
Top Tips for Fundraising:

1. **Set a Goal**: Determine a clear, achievable fundraising target to motivate yourself and your donors.

2. **Use Social Media**: Promote your event on social platforms to reach a wider audience.

3. **Tell Your Story**: Share why you are raising funds for WYC. Personal stories resonate with potential donors.

4. **Engage Your Network**: Ask friends, family, and colleagues to support and share your cause.

5. **Thank Your Donors**: Always thank your supporters and keep them updated on your progress.
Ways to Fundraise

Organising or participating in fundraising events is a great way to support us while engaging with the community. Here are some ideas:

- **Charity Runs/Walks**: Organise a sponsored run or walk.
- **Bake Sales/Coffee Mornings**: Host a bake sale at your school, workplace, or local community centre.
- **Quiz Nights/Race Nights/Bingo**: Fun for everyone, whilst raising important funds.
- **Auctions/Raffles**: Set up a raffle or auction with donated items.
- **Online Campaigns**: Use crowdfunding platforms like JustGiving to collect donations.
- **Community Events**: Organise local events such as car washes, garage sales, or charity dinners.
- **Corporate Sponsorship**: Partner with local businesses to sponsor your fundraising efforts.
- **Challenges**: Participate in physical challenges like marathons, hikes, or bike rides and seek sponsorship for your efforts.
Link to JustGiving

You can easily set up and manage your fundraising efforts through JustGiving. It’s a straightforward platform where donors can make one-off or monthly donations securely.

https://donate.justgiving.com/donation-amount

QR Code for Direct Donations

To make it even easier to support WYC, use the following QR code to donate directly through JustGiving. Simply scan the code with your smartphone’s camera to be taken directly to our donation page.

Keeping in Touch with Us

Stay connected with Winchester Youth Counselling to receive updates on our latest news, events, and initiatives. You can follow us on our social media channels to stay informed and engage with our community. Our social media tags are:

- **Facebook**: @WinchesterYouthCounselling
- **Twitter**: @WYCounselling
- **Instagram**: @WinchesterYouthCounselling

Please use #TeamWYC wherever possible - By staying in touch, you can see the impact of your support and learn about new ways to get involved.
Sharing Your Progress on Social Media

We love to see and share the amazing efforts of our supporters! When you fundraise or participate in events for WYC, please share your progress on social media using our tags mentioned above. This not only helps raise awareness about our cause but also inspires others to join in and support youth mental health.

How to Get Help if You Need Our Support

If you or someone you know needs mental health support, Winchester Youth Counselling is here to help. We offer a range of services, including one-to-one counselling, nature therapy, and support for parents. To access our services or learn more about how we can assist you, please visit our website or contact us directly:

- **Website:** [Winchester Youth Counselling](http://www.wycherley-youthcounselling.org)
- **Phone:** 01962 820444
- **Email:** admin@winchesteryouthcounselling.org

We are dedicated to providing the support needed to navigate mental health challenges and strive.
Thank You

Your support is crucial in enabling us to expand and enhance our services to better assist local children and young people facing mental health challenges. By providing help now, you contribute to their ability to flourish and lead happier lives, both in the present and in the future.

Your generosity enables us to continue our mission of providing essential mental health services to youths in need. Every donation, volunteer hour, and event participation helps us to continue on the path to providing a positive impact.

Together, we can ensure that young individuals in our community have the support they need to thrive.

Thank you for being a crucial part of Winchester Youth Counselling.

Warm regards,

The Winchester Youth Counselling Team