

May 2022



Winchester Youth Counselling



May welcomes Mental Health Awareness Week 2022, and as such you are likely to see many television programmes, celebrity social media posts and themed events related to people's struggles and experiences with mental health.

more and more complex. We thought it best to take this opportunity to give our supporters some more information about what we will be doing this coming year to make the situation better for young people in Winchester. Following 12 months of planning and preparing since the arrival of our first CEO, the organisation is introducing some new opportunities for young people. As announced in the previous newsletter, we have plans in place to double our monthly counselling

Beyond the essential clinical work we do, we want young people to be able to come to us without an appointment and speak to a staff member for information and advice about our services and others' and for practical support on mental health and wellbeing. We are introducing a mental health drop-in service for the start of the 2022/23 academic year.

Images above, left, & below: The WYC offices and counselling rooms are a welcoming space for clients.





Want to use our services or find out more?

Visit our new website:

www.winchesteryouthcounselling.org

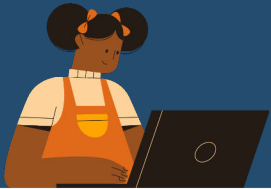


Image (above): A tray of delicious biscoff flapjacks baked by Arcana's Senior Art Director, Arnold Mak.

A new Chair for WYC

During the March 2022 WYC trustee's meeting, the Board unanimously agreed that Trustee Sian Searles will become Chair of WYC.

Sian has been a trustee of WYC since August 2019 and has gone to great lengths to support the charity during that time.

Sian has been responsible for liaising with the Ambassador's group and helping develop new opportunities

for networking and raising the profile of the charity. Sian played a pivotal role in securing Chris Packham as patron. Sian has a background in Business and Marketing and is a huge asset to WYC.

Read our 'Get to know' section overleaf for a short interview with Sian, and read more on the trustee section of our website.



Image (left): New Chair of Trustees Sian Searles pictured with WYC Ambassador Christopher Day.

Images (right): Above: Easter cupcakes. Below: Arnold Mak, Senior Art Director (Left) and WYC Business Administrator Tammy Whitehouse (Right).

How sweet of you Arcana!

The team at Arcana Hair & Beauty, Winchester has been spending some time away from the styling chairs and whipping up some tasty treats for customers. Each week the staff take turns to bake something special, and on Fridays they sell their bakes in aid of Winchester Youth Counselling.

Bev Wallace (owner) was introduced to the charity through Ambassador and former trustee Ronni Davis, who is a client of Bev's at the salon.

If your business would like to support WYC please get in touch:

admin@winchesteryouthcounselling.org and we will happily provide branded materials and collection tins to you.



Why join the WYC Ambassadors?

How would you like to be an Ambassador for Winchester Youth Counselling (WYC) they said?' Hm, 'Ambassador' sounded rather grand but what actually was involved? I needn't have worried. The role of the Ambassador, I learned, is to promote WYC so that the general public has a better understanding of the work it does and is therefore more willing to donate funds. Fund Raising is our main focus - not as alarming as it sounds as all the Ambassadors are supportive whenever there is an event. (In the past we have organised Golf Days; Murder Mystery evenings; coffee mornings and Walks) There's a great sense of camaraderie among the Ambassadors and our monthly meetings with the Chair of Trustees and the WYC CEO are enlightening and inspiring. There are exciting times ahead and as an Ambassador I'm thrilled to be part of it all.

We are always looking for ambassadors to join our lively team. Visit the 'Vacancies' section of our website to apply.



Image (above): WYC Ambassador Ronnni Davis (Left) and Marion Carr (Right)

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Get to know...

Sian Searles, Chair of Trustees

What is your role at WYC?

I am now Chair, having been a trustee for almost three years.

What aspect of your role do you enjoy the most?

I love meeting all the amazing people

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who work for WYC and talking about the impact our services have on the young people in our area. I also really enjoy working with Erin and the Board to ensure the charity can continue to thrive in the future.

What is the biggest career lesson you have learned so far?

Embrace change. It almost always makes people uncomfortable. However, I have found that with every big change in my career has come something I would never have expected and that experience has often given me an advantage in my next role.

What three words would you use to describe WYC?

Essential, caring, kind.

What advice would you give your younger self?

Be interested and interesting.

A heartfelt thank you...



We were shocked and saddened to hear about the unexpected passing of local teenager Eleanor Yates in February.

Eleanor's family kindly nominated Winchester Youth Counselling to receive donations in memory of Eleanor and the support was overwhelming. So many people that knew Eleanor have donated to a total in excess of £10,000.

Eleanor is described by her family as "beautiful, brilliant, fierce, and independent". We are touched and overwhelmed that so many people wanted to show their support. The funds raised will make a huge contribution to providing free counselling and therapy to young people that need it the most. Eleanor was also a former pupil of King's School where we currently provide counselling for students.

The tribute written for Eleanor by her family can be read here: eleanoryates.muchloved.com

We offer our deepest sympathies to Eleanor's family, and a heartfelt thank you for the generosity of all that donated in her memory.

