

2024 Impact Report

WYC Runners at the
Winchester Half Marathon



Chris Packham,
WYC Patron



Hello,

I am pleased to share the 2024 round-up of Winchester Youth Counselling's activities.

In a year where the demand for support remains strong, and the issues that young people come for help with have become more complex, we have carefully adapted to cater for this. Our new drop-in sessions and support groups for young people and carers have been a fantastic supplement to our individual counselling services, and our increased provision of outdoor therapies have helped those who find traditional counselling hard.

Our amazing team and Youth Board have worked together to ensure that our service remains youth-led and fits the needs of the local community.

This report packs quite a punch, and I look forward to sharing more on how WYC will continue with our positive impacts across 2025.



Hannah

Dr Hannah Reidy
Chief Executive Officer



WYC Youth Board members

Our 2024 impacts



337 Young People
were referred to us
for support



We supported
243 Young People
with 1:1 Counselling



82% of our clients
reported improvements
in their overall wellbeing



We were joined by
150 attendances
at our drop-in services



Over 110 parents
had a 1:1 consultation
or joined our support groups
or workshops



We had an estimated
38,000 visits to our website
and online resource hub



Trained 22 Professionals
in outdoor therapies



Held **12 Youth Board**
Meetings



Welcomed
7 new Trustees





Clients

“It was my first time trying walk and talk counselling and I can honestly said [sic] it’s been the best therapy I’ve received in years. Being out in nature helped me start being more active and appreciate my surroundings a lot more “
(Young person finishing Walk and Talk therapy)

‘I mostly enjoyed talking and it’s lovely to know how everyone is, you are all kind and caring. It’s helped me more than you know’.
(Young person at Nature Therapy)

Young people came to us for support with:

- Anger
- Anxiety
- Bereavement
- Body Image
- Bullying
- Depression
- Relationships
- Gender Identity
- Low-mood
- Neurodiversity
- Self-Harm
- Sexuality
- Suicidal Thoughts
- Trauma



??!?!?!??!



“Amazing how therapists tailor the number of sessions to you. The standard NHS 6 sessions has never been effective for me, so this gave me the chance to dive deeper into my thoughts and really deal with them. Thank you”
(Young person finishing individual counselling)

‘I enjoyed being outside, I have learned that being outside is good for you’. (Young person at Nature Therapy)

Projects



We continued to deliver our vital core work, alongside some fantastic new projects in 2024. We aim to continue the success of our current projects into 2025.

Support for Young People

Counselling:

Free, longer-term 1:1 counselling with a qualified or trainee youth counsellor, registered with the British Association of Counsellors and Psychotherapists.

Walk and Talk Counselling:

The same, high quality 1:1 support, delivered outside in the beautiful natural surroundings of Winchester.

Winner of the CPRE Hampshire Health and Wellbeing Award 2024!

Nature Therapy:

Counsellor led, engaging outdoor group activities for 11-16 years old, to improve wellbeing and mental health.

Drop-in Services

Free, friendly and inviting wellbeing sessions, supported by qualified counsellors in various locations across Winchester.

Ukrainian Refugee Support Group:

A free support group for young people affected by the war in Ukraine, including activities and a hot meal.

Support for Parents and Carers

1:1 Parent Consultations

Free 1:1 sessions with a qualified counsellor, to help better support a young person in their care that is struggling with their mental health.

Parent Support Workshops

Professionally led, themed workshops for parents and carers; based on our most common parent support requests.

Neurodiversity Support Group for Parents

A monthly support group for parents and carers of young people who are neurodiverse, offering practical advice and peer support.



NEW PROJECT
IN 2024

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IN 2024



Youth Board

"I believe that by joining the WYC youth board, **I can help support others** in overcoming struggles similar to those I have experienced" - Megan

"I wanted to join the WYC Youth Board because I feel **it's important to have a space where young people have the opportunity to express issues that are important to them** such as mental health and self-esteem". - Tae

This year we had three of our wonderful Youth Board members move on to their next venture, and welcomed three new members to the team. We will soon have our full complement of eight members and are looking forward to seeing their impact and contributions next year.

Youth Board: *Highlights*

- Wellbeing Drop-in Summer sessions at Everyone Active Winchester
- Publishing the WYC Online Resource Hub
- Creating our visitors guide for Neurodiverse clients
- Assisting with recruitment and staff interviews
- Attending Trustee's Meetings
- Taking part in fundraisers and events throughout the year, including a trek to Machu Picchu!



Our incredible 2024 Youth Board Members:



(From Top Left) Alyssa , Charlotte, Emaline, Francesca, Harry, Iona, Megan, Tae & Zachariah



Community

The local community raised more than **£64,000** through donations, sponsorship and Friends of WYC.

A huge **thank you** to the amazing local people, groups and businesses that went to such great efforts to support WYC in 2024.

THANK YOU



Team

We've welcomed several new team members this year that have settled in well alongside our existing team. In September, Dr Hannah Reidy commenced as Chief Executive Officer. We have also introduced some brand-new roles to WYC, including Trusts and Grants Fundraising Manager (Erin Tollefsen) and Research and Administration Officer (Bryony Williams).

Across the year, some fantastic new counsellors have also joined the team. Our operational and clinical team is now fully staffed, focussed and ready to move into 2025.

We also welcomed several new Trustees to our Board: Kirsteen Hook, Michael Mander, Andrew Newberry, Susannah Webber, Michelle Flynn, Dason Bodilly and Julie Todd. We are extremely fortunate to now have ten outstanding Trustees that govern and safeguard the charity.

Values

During our Team workshop in November, we brought together WYC Staff, Volunteers, Trustees, Youth Board and other key stakeholders to come together and formalise our organisational values. We are delighted that our core values are shared by so many of us and we continue to embed these across all aspects of our work:



*Compassion, Collaboration, Courage,
Curiosity and Integrity*

Looking Forward

Our 2024-2029 Strategic Priorities:

1 To generate more funds and help more children and young people with quality therapeutic support.

2 To respond to the evolving need of children, young people and their families and better evidence our impact

3 To build on our position as a youth led organisation advocating for positive outcomes in mental health

4 To strengthen our commitment to good governance and transparency, ensuring the highest levels of accountability and public trust.

As we move into 2025, we will be building upon these strategic priorities. We will be working to highlight the links between the natural world and mental wellbeing as well as focussing on diversifying our income and our community engagement: you'll be seeing lots more of us around Winchester next year!

And lastly...

If you or a young person that you know is struggling with their mental health, please visit www.winchyc.org and take a look at our online resource hub, as well as our projects and way we may be able to support you:

www.winchyc.org/resource-hub

If you are a previous user of our service, a parent or carer, or a member of our wonderful community, there are many ways you can get involved with WYC, including fundraising. Contact details, ideas and links are available on our website, or contact **fundraising@winchyc.org**

If you would like to become a **Friend of WYC** and give a one off, or monthly donation the process is quick and easy, and you can make a real, long-term impact on the life and future of a young person:

SCAN ME!



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Instagram @WinchesterYouthCounselling

