

Winchester Youth Counselling

General Information about the Charity

Winchester Youth Counselling is a registered charity (reg no. 1093429) and was formed in June 2001. The project began providing counselling to young people in April 2003. We are members of the British Association of Counselling and Psychotherapy.

We aim to provide a free counselling service, using professionally trained counsellors in an open atmosphere of trust and honesty, providing a safe environment and relationship in which young people are valued.

We offer short-term or longer-term counselling, group therapy and advice, support and help to parents, carers, relatives and professionals.

Anybody aged between 11 and 25 who lives, works or studies in the district of Winchester can use our free and confidential counselling service.

They may...

- Be suffering from depression, low self-esteem, lack of confidence and feeling anxious
- Have been hurt or abused by someone
- Have been affected by loss or trauma
- Feel angry, afraid or out of control
- Want someone outside their family and friends to talk to
- Feel like harming themselves
- Feel stuck in their life and unable to move on
- Be trying to make sense of family issues
- Be concerned or worried about the use of drugs and alcohol
- Have issues around sexuality, difference or special needs

The mental health of children in the UK is at crisis point. The latest statistics make for sobering reading: -

- One in eight of 5 - 19 year olds had at least one mental disorder in 2017. (Source: NHS Digital)
- one in four of 11 - 16 year olds with a mental disorder had self-harmed or attempted suicide. In 17-19 year olds with mental disorder, nearly half (46.8%) had self harmed or made a suicide attempt. (Source: NHS Digital)
- Suicide is the biggest killer of young people in the UK. (Source: PAPYRUS, Prevention of young suicide)
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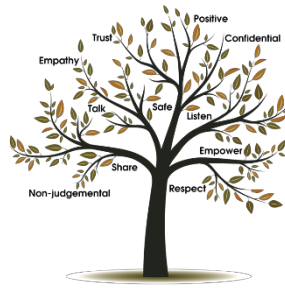
The dominance of social media, concerns about sexuality, gender, bullying - particularly cyberbullying - ethnic and socio-economic problems, along with the usual pressures of adolescent development can lead children to experience and present with behavioural needs that deeply concern parents, teachers, doctors and social workers.

Not only do mental health issues damage, sometimes irreparably, a child's emotional development - they can have a devastating effect on the whole family. For the past 16 years Winchester Youth Counselling [WYC] has offered a lifeline to children and young people who are finding the challenge of coping with their everyday lives overwhelming.

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The main duties of a Volunteer Ambassador for WYC

- 1) Ambassadors are appointed by the Board of Trustees with the aim of promoting the Project with in the wider Community so that the general public better understand the work that it does with a view to raising awareness and therefore the willingness to donate funds to enable it to function more efficiently and effectively.
- 2) One of the ways in which it is suggested Ambassadors can do this is to recruit friends and colleagues and contacts to be “Friends of WYC” and as such to encourage them to make a regular monthly donation to the Project by Standing Order.
- 3) Ambassadors are encouraged to be responsible for organising Fund Raising Events in the name of WYC for their funds. However, any such events must be approved by the Board of Trustees before they are publicised and the Ambassador will be invited to join a section of the Board Meeting for that purpose.
- 4) Ambassadors will have personal Business cards with their name and contact details as well as the Description “Ambassador for Winchester Youth Counselling” to hand out to the public as a way of promoting the Project.
- 5) Ambassadors will meet with the Chair of Trustees or their Deputy and the Project Manager once every six months to feed back on their work and provide ideas for future events as well as discuss what is going on in the Project. They are also encouraged to attend the AGM and Consultation Day so they have at least 4 direct points of contact each year.
- 6) Seek invitations (and take leads from the Project Manager/Trustees) to give presentations to Groups of people e.g. WI, Rotary, Lions, Church Groups about the work of the Project with a view to fund raising from them.
- 7) Expenses above £10 need to be approved by the Project Manager or her representative or the Chairman of the Board, before they are incurred.
- 8) Explore donations from local businesses that might help the organisation, e.g. funding, raffle prizes. All donations and contributions must be approved by the Trustees.
- 9) Respect confidentiality - Understand what confidentiality means in practice for Winchester Youth Counselling, its board and the individuals involved with it.
- 10) Respect equality, diversity, difference and boundaries.



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Volunteer Charity Ambassador Application Form

Personal Details:

Full Name:

Address:

Tel number:

Email address:

How did you hear about Winchester Youth Counselling?

Winchester Youth Counselling

How you think you might be able to help WYC? - Relevant experiences and personal skills

REFERENCES:

Please give details below of two persons who would provide information as to your suitability to become an Ambassador of this charity.

Name of first referee:

Address:

Tel number:

Email address:

Name of second referee:

Address:

Tel number:

Email address:

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I certify that the information given on this form is correct to the best of my knowledge:

Signed.....

Date.....

Please return forms to:

Jill Guppy, Manager
Winchester Youth Counselling
Trinity Centre
Bradbury House
Durngate
Winchester
SO23 8DX

01962 820444

Email: admin@winchesteryouthcounselling.org