



Winchester Youth
Counselling

Newsletter

Spring 2026

Welcome to our Spring Newsletter

As the days grow longer and the world begins to wake up again, we're feeling that sense of renewed energy here at Winchester Youth Counselling.

Spring time is the season of new life and new hope, click on the link below for some tips to help boost our mental health this spring.

[Spring Wellbeing](#)



Image from our nature therapy trip to Cameron's Cottage in January. Our thanks to Cameron Besselka Trust, and Laura from RSPB for leading.



Image from nature therapy - making bug houses. Sessions run for 11-16yr olds and 18-25yr olds every Thursday afternoon in term time.

News Update

What have we
been up to?



WYC Service Updates



2026 Statistics

***In the last three months (Dec-Feb)
we have:***

- ***Offered over 800 1:1 sessions***
- ***Offered 20 parent consultations***
- ***Had over 250 attendances at our
various groups and drop-ins***

Referrals

***To refer someone to our free
counselling service, the young
person must be between 11-25yrs
and live in the Winchester district.
A young person can refer
themselves, or we can receive
referrals from parents/carers or
professionals.***

Tel: 01962 820 444

Email: admin@winchyc.org

***You can make a referral using the link
below or contact us for more
information:***

WYC Referral Information





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Oak Tree Counselling open for referrals!



Oak Tree Counselling is a private youth counselling service offering mental health support to 11 to 25 year olds in the Winchester area.

We offer in-person paid for counselling sessions at our comfortable central Winchester premises, as well as the option for online appointments if preferred. We currently have availability to offer sessions on Fridays between 9am and 4pm.

Oak Tree Counselling is a community based initiative of WYC, grounded in youth voice, and set up to support the ongoing work of WYC. All profits generated by Oak Tree Counselling go towards supporting the charity's vital work with young people in the local area.

"We are looking forward to providing high quality mental health support to young people in the Winchester area"
- Sara Holland,
Development Lead

Get in touch with us today for more information and/or to access our services.



Scan me!



OakTreeCounselling



www.oaktreecounselling.org



contact@oaktreecounselling.org



Oak Tree Counselling is an initiative of WYC, set up to support the ongoing work of WYC. All profits generated by Oak Tree Counselling will go towards supporting the charity's vital work with young people in the local area. Oak Tree Counselling is a paid for counselling service set up to provide mental health support to 11 to 25 years olds in the Winchester area.

To refer a young person, please contact us: contact@oaktreecounselling.org.
Or click on the link to visit the website:

[Oak Tree Counselling website](http://www.oaktreecounselling.org)



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An update from our CEO, Dr Hannah Reidy

Thank you for continuing to support our charity and the vital work we do for young people and families in our community. Over the past few months we have been busier than ever. Our Wellbeing Walk-In attendance has grown, and we are getting multiple new referrals each day from young people and their families who need our help.

Alongside our free counselling provision, we've launched Oak Tree Counselling, a new paid-for counselling service designed to help more young people and parents access support, while also generating much-needed income to sustain our charitable work.

We are also preparing to refresh and expand our premises, redecorating the stairwell and lobby and creating a fourth counselling room, alongside a new space for training and group work. Looking ahead, May is shaping up to be an exciting month with a fantastic range of events organised by our brilliant fundraising team, corporate partners and community champions to mark Mental Health Awareness Week.

This newsletter is our Spring call to action. Have a read and take up our invitation to get involved and help ensure we can continue supporting youth mental health across our community.

Become a Friend of WYC

£25 could pay for a young person to attend a youth wellbeing drop-in session

£35 could pay for a child to attend a nature therapy session

£60 could pay for a child or young person to attend a 1:1 counselling session

WYC relies on donations to be able to keep our doors open to young people who need it most. Become a Friend of WYC and make a difference to youth mental health. Whether it's £5, £10 or £20 per month you will be supporting young people and their families in Winchester.

**Click to become
a friend of WYC**

Fundraising & Events

Thank you's and upcoming events



A big thank you to our funders and fundraisers for their continued support. **We couldn't do it without you.**

WYC Winchester Youth Counselling
CHALLENGE EVENTS 2026

Take on a new challenge in 2026 and support your local community. Join Team WYC and secure one of our limited FREE charity places. You'll be supported by the WYC team with fundraising guidance and encouragement to help you achieve your fundraising goals, all while making a meaningful impact for youth mental health.

HAMPSHIRE HILLY HUNDRED
17 MAY
Starting at Sparsholt college, a hilly 102 or 68 mile course. Fully signed and marshalled. Beautiful countryside, villages and woodland to enjoy en route.

HOLLY HILL TRIATHLON
12 JUL
Holly Hill Leisure Centre. Perfect for beginners. Local quiet roads.
Sprint: 400m pool swim, 28km bike, 6km run
Super Sprint: 200m pool swim, 14km bike, 3km run

WINCHESTER HALF MARATHON
20 SEP
Starting at Winchester Guildhall. Very scenic route with landmarks such as St Catherine's Hill and King Alfred the Great. Kids 1km fun run held afterwards at 12:30pm.

To register your interest please email: fundraising@winchyc.org or call us on 01962 820444.

Challenge Events!

Hampshire Hilly Hundred 17th May 2026

Charity spaces are still available! An amazing opportunity to test yourself and raise money for our wonderful charity!

Holly Hill Triathlon 12th July 2026

Charity spaces are available to raise money for us by running, swimming and cycling!

Fundraising Event Information

Spring Garden Party

Friday 15th May 2026
6.30 pm - 9.00 pm

An elegant evening in the beautiful gardens of Chesil House with food, drinks & a delightful atmosphere

TICKETS: £25.00pp

Tickets available here 

Raising vital funds to improve youth mental health and helping tackle young suicide in our community. All proceeds to Winchester Youth Counselling

RICHARD STEEL & PARTNERS Chesil House
4 Chesil Street
Winchester
SO23 0HLU

WYC Winchester Youth Counselling

Spring Garden Party!

We welcome you to attend our Spring Garden Party Fundraiser, an elegant evening in the beautiful grounds of Chesil House, with food, drinks and entertainment. We will be holding a raffle and silent auction with some exciting prizes coming through the auction, from Guest List tickets to Bestival 2026 to a Home Barista Course, a Family Gym Pass, and many more! Due to the generosity of the team at Richard Steel & Partners, and generous local individuals and businesses, all proceeds will go directly to WYC to support young people at risk of suicide with free, longer-term counselling. This event forms a key part of our 'Prevention of Young Suicide in Winchester' campaign as part of Mental Health Week 2026.

**Spring Garden
Party Tickets**

Fundraising & Events

Thank you's and upcoming events



We invite you to join us for...

"Together at the Table"

Make a dish and dine together, or have coffee morning to support each other's mental wellbeing. Winchester Youth Counselling supports local young people with free, longer term therapy both indoors and out in nature, as well as drop-in groups for young people and the adults that support them.

Support us this May by joining a wonderful collection of local groups, in raising funds towards a brighter future for young people in the Winchester area.



Taking place during
Mental Health Week
11th -17th May 2026

How you can get involved:

You could:

- Host a fundraising supper/ lunch or coffee morning
- Hold a games event or quiz
- Have a meal with friends
- Raise funds through donations

WYC can provide information including leaflets. You will be given our **logo and the event name** to display on your table and a QR code for quick and easy donations.

Email fundraising@winchyc.org to join us!



WYC has been supporting a young person in 1 of every 3 classrooms across Winchester for nearly 25 years.

Since 2002, WYC has supported over 3000 young people in Winchester with life-changing counselling and therapy.

Registered Charity
Number 1195260



"I no longer have negative thoughts about suicide or harming myself. Counselling has made a huge difference to me. I finally feel confident in myself and as though I can accept and overcome the things in my head."

www.winchyc.org
f i @WinchesterYouthCounselling

Together at the Table

Over 15 local restaurants, bars and cafes are taking part in 'Together at the Table' nominating a particular dish, drink or event that raises funds towards our 'Prevention of Young Suicide in Winchester' Campaign. Keep an eye out on our website for the details of the venues taking part. If you would like to support Together at the Table at home, or at another venue you can make a dish and dine together or have coffee morning to support each other's mental wellbeing. Email fundraising@winchyc.org for supporting information, including leaflets with our logo and the event name to display on your table and a QR code for quick and easy donations. We would also love for you to share your get togethers with us tag us on Facebook or Instagram: @WinchesterYouthCounselling

Fundraising & Events

Thank you's and upcoming events

Outdoor Training Day - Level 2



Winchester Youth
Counselling

Training Day Level 2!

Training for staff working therapeutically
with young people outdoors

Friday 24th April 2026
10am - 3.15pm

Pinsent Campsite, Clarendon Way,
Winchester, SO22 5QL

£100.00 per person



To book your place
or visit winchyc.org/events
outdoors@winchyc.org for more info

Aimed at professionals working
therapeutically with young people,
who want to further their CPD/walk
& talk therapy/build on our Level 1
training day. The training will include
deepening our connections to the
natural world and helping us to use
the natural world as the co-therapist.



Building on the foundations of Level 1, this immersive day will focus on deepening our connection with the natural world and exploring how nature can be used as an active co-therapist within therapeutic work. The training will support participants to develop confidence, presence, and ethical awareness when working therapeutically outdoors with both individuals and/or groups.

To book, click on the link below,
or email: outdoors@winchyc.org

[Link to book your ticket!](#)



Do you have an event coming up or maybe you're taking on a physical challenge? If you want to do it in aid of a good cause, why not join the ever expanding #TeamWYC!

Let us know what you have planned at fundraising@winchyc.org. We'd love to hear about it.

Youth Engagement

An update from our Programmes Manager, Katy
and Youth Outreach Worker, Charlotte



Youth Board

Our Youth Board continue to meet every month. Below are just some of the topics we have been discussing recently:

- Astrid and Liv attended our trustee meeting to inform them what we have been up recently.
- Provided feedback to our research officer about post client interaction.
- Provided feedback on new ideas and activity suggestions for use at our weekly Wellbeing Walk-In.
- Katie and Lilly are planning fundraising activities for WYC.
- Liv and Khia have been busy with social media content.
- Liv, Aryan, Kez and Julia attended the EDI meeting presented by Jill.
- Aryan represented the youth board at our OTC launch day.
- Lilly is creating a nature scrap book/ collage for our WYC office.

Thank You

A big thank you to Iona and Tae who recently stepped down from the youth board to focus on their studies. We are so grateful for everything you have done for the charity over the past 2 years and wish you all the best with your onward journeys.

To 'meet' our new members, and to find out more about our Youth Board, click on the link below:

Meet our youth board

Our Youth Board members continue to have an active involvement in everything we do at Winchester Youth Counselling as a youth-led charity. We are very grateful for their ongoing commitment and support.

Like to Know More?

To find out more about our dynamic Youth Board or if you have any feedback, please email Katy on:

katy@winchyc.org



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Continued Support From Parents

Winchester

***For parents/carers of
neurodivergent children.
Second Wednesday of each
month from 10.15am-12.15pm.
Vineyard Church, Bar End.
FREE to attend, drop-in.***

Bishops Waltham

***For parents/carers of 11-25yr
olds.
Last Wednesday of each month
from 10.00-11.00am.
Ruby Room, Jubilee Hall,
Bishops Waltham.
FREE to attend, drop-in.***

[Click here for
more information](#)

Parent Support Programme for 2026!

Our parent support evening sessions are held quarterly on a Thursday from 6-7.30pm at Solent Mind Wellbeing Centre, Priory Gardens, Parchment St, Winchester, SO23 8AU.

Our upcoming topics are:

- Communicating with your child / (responding in a crisis) - 30th April
- Issues with Eating - 9th July
- Parents seeking support, understanding and insights into raising an adolescent - 25th September

Sessions for 2026 will be charged at £8.00 per ticket. Please do get in touch with us if you need help or support with payment - psp@winchyc.org

Book your ticket here!

Staff Updates

Goodbyes, Thank yous and Congratulations

Agnese Davey

We wish Agnese all the best as she leaves us to focus on private counselling. Thank you for your dedication to our service during your time with us.

Corinne Swayne

Thank you Corinne for your work as our Community and Events Fundraiser, we wish you all the best with your new business venture.

Charlotte Andrews

Charlotte continues with us but with a new job as Youth and Community Engagement Officer. Congratulations!

Deborah Parker

Deborah joins us on a Friday as clinical lead for our new Oak Tree Counselling service.



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Useful Links/Support Information

Kooth offers free, safe, and anonymous mental wellbeing support:
www.kooth.com

Useful links on self-help:

- <https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/>
- <https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/>

For more urgent support, please contact your GP, NHS 111 or one of the following services:

- Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)
- Speak to the Samaritans
- Shout – for text support in a crisis
- Contact Nightline
- Call or Text Student Space
- NHS Out of Hours and emergency services

Until next time...



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***Winchester Youth Counselling is a charity
and relies on donations to continue to provide a much-
needed service to young people in our community.***

We can't do it alone and so, if you can, please support us.

Thank you.

Support Us



**Winchester Youth
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