

WINCHESTER YOUTH COUNSELLING

TRUSTEES' ANNUAL REPORT & UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

CHARITY NUMBER: 1195260

**WINCHESTER YOUTH COUNSELLING
TRUSTEES' ANNUAL REPORT & FINANCIAL STATEMENTS
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WINCHESTER YOUTH COUNSELLING REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their report and accounts for the year ended 31 March 2025. The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and Accounting and the Charities Statement of Recommended Practice (second edition) and Financial Reporting Standard FRS102.

Chair Of Trustees Report

It is my pleasure to present the Chair of Trustees' Report for Winchester Youth Counselling (WYC).

The Chair of Trustees' Report for 2023-2024 discussed the way that our service was caring for individuals with greater levels of complexity and risk. This theme continued into 2024-2025, however we also focussed on expanding the capacity of the service to try and satisfy the local need. In the 2024-2025 year we reached more young people in the local area by offering 2536 sessions of counselling (a 9% increase on the previous year). We also returned to schools, offering free provision at King's School to allow young people to be seen in a more convenient location than the town centre where appropriate.

A major shift across this year was the development of our group programming. Noticing the success of the Wellbeing drop-in service in the 2023-2024 financial year, we realised we needed to cater for more young individuals and their supporting adults, and the value of expert-led peer support. To this end, we continued to host the Wellbeing Drop-in service, as well as launching several new groups: a Drop-in at the University of Winchester for students, a parent support group bringing together parents of children with neurodiversity, and a support group for Ukrainian refugees. We also continued our Parent Speaker Series, providing quarterly talks to local parents from expert speakers. All group programming is facilitated by qualified counselling/care professionals. Across the year, we recorded over 375 attendances to these groups – significantly expanding our local reach and impact.

Our focus on the natural world remained a priority this year, with our nature therapy group running across the year and assisting 18 young people across over 200 attendances. Our Walk and Talk (outdoor one-to-one therapy) offering also increased, with 28 clients seen across the 403 sessions offered within this service. We also looked to expand our reach through training other professionals and promoting the benefits of nature for mental health via our resources and social media.

Despite all of this expansion and innovation, our waitlist was higher than ever, peaking at 120 and demonstrating the clear need for our support in the local area.

Our commitment to continuing as a Youth-Led organisation was cemented this year with regular meetings of our Youth Board and specific roles for each member being agreed. The Youth Board participated in activities across every level of the charity: including attending Board meetings, reviewing policies, project and business plans, joining the recruitment process for new staff and Trustees, fundraising, and creating social media and website content. We would like to say a special thank you to all the young people involved, and in particular to the Chairs of the Youth Board across this year, Charlotte and Emaline.

From a strategic perspective, this was a year of fulfilment and action. We were in the first year of two multi-year grants, completing the recruitment of the full core team and putting into place the projects and programmes that we wished to prioritise. Once in progress, we were able to look ahead to plan the diversification of our income streams for the future, when our fundraising situation may be less secure amidst the increasingly difficult Grants landscape. We also pushed hard to strengthen our community presence and networks and focussed on evidencing the impacts of our activities.

At the end of the 2024-2025 financial year, our core staff numbered 9 (6.3 FTE). In the summer of 2024, we appointed Hannah Reidy as permanent CEO and welcomed Erin Tollefsen back from maternity leave in her new role as Trusts and Grants Fundraising Manager. Since the year end, Jill Guppy (previous Clinical Lead) moved to a position focussing on her passion – the outdoors, and we have created a new Clinical Co-Lead team to fulfil the increased Safeguarding burden that the charity faces.

To create cohesion within the organisation amidst these changes, we organised a regular training and meeting programme, a highlight being a successful Organisational Day in November 2024, bringing all stakeholders (staff, volunteers, Board and Youth Board) together in nature to agree our new organisational values of Curiosity, Compassion, Collaboration, Courage and Integrity.

During the year we thanked four Trustees who left the board and were extremely pleased to recruit four new Trustees, to maintain the strength of the board.

Looking forward, the Youth Board, Board and Core Team developed the following 5 Priorities for the 2025-2026 financial year:

Priority One: To help more children, young people and their families with high quality therapeutic support, addressing evolving needs.

***Courage:** We will pilot new projects alongside our existing service provision.*

***Compassion:** We will listen and ensure that our services remain grounded to the changing needs of our stakeholders.*

Priority Two: To build on our position as a youth-led organisation, advocating for positive outcomes in mental health.

***Collaboration:** We will continue to increase our community networks and partnerships, spotlighting our youth board.*

***Curiosity:** We will engage with the local and national community to examine and broadcast the importance of youth mental health.*

Priority Three: To recognise and share our responsibilities in promoting a healthy planet in conjunction with healthy lifestyles.

***Courage:** We will speak out in the public domain about the links between the climate crisis and the mental health crisis. We will aim to promote awareness about the importance of both.*

***Integrity:** We will steer the charity's activities in line with our roots and values.*

Priority Four: To develop diverse strategies to generate more funds that allow us to support and sustain our team and our work.

***Collaboration:** We will continue to increase our community networks and partnerships, including in schools.*

***Compassion:** We will support our staff and volunteers with their wellbeing.*

Priority Five: To focus on demonstrating our impact through evidence, upholding strong governance and transparency, ensuring the highest levels of accountability and public trust.

***Integrity:** We will steer the charity's activities through its governance processes and a clinical model.*

We look forward to the year ahead and feel energised to continue supporting the young individuals in our local community who need it most with their mental health.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

Reference and Administrative Details

The charity is charitable incorporated organisation (CIO) and is governed by its Constitution.

Name: Winchester Youth Counselling

Charity Number: 1195260

Trustees:

| | |
|-------------------|--|
| Gareth Bloomfield | Resigned 13 th April 2024 |
| Alison Day | Resigned 7 th April 2024 |
| Deborah Lockett | Resigned 27 th February 2025 |
| Natasha Montagu | Appointed 30 June 2022 Resigned 12 June 2025 |
| Thursten Clements | Appointed 6 th December 2023 |
| Kirsteen Hook | Appointed 25 th January 2024 |
| Michael Mander | Appointed 27 th March 2024 |
| Andrew Newberry | Appointed 27 th March 2024 |
| Susannah Webber | Appointed 25 th July 2024 |
| Dason Bodilly | Appointed 26 th September 2024 |
| Michelle Flynn | Appointed 26 th September 2024 |
| Julie Todd | Appointed 28 th November 2024 |

Trustees are appointed to the Board after interview with the existing Trustees, and the appointment ratified at the next meeting of the Board. Trustees are removed in writing within the provisions that are laid down in the Constitution. Trustees are trained on joining the organisation via an induction pack and discussions with the Chair, CEO and key operational staff. They also engage in mandatory training on Safeguarding.

Senior Staff:

| | |
|------------------|---|
| Dr Hannah Reidy: | Consultant from April 2024; permanent CEO from September 2024 |
| Erin Tollefsen: | CEO (until May 2024), Trusts and Grants Fundraising Manager (from May 2024) |
| Lucy Clarke: | Co-Clinical Lead (January 2025) |
| Rose Milford: | Deputy Clinical Lead (January 2024), Co-Clinical Lead (January 2025) |
| Jill Guppy: | Clinical Lead (until January 2025) |

Address:

2nd Floor,
East Wing,
The Winchester Centre,
68 St George's Street,
Winchester,
Hampshire
SO23 8AH

Telephone: 01962 820 444

Email: admin@winchyc.org

Website: www.winchesteryouthcounselling.org

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

Bankers:

National Westminster Bank PLC,
Old Bank Branch,
105, High Street,
Winchester,
Hampshire,
SO23 9AW

Accountants:

Rothmans LLP,
Avebury House,
6, St Peter Street,
Winchester,
Hampshire,
SO23 8BN

Treasurer's Report

In the year ended March 2025, the Charity generated a surplus of £125,701 (2024 £983). This was achieved through increasing income by 47.8% with expenditure increasing by 14.5%. The increase in Grant Income was offset slightly by the fall in income from other sources. The growth in income was achieved mainly through two new multi year grants, which have enabled us to strengthen our core team and expand the services we provide to young people. The lag between being awarded the grant, and achieving full staffing and expanded services has resulted in a significant surplus for the year, which we anticipate falling next financial year when income and costs will be more evenly matched.

Reserves Policy

The surplus increased Reserves to £236,804 (2024 £111,103). Despite the increase in annual expenditure, this represents a significant increase in the period of expenditure covered by reserves, leaving it comfortably within our policy range of 3 to 6 months.

Objectives and activities

WYC is a public benefit entity. Its mission is to provide free counselling, therapy and mental health support to young people aged 11 – 25 in Hampshire as well as support and advice for parents and families. The service is confidential and is supported by a team of professionally trained counsellors including some volunteers.

It primarily offers one to one traditional counselling in its offices but also offers outdoor therapies via its walk and talk and nature therapy programme, as well as group support. In addition, it operates a private counselling service in a school where the school contributes towards the cost of providing free counselling sessions to pupils.

We are incredibly grateful to our team of volunteer counsellors who have contributed valuable time and other generous individuals who have provided additional services free of charge.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

The trustees confirm that they have complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit when exercising any powers or duties to which this guidance is relevant.

This report was approved by the Board of Trustees on 4 December 2025 and signed on its behalf by

Andrew Newberry

.....
Andrew Newberry
Chair

Dason Bodilly

.....
Dason Bodilly
Vice-Chair

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WINCHESTER YOUTH COUNSELLING
FOR THE YEAR ENDED 31 MARCH 2025**

I report to the trustees on my examination of the accounts of Winchester Youth Counselling ('the Charity') for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts as carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

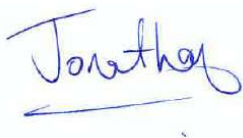
Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act;
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Jonathan Poulter
FCA, CTA
Rothmans LLP
Chartered Accountants
Avebury House
St Peter Street
Winchester
Hampshire
SO23 8BN

Date:..... 21 January 2026

**WINCHESTER YOUTH COUNSELLING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025
(Incorporating an Income & Expenditure Account)**

| | <i>Note</i> | Unrestricted 2025 £ | Restricted 2025 £ | Total 2025 £ | Total 2024 £ |
|------------------------------------|-------------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| INCOME FROM: | | | | | |
| Donations and legacies | 2 | 208,139 | 203,410 | 411,549 | 214,442 |
| Charitable activities | 3 | 133,405 | - | 133,405 | 150,575 |
| Investments | 4 | 2,145 | - | 2,145 | 684 |
| Other Income | 5 | 6,092 | - | 6,092 | 8,531 |
| Total Income | | 349,781 | 203,410 | 553,191 | 374,232 |
| EXPENDITURE ON: | | | | | |
| Raising funds | 7 | 7,202 | 2,464 | 9,666 | 11,707 |
| Charitable activities | 8 | 211,209 | 206,615 | 417,824 | 361,542 |
| Total Expenditure | | 218,411 | 209,079 | 427,490 | 373,249 |
| NET INCOME / EXPENDITURE | | 131,370 | (5,669) | 125,701 | 983 |
| Transfers between funds | 16 | (7,920) | 7,920 | - | - |
| NET MOVEMENT IN FUNDS | | 123,450 | 2,251 | 125,701 | 983 |
| RECONCILIATION OF FUNDS: | | | | | |
| Total funds brought forward | 16 | 65,646 | 45,457 | 111,103 | 110,120 |
| Total funds carried forward | | 189,096 | 47,708 | 236,804 | 111,103 |

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derives from continuing activities

The accompanying accounting policies and notes form an integral part of these financial statements

WINCHESTER YOUTH COUNSELLING (CHARITY NUMBER: 1195260)
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2025

| | <i>Note</i> | 2025 £ | 2024 £ |
|--|-------------|------------------|------------------|
| Fixed assets | | | |
| Tangible assets | 11 | 9,021 | 12,494 |
| Total fixed assets | | 9,021 | 12,494 |
| Current assets | | | |
| Debtors | 12 | 16,066 | 43,815 |
| Cash at bank and in hand | | 293,018 | 272,557 |
| Total current assets | | 309,084 | 316,372 |
| Current liabilities | | | |
| Creditors: Amounts falling due within one year | 13 | 81,301 | 217,763 |
| Net current assets | | 227,783 | 98,609 |
| Total net assets | | 236,804 | 111,103 |
| The funds of the charity: | | | |
| Unrestricted funds | 16 | 189,096 | 65,646 |
| Restricted funds | 16 | 47,708 | 45,457 |
| Total charity funds | | 236,804 | 111,103 |

These financial statements were approved by the Board of Trustees on 4 December 2025 and signed on its behalf by

Andrew Newberry

Andrew Newberry
Chair

Dason Bodilly

Dason Bodilly
Vice-Chair

The accompanying accounting policies and notes form an integral part of these financial statements

WINCHESTER YOUTH COUNSELLING (CHARITY NUMBER: 1195260)
CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

| | <i>Note</i> | 2025 £ | 2024 £ |
|---|-------------|------------------------------|------------------------------|
| Cash provided by operating activities: | 17 | 19,274 | 189,030 |
| Cash flows from investing activities | | | |
| Interest from investments | | 2,145 | 684 |
| Purchase of fixed assets | | <u>(958)</u> | <u>(4,252)</u> |
| Net cash provided by investing activities | | <u>1,187</u> | <u>(3,568)</u> |
| Increase in cash and cash equivalents in the year | | 20,461 | 185,462 |
| Cash and cash equivalents at the beginning of the year | | 272,557 | 87,095 |
| Cash and cash equivalents at the end of the year | 18 | <u><u>293,018</u></u> | <u><u>272,557</u></u> |

1. Accounting Policies

(a) Basis of Preparation and assessment of going concern

The accounts have been prepared under the historical cost convention and in accordance with the second edition of the Charities: Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011. Assets and liabilities are initially recognised at cost or transaction value unless otherwise stated in the relevant accounting policy note(s) below.

The accounts are prepared on a going concern basis. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The charity constitutes a public benefit entity as defined by FRS102.

This charity (#1195260) was registered as a CIO on 22 July 2021 and took on the activities and net assets of an unincorporated charity by the same name (#1093429) with effect from 14 October 2021. The charity's work, including its purposes and beneficiary class, remain unchanged.

In preparing these accounts the Trustees have not had to make any significant judgements. There are no sources of estimation uncertainty which have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

(b) Incoming resources

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount can be measured reliably.

Grants, whether 'capital' or 'revenue' in nature, are generally credited to the statement of financial activities in the year of receipt. Where a grant requires the provision of services over a period of time, income is recognised on a straight-line basis over the relevant period.

General grants and donations are credited in the year of receipt. Bank interest is recognised in the period to which it relates.

Donated services and facilities are recognised at their estimated value to the charity within voluntary income where the benefit to the charity is reasonably quantifiable and measurable. An equivalent amount is included as expenditure under the appropriate category of the Statement of Financial Activities (SOFA).

(c) Resources expended

Liabilities are recognised when the Charity is under an obligation to make a transfer of value to a third party. The expenses are allocated to the various Income & Expenditure accounts which the charity is required to maintain under the various Restricted Fund Grants show in these accounts.

The majority of costs are directly attributable to specific activities but certain shared costs are apportioned to activities in furtherance of the Charity's objects. The charity has three main activities, being the provision of traditional counselling services, the provision of outdoor therapies and the provision of private counselling through local schools. Where costs cannot be directly attributed to particular activities, they have been allocated to activities on a basis consistent with the use of the resources, which has been estimated by reference to the approximate staff time spent on each activity.

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

(d) Governance Costs

Governance costs comprise the costs incurred in respect of finance and human resources which are directly attributable to the governance of the Charity. These include such items as fees for legal advice to trustees and costs associated with constitutional and statutory requirements as well as management overheads associated with governance activities.

(e) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donors or raised by the Charity for particular purposes. The cost of raising and administering such funds is charged against the specific fund. The aims and use of each restricted fund are set out in the notes to the financial statements.

The restricted funds carried forward are shown in the financial statements and in Note 16 of these accounts.

(f) Tangible Fixed assets & Depreciation

Assets purchased for the continuing use of the Charity are carried in the balance sheet at cost less depreciation. Depreciation is charged on tangible fixed assets on a straight-line basis over their estimated useful lives as shown below:

| | |
|------------------------|----------|
| Leasehold Improvements | 10 years |
| Fixtures & Fittings | 5 years |
| Computer Equipment | 3 years |

(g) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

(h) Cash at bank and in hand

Cash at bank and in hand includes petty cash balances and deposits held in instant-access bank accounts.

(i) Creditors & provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

(j) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

(k) Pensions

The charity operates a defined contribution pension scheme for the benefit of its employees. The contributions made for the accounting period are charged as an expense and are allocated to activities based on the approximate staff time spent on each activity.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

(I) Taxation

The charity is exempt from tax on its income and gains to the extent that these are applied to its charitable Objects.

2 Income from Donations & Legacies

| | 2025 | 2025 | 2025 | 2024 |
|-----------|----------------|----------------|----------------|----------------|
| | Unrestricted | Restricted | Total | Total |
| | £ | £ | £ | £ |
| Donations | 62,639 | - | 62,639 | 32,317 |
| Grants | 145,500 | 203,410 | 348,910 | 182,125 |
| | 208,139 | 203,410 | 411,549 | 214,442 |

3 Income from Charitable Activities

| | 2025 | 2025 | 2025 | 2024 |
|--|----------------|------------|----------------|----------------|
| | Unrestricted | Restricted | Total | Total |
| | £ | £ | £ | £ |
| Traditional Counselling | 25,200 | - | 25,200 | 32,466 |
| Private Counselling | 108,205 | - | 108,205 | 118,109 |
| Total income from charitable activities | 133,405 | - | 133,405 | 150,575 |

4 Investment Income

| | 2025 | 2025 | 2025 | 2024 |
|--------------------------|--------------|------------|--------------|------------|
| | Unrestricted | Restricted | Total | Total |
| | £ | £ | £ | £ |
| Bank interest receivable | 2145 | - | 2,145 | 684 |
| | 2,145 | - | 2,145 | 684 |

5 Other Income

| | 2025 | 2025 | 2025 | 2024 |
|-------------|--------------|------------|--------------|--------------|
| | Unrestricted | Restricted | Total | Total |
| | £ | £ | £ | £ |
| Fundraising | 6,092 | - | 6,092 | 8,531 |
| | 6,092 | - | 6,092 | 8,531 |

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

6 Income from Government Grants

Income from Government Grants, included within Income from Donations & Legacies and Income from Charitable Activities above, was as follows:

| | 2025 Unrestricted | 2025 Restricted | 2025 Total | 2024 Total |
|--------------------------------|----------------------|--------------------|---------------|---------------|
| | £ | £ | £ | £ |
| Hampshire County Council | - | 37,160 | 37,160 | - |
| Winchester City Council | - | 15,513 | 15,513 | 7,480 |
| NHS CCG Hampshire Youth Access | 25,200 | - | 25,200 | 32,466 |
| | 25,200 | 52,673 | 77,873 | 39,946 |

7 Fundraising Expenditure

| | 2025 Unrestricted | 2025 Restricted | 2025 Total | 2024 Total |
|-------------------|----------------------|--------------------|---------------|---------------|
| | £ | £ | £ | £ |
| Staff costs | 7,106 | - | 7,106 | 2,963 |
| Fundraising Costs | 96 | 2,464 | 2,560 | 8,744 |
| | 7,202 | 2,464 | 9,666 | 11,707 |

8 Charitable Activities

Current Year

| | DIRECT COSTS | | SUPPORT COSTS | | | TOTAL COSTS |
|-------------------------|---------------------------|----------------|----------------|---------------|------------------|----------------|
| | Counselling & Supervision | Staff Costs | Premises Costs | Office Costs | Governance Costs | |
| | £ | £ | £ | £ | £ | £ |
| Unrestricted: | | | | | | |
| Traditional Counselling | 7,927 | 92,811 | 7,306 | 25,278 | 7,565 | 140,887 |
| Outdoor Therapies | - | - | - | - | - | - |
| Private Counselling | 70,322 | - | - | - | - | 70,322 |
| | 78,249 | 92,811 | 7,306 | 25,278 | 7,565 | 211,209 |
| Restricted: | | | | | | |
| Traditional Counselling | 76,230 | 70,005 | 15,886 | 9,597 | 5,969 | 177,687 |
| Outdoor Therapies | 12,483 | 15,954 | 100 | 391 | - | 28,928 |
| | 88,713 | 85,959 | 15,986 | 9,988 | 5,969 | 206,615 |
| Total Costs | 166,962 | 178,770 | 23,292 | 35,266 | 13,534 | 417,824 |

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Prior Year

| | DIRECT COSTS | | SUPPORT COSTS | | | TOTAL COSTS |
|-------------------------|------------------------------|----------------|-------------------|-----------------|---------------------|----------------|
| | Counselling & Supervision | Staff Costs | Premises Costs | Office Costs | Governance Costs | |
| | £ | £ | £ | £ | £ | £ |
| Unrestricted: | | | | | | |
| Traditional Counselling | 40,519 | 156,477 | 14,824 | 29,486 | 9,229 | 250,535 |
| Outdoor Therapies | 1,361 | 2,590 | - | - | - | 3,951 |
| Private Counselling | 69,127 | - | - | - | - | 69,127 |
| | 111,007 | 159,067 | 14,824 | 29,486 | 9,229 | 323,613 |
| Restricted: | | | | | | |
| Traditional Counselling | 6,013 | 5,921 | 2,200 | 6,508 | 90 | 20,732 |
| Outdoor Therapies | 6,321 | 10,876 | - | - | - | 17,197 |
| | 12,334 | 16,797 | 2,200 | 6,508 | 90 | 37,929 |
| Total Costs | 123,341 | 175,864 | 17,024 | 35,994 | 9,319 | 361,542 |

9. Governance Costs

| | 2025 Total £ | 2024 Total £ |
|----------------------|--------------------|--------------------|
| Accountancy Services | 13,534 | 9,319 |
| | 13,534 | 9,319 |

Accountancy Services include net fees due to the Independent Examiner, Rothmans LLP, of £2,780 (2024: £2,700) for Independent Examination and £5,860 (2024: £1,350) for other accountancy services.

10. Staff Costs and Related Party Transactions

| | 2025 £ | 2024 £ |
|--------------------------------|----------------|----------------|
| Wages & salaries | 166,514 | 160,174 |
| Social security | 9,960 | 9,255 |
| Pension contributions | 6,908 | 7,858 |
| Professional counsellors' fees | 166,962 | 123,341 |
| Other Staff Costs | 2,494 | 1,540 |
| | 352,838 | 302,168 |

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

The average number of employees, analysed by function was:

| | 2025 | 2024 |
|-----------------------------------|----------|----------|
| Provision of counselling services | 3 | 3 |
| Administration | 4 | 3 |
| | <u>7</u> | <u>6</u> |

No employee received remuneration of more than £60,000 in the current or prior year.

No Trustee received any remuneration or other employment benefits during the year. No Trustees expenses were paid in the year.

The Charity purchased indemnity insurance for trustees and employees, which is included in a combined insurance policy. There are no other related party transactions in the period which require disclosure.

The Charity considers the CEO and senior management team to be its key management personnel. The total employment benefits, including employer pension and national insurance contributions, of the key management personnel were £139,405 (2024: £66,022)

11. Tangible Fixed Assets

| | Leasehold Improvements £ | Fixtures & Fittings £ | Computer Equipment £ | Total £ |
|-------------------------|--------------------------------|-----------------------------|----------------------------|---------------|
| Cost | | | | |
| As at 01 April 2024 | 4,267 | 6,066 | 8,285 | 18,618 |
| Additions | - | - | 958 | 958 |
| Disposals | - | - | - | - |
| As at 31 March 2025 | <u>4,267</u> | <u>6,066</u> | <u>9,243</u> | <u>19,576</u> |
| Depreciation | | | | |
| As at 01 April 2024 | 960 | 2,620 | 2,544 | 6,124 |
| Charge for the year | 426 | 1,214 | 2,791 | 4,431 |
| Elimination on disposal | - | - | - | - |
| As at 31 March 2025 | <u>1,386</u> | <u>3,834</u> | <u>5,335</u> | <u>10,555</u> |
| Net Book Value | | | | |
| As at 31 March 2025 | <u>2,881</u> | <u>2,232</u> | <u>3,908</u> | <u>9,021</u> |
| As at 31 March 2024 | <u>3,307</u> | <u>3,446</u> | <u>5,741</u> | <u>12,494</u> |

WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

12. Debtors

| | 2025 | 2024 |
|---------------------|---------------|---------------|
| | £ | £ |
| Accounts receivable | 6,815 | 24,580 |
| Accrued income | 3,010 | 12,803 |
| Prepayments | 3,991 | 4,182 |
| Other Debtors | 2,250 | 2,250 |
| | 16,066 | 43,815 |

13. Creditors: amounts falling due within one year

| | 2025 | 2024 |
|------------------------------|---------------|----------------|
| | £ | £ |
| Accounts payable | 12,597 | 20,320 |
| Accruals | 11,099 | 9,628 |
| Deferred Income | 53,311 | 181,049 |
| Taxation and social security | 4,290 | 5,680 |
| Other Creditors | 4 | 1,086 |
| | 81,301 | 217,763 |

14. Deferred Income

Deferred income relates to private counselling & grant income received in advance of the period to which it relates.

| | 2025 | 2024 |
|-----------------------------|---------------|----------------|
| | £ | £ |
| Balance as at 31 March 2024 | 181,049 | - |
| Amounts released to income | (181,049) | - |
| Amounts deferred in year | 53,311 | 181,049 |
| Balance as at 31 March 2025 | 53,311 | 181,049 |

15. Operating Lease Commitments

Minimum lease payments under non-cancellable operating leases fall due as follows:

| | 2025 | 2024 |
|----------------------------|---------------|---------------|
| | £ | £ |
| Within one year | 12,000 | 12,000 |
| Between one and five years | 2,000 | 14,000 |
| | 14,000 | 26,000 |

During the year the charity made operating lease payments totalling £12,000 (2024: £3,750) in respect of the rental of its premises. The lease for the charity's premises expires in May 2032, with an optional break clause arising on every 2-year anniversary of the start date of the lease.

WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

16. Analysis of Charitable Funds

Analysis of Movements in Funds - Current Year

| | At 1 April 2024 | Income | Expenditure | Transfers | At 31 March 2025 |
|---------------------------------|-----------------------|----------------|------------------|--------------|------------------------|
| | £ | £ | £ | £ | £ |
| Restricted Funds: | | | | | |
| Core Funding | - | 7,040 | (14,960) | 7,920 | - |
| Capital Grant | 6,997 | | (1,721) | - | 5,276 |
| Outdoor Therapies | 3,968 | 37,160 | (28,927) | - | 12,201 |
| Drop-in Service | 1,414 | | (1,030) | - | 384 |
| National Lottery Community Fund | 33,078 | 149,737 | (157,402) | - | 25,413 |
| Blagrove Trust - Staff Welfare | - | 1,000 | (1,000) | - | - |
| Ukrainian Drop-In Service | - | 8,473 | (4,039) | - | 4,434 |
| Total Restricted Funds | 45,457 | 203,410 | (209,079) | 7,920 | 47,708 |
| Unrestricted Funds | 65,646 | 349,781 | (218,411) | (7,920) | 189,096 |
| Total Funds | 111,103 | 553,191 | (427,490) | - | 236,804 |

All restricted funds are supported by bank balances and held within cash at bank and in hand within current assets. As at 31 March 2025, £47,708 of cash at bank and in hand related to restricted funds and all other assets and liabilities relate solely to unrestricted funds.

Analysis of Movements in Funds - Previous Year

| | At 1 April 2023 | Income | Expenditure | Transfers | At 31 March 2024 |
|---------------------------------|-----------------------|----------------|------------------|-----------|------------------------|
| | £ | £ | £ | £ | £ |
| Restricted Funds: | | | | | |
| Core Funding | - | 7,480 | (7,480) | - | - |
| Suicide Prevention | 3,951 | - | (3,951) | - | - |
| Capital Grant | 9,981 | - | (2,984) | - | 6,997 |
| Outdoor Therapies | 13,299 | 7,866 | (17,197) | - | 3,968 |
| Drop-in Service | - | 4,770 | (3,356) | - | 1,414 |
| National Lottery Community Fund | - | 37,469 | (4,391) | - | 33,078 |
| Total Restricted Funds | 27,231 | 57,585 | (39,359) | - | 45,457 |
| Unrestricted Funds | 82,889 | 316,647 | (333,890) | - | 65,646 |
| Total Funds | 110,120 | 374,232 | (373,249) | - | 111,103 |

As at 31 March 2024, £45,457 of cash at bank and in hand related to restricted funds and all other assets and liabilities relate solely to unrestricted funds.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Description of Restricted Funds

| | |
|---------------------------------|--|
| Core Funding | This grant has been provided to fund certain core costs for the charity, and was ongoing at the year-end. |
| Suicide Prevention | This grant has been provided to fund early interventions group sessions for young people who are at risk of self-harm or suicide and was on-going at the year-end. |
| Capital Grant | These grants were provided to fund the relocation of the charity to better premises and the acquisition of appropriate equipment for the new offices. |
| Outdoor Therapies | These grants were provided to fund outdoor therapies, such as nature therapy and walk and talk sessions. |
| Drop-in Service | This grant was provided to fund a Drop-in service for the charity and was ongoing at the year-end. |
| National Lottery Community Fund | These grants were provided by the National Lottery Community Fund as part of its RC London and South East Region Programme. This grant was provided to cover core funding costs and was ongoing at the year-end. |
| Blagrove Trust - Staff Welfare | Provided as a grant to cover activities aiding staff welfare including subscriptions and events. |
| Ukrainian Drop In | Provided by Winchester City Council to support Ukrainian refugees. The young people need to be registered within the Homes for Ukraine scheme. |

17. Reconciliation of income to net cash flow from operating activities

| | 2025 | 2024 |
|---|---------------|----------------|
| | £ | £ |
| Net income for the reporting period (as per the SOFA) | 125,701 | 983 |
| Adjustments for: | | |
| Depreciation charges | 4,431 | 2,984 |
| Interest receivable | (2,145) | (684) |
| Decrease/(increase) in debtors | 27,749 | (7,534) |
| (Decrease)/increase in creditors | (136,462) | 193,281 |
| Net cash provided by operating activities | 19,274 | 189,030 |

18. Analysis of cash and cash equivalents

| | 2025 | 2024 |
|--------------|----------------|----------------|
| | £ | £ |
| Cash at bank | 293,018 | 272,557 |
| | 293,018 | 272,557 |

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

19. Analysis of changes in net debt

| | At Start of Year £ | Cash Flow £ | At End of Year £ |
|--------------------------|-----------------------------------|----------------------------|---------------------------------|
| Cash at bank and in hand | 272,557 | 20,461 | 293,018 |
| | 272,557 | 20,461 | 293,018 |

20. Prior Year Statement of Financial Activities

| | Unrestricted 2024 £ | Restricted 2024 £ | Total 2024 £ |
|------------------------------------|------------------------------------|----------------------------------|-----------------------------|
| INCOME FROM: | | | |
| Donations and legacies | 156,857 | 57,585 | 214,442 |
| Charitable activities | 150,575 | - | 150,575 |
| Investments | 684 | - | 684 |
| Other Income | 8,531 | - | 8,531 |
| Total Income | 316,647 | 57,585 | 374,232 |
| EXPENDITURE ON: | | | |
| Raising funds | 10,277 | 1,430 | 11,707 |
| Charitable activities | 323,613 | 37,929 | 361,542 |
| Total Expenditure | 333,890 | 39,359 | 373,249 |
| NET INCOME / EXPENDITURE | (17,243) | 18,226 | 983 |
| Transfers between funds | - | - | - |
| NET MOVEMENT IN FUNDS | (17,243) | 18,226 | 983 |
| RECONCILIATION OF FUNDS: | | | |
| Total funds brought forward | 82,889 | 27,231 | 110,120 |
| Total funds carried forward | 65,646 | 45,457 | 111,103 |

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Tel: 01962 820444

Email: fundraising@winchyc.org

winchesteryouthcounselling.org



22nd January 2026

TO WHOM IT MAY CONCERN

We are pleased to share the 2024 – 25 round-up of Winchester Youth Counselling's impact.

Please note that this report is separate to our accounts and has not been examined as part of our accounts process.

Kindest regards

A handwritten signature in black ink, appearing to read 'Hannah Reidy', enclosed within a large, loopy oval shape.

Dr Hannah Reidy
Chief Executive Officer



Winchester Youth
Counselling



2024/25 Impact Report

Our Year in Review



*Thanks for
stopping to look!*



Hello there,

I am pleased to share the 2024-25 round-up of Winchester Youth Counselling's impacts.

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

As a team, we have come together to develop our strategy and values for the future, to ensure that we continue to serve the community around us from the ground up and using best-practice. We have welcomed fantastic new staff, volunteers and four new Trustees, and crucially we have strengthened and grown our Youth Board, ensuring that all we do is led by young people, for young people.

I hope that you enjoy learning a little more about what we have done, and stick with us for the exciting journey ahead.



Hannah

**Dr Hannah Reidy
Chief Executive Officer**



What young people needed

“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

...and more.

“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 2024/25.

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 (Through the Homes For Ukraine (HFU) Support Service on behalf of Winchester City Council)

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

NEW PROJECT
IN 2024

Our 2024/25 impacts



We received nearly **1 referral a day**

A 49% increase from last year

These young people were supported with through 1:1 support, group work, drop-in services, or were signposted to other services.



We supported **263 Young People** with 1:1 sessions.

On average, clients were supported for 19 weeks.



Had 79 safeguarding alerts. **42% involved suicidal thoughts, risk or attempts** and 11% involved self-harm.



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



We were joined by over **375 attendances** at our youth drop-in services



Over 90% of our clients* reported improvements in their overall wellbeing



205 people used our online resource hub, developed by our Youth Board



Had 4933 website users and **50614 page visits** on our website.



Reached 29,900 people on social media.
A 172% increase from last year.

*which completed questionnaires at the initial consultation/start and end of counselling

Feedback



“From counselling I gained a sense of myself, Its helped me to work with my anxiety; I **don't feel so trapped by my anxiety**”

What our clients say...

“Everyone at WYC was warm and welcoming and **[it's] an incredible charity.**”

“WYC was an amazing charity and stepping stone into counselling. It helped me change my perspective on certain things in my life and I'd recommend them highly.”

“I'd recommend WYC to young teens and adults who are looking for support for their mental health and don't know where to start. The team are so kind and understanding and helped me at a time that **I just needed someone to listen**, for that I am incredibly grateful.”

“Through counselling, they have **gained the ability to manage mainstream education,** the ability to progress their independence”

What parents say...

“I just wanted to say thank you for the session you conducted with me this evening. You were the first person to understand how it feels to be a parent of a young person who is really struggling. I felt truly animated about the conversation that we had. X is going through quite a tough time and the session will help me to support X more.”

“I just wanted to thank you for working with X, it has really made a difference. And for all of your time and advice you have given us... Thank you again for all your support and patience, it means a lot.”

“We had a warm friendly welcome, and our child's needs were definitely taken into consideration at all times. The counsellor had good experience when dealing with our lady at difficult challenging sessions. We have seen such a difference after her sessions ended. Her confidence and the way she dealt with things and expressed herself are manageable . It was a pleasure to have met you all and thank you for helping our young lady.”



Youth Board

Highlights

- The board attended a nature therapy session with our nature therapy lead, Jill, at Winnall Moors.
- Charlotte, Astrid and Iona visited our drop-in service and gave feedback on how to improve it.
- Created a '**how to find us**' and '**what happens**' guide for clients attending our drop-in
- Iona provided a **video for social media for International Youth Day**, showing the importance of having a youth voice here at WYC.
- Charlotte attended our Corporate Well-Being Day and provided information to local organisations about the youth board and the amazing work they do.
- Astrid stepped into the role of an actor for the day, starring in our Mental Health Week social media post. Astrid provided the acting and voiceover to share an ex-client's personal experience with WYC.
- Iona, Katie, Olivia and Tae shared on social media **how their voice contributes to WYC** and how their voice influences our community.
- **Held 12 Youth Board meetings**, and **attended Trustee meetings regularly** as well as assisting with recruitment and staff interviews, fundraising and community events,
- Gave final review of our 25-26 business plan and strategic outcomes

"I wanted to join the youth board because I am **eager to contribute** my energy, experience, and insights to help **address issues that matter** to myself and the younger generation as a whole." - Kez

"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



New members this year:

Tae and Iona joined in August 2024, **Astrid, Kez, Katie and Olivia** joined in January 2025.

Community

The local community raised more than **£66,914** 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 2024/25

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), Research and Administration Officer (Bryony Williams), and our Community and Events Fundraiser (Corinne Swayne).

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. Our clinical team is now utilising a shared leadership model, with Rose Milford and Lucy Clarke as Clinical Co-Leads, and Jill Guppy supporting and advising them.

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 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.

5

As we move into 2025/26, we will be reviewing and 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!



Spotlight on...

Outdoor Therapies

Outdoor therapies are fast becoming an essential part of our service.

This year, WYC offered over 430 sessions in nature through our nature therapy (30 sessions) and Walk and Talk Counselling (403 sessions). The option to go outside and experience the therapeutic benefits of nature is something so many of our clients enjoy.

Outdoor therapies also known, as 'ecotherapy' or 'nature therapy' have increased in popularity in recent years.¹ Many studies have suggested there is a wide range of psychological and physical benefits of taking part in outdoor therapies and being in the outdoors.

Benefits of Outdoor Therapies and Spending Time in Nature Include:

Reduces

- 🌿 Stress and anxiety²
- 🌿 Blood pressure³
- 🌿 Social isolation⁴

Increases

- 🌿 Mental wellbeing and happiness⁵
- 🌿 Physical activity⁶
- 🌿 Connection with the natural world⁷

In addition to these psychological and physical benefits, nature therapy is suggested to be a cost-effective method compared to alternatives, as it can help to reduce the potential costs by reducing the quantity of medication and healthcare interactions.⁸ Also, a project by Forest Research estimated that people regularly visiting UK woodlands save mental health services £185 million annually.⁹

"The natural world is the co-therapist in our work. Young people often feel safer in nature and the benefits include developing more confidence, feeling less stressed and anxious, developing social connections and helping young people develop a 'village mind-set' where everyone is respected and valued including the natural world. This is why WYC also provides training days to other professionals, helping them to provide walk and talk therapies and nature therapy groups."

Jill Guppy, WYC Founder and Clinical Advisor

1. (Wood, 2020) - <https://www.naturalhealthnews.uk/article/ecotherapy-aims-to-tap-into-nature-to-improve-your-wellbeing/>

2. (Kondo et al., 2018; Zhang et al., 2022) - <https://doi.org/10.1016/j.healthplace.2018.03.001>

3. (Twohig-Bennett & Jones, 2018) - <https://doi.org/10.1016/j.envres.2018.06.030>

4. (Sachs et al., 2024) - <https://www.sciencedirect.com/science/article/pii/S0169204624000707>

5. (NASP, 2023) - <https://socialprescribingacademy.org.uk/media/dmzbrff1/nasp-briefing-natural-environment.pdf>

6. (Mental Health Foundation, 2021) - <https://www.mentalhealth.org.uk/sites/default/files/2022-06/MHAW21-Nature-research-report.pdf>

7. (Martin et al., 2020) - <https://www.sciencedirect.com/science/article/abs/pii/S0272494419301185>

8. (Hinde et al., 2021) - <https://doi.org/10.3390/ijerph18211599>

9. (Forest Research, 2021) - <https://www.forestresearch.gov.uk/news/115156-mental-health-benefits-of-visiting-uk-woodlands-estimated-at-185-million/>

Sources Accessed November 2025



Our Supporters

We would like to sincerely thank every individual and business that gave money, time and in-kind donations to WYC in 2024/25. Your support has been nothing short of essential in helping us make our impact as far reaching as possible. We would like to offer a particular thank you to The South Downs Social Cafe, for hosting our Drop-in service, that has seen over 300 visits from young people this year.

We would also like to thank our wonderful funders for the 2024/25 year, who made our impact possible.

Energise Me, Hampshire Youth Access, Know Thyself Charitable Trust, Oak Foundation, Sir Jeremiah Colman Charitable Trust, The Blagrove Trust The Charlotte Bonham Carter Charitable Trust, The Legge Family Fund, The National Lottery Community Fund, The Sir Jules Thorne Charitable Trust, Winchester City Council

With special thanks to the members of **Royal Winchester Golf Club**, for raising over £20,000 for WYC through their 'Charity of the Year' fundraising.
and

The Friends of WYC monthly donors



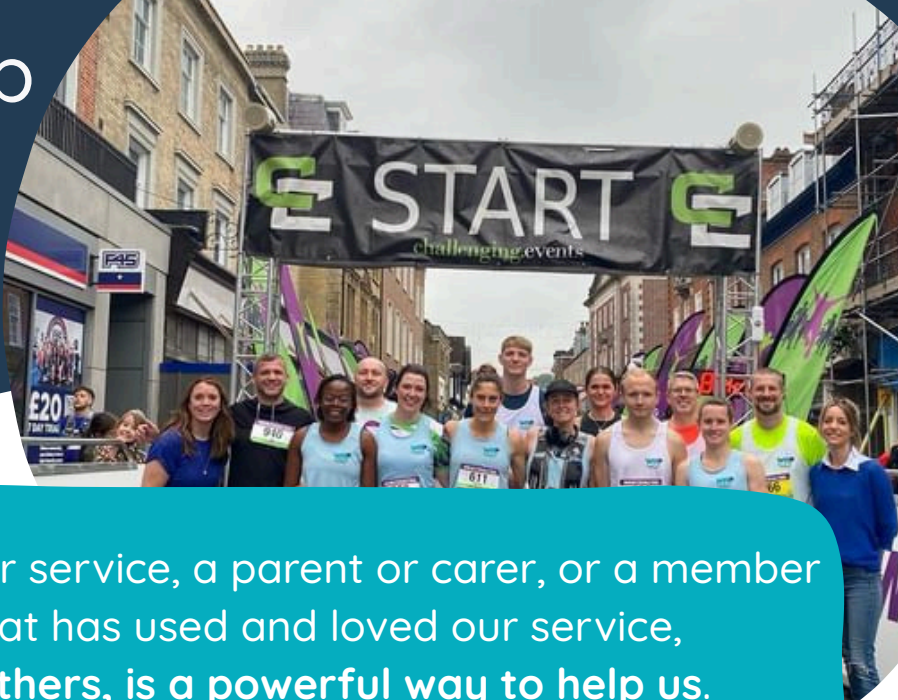
If you would like to become a **Friend of WYC** and give a one off, or monthly donation the process is quick and easy, and you can make a real, long-term impact on the life and future of a young person:

Scan here to
become a
Friend of WYC!



How you can help

There are many ways you can get involved with WYC, both individually and at your place of work.



If you are a previous user of our service, a parent or carer, or a member of our wonderful community that has used and loved our service, **sharing your story to inspire others, is a powerful way to help us.** Contact fundraising@winchyc.org to speak with our team.

Other ways to get involved:



Individual and Group challenge events: we love cheering on the community heroes that challenge themselves and raise through sponsorship- we have some fantastic events that we recommend for people of all ages and levels of fitness.



Corporate Partnerships: We absolutely love working with local businesses that share a passion for supporting young people. Donations and Match funding, Charity of the Year and in-kind support, are some of the many ways you could get involved.



Volunteer for us. Our Community Champions programme is a flexible, varied role that helps us immensely, to maximise our impact in the community and our fundraising.

And lastly...

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

Please note: this report is separate to our accounts and has not been examined as part of our accounts process.

Follow us and keep in touch



Facebook &



Instagram

@WinchesterYouthCounselling

Our website and Resource Hub www.winchyc.org

