

December 2021 Vol 1



## Newsletter



### WELCOME AND A BIG HELLO

Dear Clients and Stakeholders,

Wishing you all a very merry Christmas and hope you are keeping safe and well. We would like to welcome you all to our new newsletter, which will be produced monthly.

The newsletter covers information and developments at the Charity and gives you insight into our work and offers signposting information that may be useful to you all.

Merry Christmas

YPI Counselling

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# CEO - SAMANTHA HUSSEY



I would like to welcome you to have a read through our new YPI Counselling newsletter. We are introducing this newsletter to keep you up-to-date on our counselling and mentoring services for 11- 25 year olds within the borough of Basingstoke and Deane. We continue to provide free 1-2-1 counselling and mentoring and hope that by offering both services, they provides a more holistic approach for the client. Inevitably, we have a waiting list due to the fact that the counselling ad mentoring is free.

As YPI's CEO, I am exceptionally proud to be part of an organisation that is dedicated to enhancing the emotional well-being of young people in our community. We have faced many challenges over the last couple of years, notably due to the Covid-19 pandemic. We have and continue to remain resilient at an unprecedented globally challenging time. Throughout 2020/21 we have worked hard to provide the best possible service to as many clients as possible.

During 2020/21 we increased both counselling and mentoring capacity and we have expanded mentoring in local GP surgeries and would welcome the opportunity to build relationships with other GP clusters. We would also welcome the opportunity to work more closely with Secondary schools in the area. Our focus is to be out in the community.

We have learnt from having to do things differently during the height of the pandemic and we now offer a hybrid service to clients whereby they can be counselled or mentored remotely or face to face, this is dependent on client need/want. The demands on YPI services are always very high, however, as we navigate our way through the pandemic, the demands are at an even higher level, and we are always looking at different ways to gain more funding to cope with the growing demands on the service.

I am very proud of our highly experienced and dedicated staff and volunteers who work tirelessly to provide our service. Finally, I would like to thank all of our supporters, donors and funders who make it possible to keep our service running .

**SAMANTHA HUSSEY**

**CEO YPI COUNSELLING**

**"STRIVING TO PROVIDE THE BEST MENTAL HEALTH SUPPORT TO YOUNGPEOPLE AND THEIR FAMILIES  
BASINGSTOKE & DEANE."**

# Service update



## YOUTH COUNSELLING (11-25)

Our highly trained counsellors can offer up to 6 free sessions to young people. We also give opportunities to placement counsellors who can counsel lower-risk clients. Due to excessive demand, the waiting list from referral to the first session is currently 4 months, and we are always looking for ways to reduce this and increase funding to gain more counselling hours. To refer for counselling please use the web link below:

[www.ypidatabase.net/portal](http://www.ypidatabase.net/portal)

## Mentoring Services (10-19)

YPI provides up to 12 sessions of free mentoring to young people, offering a confidential and safe space for young people to talk to a professional mentor about their worries, concerns and difficulties. We can support a wide range of areas such as self-esteem, school or family issues, social skills and friendship issues. We aim to equip young people with tools and strategies to increase their emotional health and improve their overall well-being.

Currently, the youth mentoring waiting list is closed for new referrals, but we are hoping to reopen in the new year. Please click on the link below for further updates.

<https://www.ypicounselling.co.uk/youth-mentoring/>

## YOU Mentoring (17-25) - Mentoring for young parents and care leavers

Our YOU mentoring program is aimed at 17-25 year olds who live in the Basingstoke area and are either a young parent or care leaver. It is a free 12-week program with sessions lasting 50 minutes. We offer remote appointments or face to face at the YPI offices.

To refer to this service please click on the link below and download a referral form and send it back to the email address as stated on the referral form.

[www.ypicounselling.co.uk/youth-mentoring-2/](http://www.ypicounselling.co.uk/youth-mentoring-2/)

The current wait time for this service is 8 weeks.



# Fundraising

## Charity News



### November Update

YPI had an amazing donation of £12,985 from Devant.

We were very proud to present them the Advocates plaque for YPI.

If your Company can help or you would like to know more about the Advocates programme please contact



[jbristow@ypicounselling.co.uk](mailto:jbristow@ypicounselling.co.uk)



## Donation

Thank you to Bemillion and Sumillion for organising and taking part in a baking competition

They raised an amazing £240 for YPI and made some amazing cakes



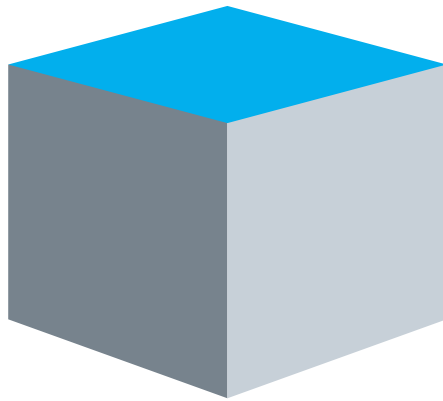
Our New Corporate advocates program is under way watch this space.

**Please contact [jbristow@ypicounselling.co.uk](mailto:jbristow@ypicounselling.co.uk)**

**If you think you can get involved in fundraising for YPI**

## Fundraising Christmas Raffle 2021

Support YPI a mental health charity for young people aged 11-25. We have some amazing prizes with more arriving. Tickets £1 each. To buy a ticket please visit our Facebook page by clicking on the button below:



If you donate on here it will be checked the donation amount and allocate appropriate tickets.

Thank you to all our Christmas donors



**YPI Christmas raffle**

Hamper tower kindly donated by  
<https://www.hampergifts.co.uk>

Carr Taylor vineyard tour  
<https://www.carr-taylor.co.uk>

Lasham Gliding flight  
<https://www.lashamgliding.com>

Chiltern valley tour and tasting  
<https://www.chilternvalley.co.uk>

Get a wriggle on Hamper  
<https://getawriggleon.com>

Flip Out Vouchers for 2  
<https://www.flipout.co.uk>

Christmas cookie set  
<https://www.asda.com>

Pear Tree Portrait experience  
<https://www.portraitsbypeartree.co.uk>

**More prizes arriving all the time.**



**YPI**  
**Counselling**  
Promoting healthier, happier young minds  
**JOB VACANCIES**



### **YPI Fundraiser Executive**

Do you have a proven track record in fundraising with excellent networking and admin skills? Are you local to Basingstoke? We have an exciting opportunity at YPI for a new Fundraising Executive. 20hrs/week at £12/hour Please feel free to look at the Indeed job advert [click here](#) and if your interested send a copy of your CV to [office@ypicounselling.co.uk](mailto:office@ypicounselling.co.uk) or contact us on **01256 423878**.

### **YPI Youth Mentor**

YPI is looking to recruit an enthusiastic and engaging youth mentor to provide a service to young people aged 10-19 years old. The program offers a 12-week course covering areas such as aspirations, personal development and citizenship to support young people to remain in education, promote positive and healthy choices and reduce risks associated with anti-social behaviour and social isolation. 10hrs/week (negotiable) at £12/hour. Please feel free to look at the job description by [clicking here](#) and if you are interested send a copy of your CV to [office@ypicounselling.co.uk](mailto:office@ypicounselling.co.uk) or contact us on **01256 423878**.

# Signposting support

**YPI**  
**Counselling**  
Promoting healthier, happier young minds

## Crisis Support Organisations

**childline**

0800 1111 or [www.childline.org.uk](http://www.childline.org.uk)

**SAMARITANS**

116 123 or [www.samaritans.org/](http://www.samaritans.org/)

**NHS 111**

111 or <https://111.nhs.uk/> or your local GP

**Hampshire and IOW CYP Crisis Line**

Monday, Tuesday, Wednesday and Thursday 3:00pm to 8:30pm

Telephone and email support for Children and Young People aged 11 – 17 years old.

Who are experiencing mental health crisis and living in Hampshire or the Isle of Wight.

Immediate access to...

- One to one confidential, emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites

Freephone: 0300 303 1590  
cypcrisisline@easthantsmind.org

**NHS**

## Online self help support

**YOUNGmINDS**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**kooth**

[www.kooth.com](http://www.kooth.com)