



News



**ACHIEVE CHANGE
AND
ENGAGEMENT
MISSION
STATEMENT**

ACE works with children and young people to support them to build emotional resilience, putting their voices at the heart of our work.

A.C.E has had a busy start to the new year with referrals received from health professionals, school pastoral teams, parents and young people self-referrals.

A.C.E are currently working with almost three hundred young people in twenty three locations across Lancaster and Fylde and Wyre districts and we have many more young people waiting for our service. We are fortunate to have a wide geographical range of locations for our service which enables easy access for all young people.

We would like to thank the following for the kind donation of space to A.C.E:

Queensway Surgery, Poulton le Fylde; Queen Square Surgery, Lancaster; Rosebank Surgery, Lancaster; Morecambe Health Centre; Meadowside Surgery, Lancaster; Morecambe Foyer; The Children and Family Wellbeing Service at Morecambe Library; Garstang Medical Centre; Lancaster Girls Grammar School; Lancaster Royal Grammar School; Our ladies Catholic College; Ripley St Thomas Church of England Academy; Central Lancaster High School; Carnforth High School; Morecambe High School; Bay Leadership Academy; Fleetwood High School; Carr Hill High School; Millfield Science and Performing Arts College; Hodgson Academy; Lytham St Anne's Technology and Performing Arts College and St. Bede's Catholic High School.

A.C.E would like to thank all of the organisations who Sponsor our service together with the generous donors who together allow A.C.E to continue to support young people.



The WO Street Transformation
Galbraith Trust



The Banks Lyon Memorial Trust



Young Person Participation Group Report

The group has been collaborating on publicising the charity through fundraisers and community events. The Youth Group encourages us to be aware of current mental health news and the relevance of low emotional state in our own circles as young people are specifically vulnerable. A.C.E effectively encourages us to be compassionate, empathetic and to start breaking the taboo of mental health.

A.C.E would like to welcome four new members to the Board of Directors.

Angela Cade, Chris Welsby, James Fox and Leila Mitchell have joined ACE and we very much look forward to working with them into the future.

A.C.E would also like to welcome a new volunteer Nicola North.

"I am a dental nurse with a background in business development. My husband, James and I are expecting our first child in May. I am passionate about people and love the outdoors.

Mental health and emotional wellbeing is an area close to my heart, and I'm so pleased that I'm able to give some practical support to this charity in its endeavours to improve the lives of young people in our community.

1

“Being able to talk was a massive help, Learning all of the ways to help my daughter to cope with her anxiety.”- Parent

2

“I know how to use grounding techniques, make choices. I have become stronger.”- Young Person

3

” I learned a lot. I’ve never been able to open up to a counsellor properly before. I’ve changed the way I think about strategies and it has helped me so much.”- Young Person



Royal Kings Arms Hotel

A.C.E is delighted to have been chosen as the Charity Partner of the Royal Kings Arms Hotel, Lancaster. The Hotel are raising funds to enable ACE to support additional young people in the Lancaster District. Events taking place at the Royal Kings Arms in the near future include:

Tuesday 4th June 2019 a Charity Quiz Night hosted by Moore and Smalley of Lancaster.

Saturday 6th July 2019 the Black Tie Charity Ball hosted by the Royal Kings Arms Hotel.

Many thanks to the Royal Kings Arms for their support of a night of fun at the ‘Curious Crypt’ hosted by A.C.E on the 14th of May 2019. This event was enjoyed by all who attended and raised over £200.



Volunteers Needed

A.C.E provides an early intervention talk therapy service and we are always looking for volunteers to help with reception, administration, clerical and fundraising or to work with young people therapeutically. If you think that you have any of the skills to help us in any capacity please contact lucy.reynolds@a-c-e.org.uk Telephone 07468 600 903 As little as one afternoon a week can make such a difference.

Volunteer Opportunity!!

We are offering accredited training to enable volunteers to gain skills and practice in working therapeutically with young people who have poor emotional health. We can only offer a limited number of places. Please contact admin@a-c-e.org.uk or telephone 07468 600 903 to request an application form.

Help Required

Garstang and District Lions Club are raising money to help support A.C.E. at The Great Eccleston Show on the 13th and 14th July 2019. If you have a few hours to spare to assist with car parking please contact us by the 18th June 2019.

ALL HELP IS WELCOME



Volunteer Practitioners view of ACE

"Since starting volunteering at ACE I've become a lot more confident with myself and my skills, and decided to pursue a career in counselling. The feeling of going home feeling like you're making a difference to a child after a day at work is incredible and is more than worth the hard work involved. I have a lot to owe to ACE for everything they have to offer and everything they contribute to, to young people and volunteers alike."

Parent Support Group

A.C.E would like to hear from parents and carers of young people who are attending A.C.E or on the waiting list for an appointment who would be interested in attending an initial meeting to discuss what support you would like to receive from a Parent/Carer Support Group.

The initial meeting and all future meetings will be held on a Thursday evening in Lancaster.

If you would be interested in attending please contact: confidential@a-c-e.org.uk for further details.

