



Achieve Change & Engagement

Registered Company Number: 7848785

Registered Charity Number: 1147278

ACHIEVE CHANGE AND ENGAGEMENT

MISSION STATEMENT

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

AUTUMN 2018

Autumn 2018 Referral News

It has been a very busy year to date for A.C.E. We have had a record number of referrals received from health professionals, school pastoral teams, parents and young people self referrals.

A.C.E are now 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; 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.

HAPPY 10TH BIRTHDAY TO A.C.E

It is ten years ago that our newly formed A.C.E was commissioned to do a piece of peer research with teenagers around their emotional/mental health. I worked with a group of teenagers who designed the project questionnaires and analysed the results. The research showed massive gaps in the current provision. The group of teenagers advised A.C.E on the service that we needed to provide to fill the gap and offer the service that young people need.

We are always looking for ways to improve our service and collect feedback from all of our young people and also many carers, parents and professionals.

Currently we are concerned about the number of referrals we are receiving for young people who are struggling to attend school due to high levels of anxiety. Other professionals in and out of schools share this concern and I am liaising with a group of them to design and deliver a consultation to investigate the extent of the problem and identify some of the causes. Once identified we will be working with children, young people, parents, carers and professionals to identify possible solutions.

It has been an amazing ten years.

Sally Temple

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.



Fundraising

A.C.E recently held a Virtual Balloon Race to raise extra funds for the delivery of support to young people within the Lancaster and Fylde and Wyre Districts. This was a big success and raised over £600.00. A massive thank you to everyone who bought tickets and helped with the promotion and running

of the race.



We have recently achieved Pqasso (practical quality assurance system) accreditation at level 1, as part of our Lloyds funding. After 2 years hard work we are delighted to be able to say that we are now recognised as a robust and sustainable organisation. Thanks to the whole team for being part of this process!

currently looking for new ideas members for our fundraising. spare a little of your time and or draising ideas please contact Walker on 07468 600 903.

staff News

This quarter we have had two new members of staff join the team. We would like to welcome Sarah and Polly. Sarah has joined us as an Emotional Health Practitioner and will be working within Morecambe High School and also at Morecambe Health Centre.

Polly is joining us as a volunteer Emotional Health Practitioner and will be working within Meadowside Practice.

Lavinia's Report

'I am studying Integrative Psychotherapy at UCLAN university, and I am currently entering my final year. I have previous experience in working with the homeless and in domestic violence. I am really looking forward to working with the young people at ACE and especially working closely together in a therapeutic environment.'

Lavinia is joining us on placement from the University of Central Lancashire and will be based in The Queen Square Practice, Lancaster.

Luke's Report

'Volunteering with A.C.E has been very rewarding. As a psychology student, volunteering over the summer was a great way to gain experience in working with mental health services. I improved my communication skills through fundraising activities and learnt more about the organisation. I was responsible for welcoming young people coming in for sessions and respecting their confidentiality. I am proud to support such an important service for young people.'

Lloyds Transition Project Young person report



'...At the age of 23 I finally found ACE and a therapist I could open up to and trust. The first person I had ever properly talked to about my traumatic events that occurred while I was young and later whilst at university. The first person I ever allowed to go deep into my mind. I tried other forms of therapy over the years for my "drinking" but I couldn't connect to the them or open up. ACE made me see the real me.'

Before ACE I thought I was ok but I was actually a shell of a girl, I had no emotions, no confidence, I felt worthless, but now after 2 years of help from ACE I have found my light within. I experience emotions, happiness and genuine laughter now, I feel lighter...ACE has helped me safely get through the layers of my brain like peeling an onion and helped with anything that was uncovered. I still have a way to go on my journey but looking back I have come a long way. I feel human now, which I feel would have been very unlikely without ACE. ACE is an organisation that you can easily open up to, you are safe, I have major trust issues but ACE is extremely confidential and I have found I can tell them anything. Talking, reaching out to ACE is the solution I have found to converting my past thoughts of "I don't care if I die" to now being determined to have a good life.'

Parent's report of the service 2018

'A.C.E. are very easy to talk to which allowed our daughter to open up about her feelings and worries. Setting her tasks each week gave her motivation to overcome situations. She is a different girl which is lovely to see.'

An example of our service in school's June 2018

'The ACE service has always been extremely supportive to the pupils in our school. The ACE Practitioner is open to discuss any potential referrals we have and give guidance on whether he feels they would be suitable for the project and timescales for support. The service act in a very professional manner, keeping regular contact with the school's staff regarding pupil's emotional progress and next steps, whilst maintaining confidentiality. Relationships with our pupils have always been positive and they look forward to their sessions, each commenting on the progress they feel they have made with the ACE Practitioners support. The building and maintaining of positive and trusting relationships has been key to the success of the service.'

Volunteers Needed

A.C.E provides an early intervention talk therapy service and we are always looking for volunteers to work with young people who require the support that we offer. If you think that you have the skills to help us to help these young people please contact Sally Temple on 07717 316883. As little as one afternoon a week can make such a difference.