



NEWS

Achieve, Change and Engagement (ACE) works with children, young people and adults to support them to improve their emotional health and wellbeing, putting their voices at the heart of our work.



Lorri (Charity Manager) and Jaq (Trauma Worker) at the Creative West End Market in Morecambe

RECENT SUMMARY

ACE received 583 referrals between April 2022 and March 2023.

170 (29.2%) have been allocated and are ongoing with intervention.

154 (26.4%) have been seen and closed as they completed intervention.

89 (15.3%) are still awaiting allocation to a practitioner and a further 36 are awaiting their first appointment.

134 (22.9%) either declined intervention either before or during their first appointment, were seeing another service or did not respond to calls/emails/texts.

Feedback indicates the overall rating of the service was:

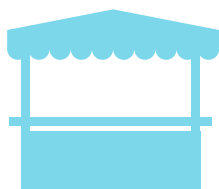
- Excellent 57.2%,
- Very Good 32.1%,
- Good 10.7%,

89.3% of respondents providing feedback felt that the service could not be improved. The remaining 10.7% felt that shorter waiting times would improve the ACE service.

COMMUNITY EVENTS

This summer we've been getting out in the community and have attended the Creative West End market, Highest Point Festival and The Bay Health festival. Big thanks to all events for letting us share what we do with our local community and the impact we have.

If you're organising or know of any events locally where we could have a stall or run a workshop then please get in touch.



FEEDBACK FROM YOUNG PERSON

"The thing that's helped me the most from my sessions is being given strategies to manage my anxiety. Being able to recognise where my anxiety has stemmed from. Being able to talk about my struggles and having someone make me feel valid and give me support.

My anxiety has decreased significantly, I have learnt how to manage it. I have gained a lot of confidence, socially and in myself, I feel more positive in myself.

I am in a healthier relationship, I have learnt how to be independent and how to maintain being happy such as by having hobbies. I don't struggle with panic attacks anymore."

FEEDBACK FROM YOUNG PERSON

"I have become a lot more confident and I understand the different things that have happened in my life a lot more. I get why I'm like I am (in a good way)"

FUNDRAISERS

We could not do what we do without the amazing support from people who raise money and donate to ACE. In the last few months, we've had some generous donations including the following:

Lancaster University rugby teams (LURUFC & LUWRUFC) raised a grand total of £716 for us from their 7S Rugby tournament on the 4th June. A big thank you to all those involved.



Thank you also to the Masonic Charitable Foundation and Angus Lawson for the recent funding.

If you would like to fundraise for us or if you have an idea we can help make happen then please contact us via telephone or email.

Other ways to help:

We're looking for trustees and fundraising volunteers to join our team. If you're interested then please get in touch

Contact details:
07468600903
admin@a-c-e.org.uk

You can also donate to our Just Giving page:
www.justgiving.com/fundraising/achieve-change-engagement

WELCOME TO THE ACE TEAM!

2023 has bought lots of changes including the exciting addition of the following people to the ACE Team.

We'd like to say a very warm welcome to Jane McCarthy and Charlie Painter who will be completing their counselling placements with us. Welcome also to Gemma Thorp who has joined the team as Senior Emotional Health Practitioner.

We're also excited to announce that Clarissa Withers completed her student placement and has now returned to work at ACE as an Emotional Health and Wellbeing practitioner.

Thank you to Emily Waterland and Glyn Fowler who have stepped down as Emotional Health Practitioners. We wish you all the best for your next ventures, we're grateful for the wonderful difference you made to ACE and to the lives of all the young people you worked with. Also to James Moore who completed his placement with us last year.

Victoria Gray-Joyce has stepped down as finance director. We thank for her time volunteering for trustee board. If you would like to be part of our charity we do have some positions available on our board. Please get in touch with our new chair Simon Kay. simon.kay@a-c-e.org.uk

JOURNALLING WORKSHOP

We've recently started an 6-week journalling workshop for young people facilitated by local artist and youth worker Vaz Lockett. The sessions are a space for them to be creative, write poetry, make art and build new friendships. These sessions are funded by Francis C Scott and are intended to help our young people progress from on-to-one work to a group setting.

