

d.c.e. ● ● ●
Achieve Change & Engagement

News



**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.***

A.C.E continues to be busy with referrals received from health professionals, school pastoral teams and self-referrals. Due to the Coronavirus pandemic restrictions we are currently offering telephone appointments to over three hundred young people across Lancaster and Fylde and Wyre districts and we have many more young people waiting for our service.

We would like to thank the following for the kind donation of space to A.C.E and hope to be able to resume face to face appointments in these locations in the near future: 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 Bay Academy; 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.

Thank you to all of the organisations who sponsor our service, with the generous donors who together allow A.C.E to continue to support young people.



The Banks Lyon Memorial Trust



Galbraith Trust



Coronavirus Update

ACE is continuing to support young people during the Coronavirus pandemic. Our staff and volunteers are working from home, keeping contact with all their existing young people by different methods using telephones. ACE is still open for referrals from young people, parents and other agencies at this time.

We have been supplementing our usual service with a seven day a week 2pm – 6pm confidential phone line for any young person aged between 11 and 25 in Fylde, Wyre and Lancaster Districts who is experiencing emotional distress and would like to talk to or text one of our emotional health workers. This telephone service does not require a referral to A.C.E. There is also an email address for young people who would prefer not to use the phone.

**The telephone number is
0800 144 8461
The e-mail address is
contact@a-c-e.org.uk**

Thank you

Thank you to Kitty Brown Boutique and the Royal Kings Arms Hotel for hosting the A.C.E Charity Fashion Show. The event raised £500 and was enjoyed by all who attended.



1

Just having a person to talk to in confidence made everything seem better. Having my safety plan helped me a lot. Strategies for breathing' grounding and mindfulness were really useful. I now feel ready for college. I am more confident in my ability, more motivated and feel able to succeed in my life.'

Young Person

2

"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.'

3

"A.C.E is very friendly. I always feel very safe here. A.C,E doesn't judge me - the service helps me to find solutions that work."

Young Person

Lancaster and District Branch of the Manchester United Supporters Club Fundraiser

Rory Tomlinson aged 14 and Elliot Baker aged 16, both from Ripley School Lancaster, will be cycling 65 miles from Lancaster to Old Trafford. As Manchester United season ticket holders, they will be doing it all off road, on mountain bikes and in one day! There is a provisional date of the 25th July for the ride.

They will be raising money for A.C.E (Achieve Change and Engagement), to support young people, helping them to build resilience and improve mental health and emotional wellbeing. This fundraiser is supported by the Manchester United

Foundation, who are kindly donating an initial £500 and a further £500 if the boys raise £500 from the cycle ride. ACE would like to thank Rory, Elliott and the Manchester United Supporters Club for their support. For details on how to donate please visit the A.C.E website at www.a-c-e.org.uk

Fundraising volunteers are always welcome and can get in touch with us at confidential@a-c-e.org.uk

Coronavirus Mental Health Response Fund

A.C.E have been fortunate enough to receive funding from the **Coronavirus Mental Health Response Fund** which enables us to provide therapy sessions to more young people whose emotional health has been affected by the coronavirus social distancing measures. This additional funding has enabled us to reduce the waiting time for many young people referred to A.C.E at a time when referral levels are high and the service is in demand. We welcome Jaq, Anna and Lucy into this role.

Training offered to become a Befriender Volunteer

Are you or do you know anyone aged 18 to 25 years that has been affected by mental illness; either themselves or a friend or relative. A.C.E are looking for volunteers to train to befriend young people who require emotional health support. If you feel that you would like to help other young people please contact Anna Peri on 07470752114 or e-mail befriend@a-c-e.org.uk for more information and an application form.

As little as a 3 to 4 hours a week can make a difference to a young persons life.

Introduction to the A.C.E CIN Trauma Therapists:

Michael James—I've been a practicing Psychotherapist for over 20 years and for most of that time I've been working with vulnerable young people - mostly in residential care settings where I undertook positions as Lead Psychotherapist working 1:1 with young people and also modelling 'Therapeutic Care' for the practitioners supporting those children. One of my main fields of expertise is the process of 'Attachment' between a child and it's primary care giver(s) and how this can impact on how a child experiences and perceives their world - this together with the impact of all types of trauma informs all of my work as a trauma worker with A-C-E - which in this 'lock down' continues to give me the sense of 'making a difference'.

Aneesh de Vos—Aneesh de Vos joined us in March as a Trauma Worker. Aneesh comes with a wealth of experience having worked in the field for over twenty years. She very much believes in a bottom up - top down approach, using a compassionate combination of cognitive therapies underpinned with mindfulness, working with young people to support them through challenging times. She considers that trauma is not the event itself but how a person perceives and processes what has happened to them. Aneesh works with people supporting them to understand not only what has happened to them but also why it has affected them. She feels that this enables people to regulate, relate and reason. That is then when acceptance and healing occurs.



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WORKING WITH 11-25 YEAR OLDS IN LANCASTER, MORECAMBE BAY, FYLDE AND WYRE TO IMPROVE EMOTIONAL WELL BEING

www.a-c-e.org.uk

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