



# West London Action for Children

## Best wishes for Spring

We are delighted to have launched the Gertrude Fundraising Group, chaired by Fiona MacAuslan. She will be working with other local supporters to organize events and raise our profile.

Georgina Bell has settled in very quickly as our new Lead Therapist. She brings fresh energy, new ideas and 22 years experience of working in Children and Adolescent Mental Health Services. She is looking forward to meeting you.

Finally, please join me in welcoming Sam Garbett. Sam joined the team in December as our new Administrator. He studied International Relations at Aberystwyth and completed a Masters in Conflict Response at Manchester University. A keen cyclist, Sam commutes each day from Peckham by bike. In his spare time, he writes a world music blog. Please look out for him when you next visit or call the office!

Best wishes

Heather Boxer  
Chief Executive



## Calling all artists!

We will be holding our ninth Postcards Anon sale this Autumn and so we are starting to collect original postcard sized art for the sale.

Can you paint, draw or create art of any other kind? In the past we have had embroidery, etchings, collages, ink, watercolours, oils and pen.

Originals only please – no prints, copies or photographs. All art should be approx 6x4" or 7x5" and signed on the back only (so that it's 'anonymous').

If you are an artist (or you can put us in touch with other artists) please contact us on 020 7352 1155 or send in your artwork to 15 Gertrude Street, London SW10 0JN.

## Save the date!

### Three Bridges Fun Run

**10th May 10am**

A scenic 8m run or 4m walk by the river followed by brunch. Fun for all the family (and dogs!).

Venue: St Pauls School SW13 9JT

### Annual Meeting

**10th November 4pm**

With Guest Speaker Professor Mick Cooper, specialist in School-Based Counselling.

Come and meet the Staff, Trustees and Volunteers.



Follow us on Twitter @WLACchildren, find us on Facebook at West London Action for Children, or go to [www.wlac.org.uk](http://www.wlac.org.uk) to find out more about our events.



## Our work in local schools

As well as offering 1:1 counselling and therapy services, we have been working with local primary and secondary schools for many years. We run a range of therapeutic groups designed to meet the needs of children of all ages.

Targeting children from low-income families, clients are referred to us by their teachers.

**Mighty Me** is a therapeutic group we run for children in years 4 to 6 in local primary schools. It runs for 9 weekly sessions. The group helps children to develop their self confidence, identify their strengths and develop strategies to deal with problems.

**Cool Moves** The transition from primary school to secondary school can be quite daunting. This therapeutic group helps children by allowing them to express their feelings and gather support from others who are in the same situation. It helps them gain confidence and face new challenges.

**Paws.b** This is a new mindfulness pilot initiative for young children. It is usually run as a whole-class activity. Based on mindfulness mediation it offers training in concentration, attention and self-awareness. It can help young children respond better to the demands of school life and in interactions with their peers and family.

**ActionDrama** is a therapeutic group in a non-therapeutic setting, for children aged 8 to 12. The group can help children develop skills in relating to others and help them express their feelings through drama in a non-therapeutic setting.

'It was helpful when we gave advice to each other'

'I am now able to make friends more easily as I don't worry so much about what people think of me'.

'The sessions helped to give me confidence'

"I sometimes feel confused and get 'butterflies in my stomach' when I have to try something new but I am able to think about my Ally and all the positive things it tells me and then the confusion usually disappears"

'I was really scared but now I'm also excited about going to my new school'

"I was surprised that I felt able to speak up for myself"



## Fundraising News

Each year we need to raise over £450,000 to fund our counselling and therapy services. We rely on community events, individual donations and legacies. On behalf of all our client families, we would like to thank all our donors and fundraisers for their crucial ongoing support.



### Festive giving

Thank you to our friends at West Six Garden Centre who generously gave £240 from their busy Santa's grotto. Thank you to everyone who sang carols for us at the Hammersmith Broadway (£240) and to the Montessori Brook Green for their Christmas Concert collection (£220).



Thank you to St Columba's for your Christmas collection and to the Unicorn for your collections over the term, including donations from your Christmas concerts and Harvest Festival gifts, not to mention the inspired "farmers market". Thank you to everyone who donated gifts for our Christmas boxes including Unicorn, Notting Hill Preparatory School, Thomas' Pimlico and Acorn Nursery. Thank you also to Sainsbury's and the Junior League of London who provided food and volunteers for our client party. The wonderful hampers created by the Junior League of London brought a great deal of joy to over 60 families.

Finally, thank you to everyone who donated via the Big Give Christmas Appeal. We received £32,539 through pledges and online donations!



### Giant Yard Sale at Kite Studios

Thank you to everyone who sold, bought and hosted an advertising board for our first ever giant Yard Sale at Kite Studios on 1<sup>st</sup> March. It was a great chance to declutter, bag a bargain and raise money for three great causes including £500 for WLAC. Thank you to our sponsors Philip Wooller Estate Agents



### Lumi Yoga (King St Hammersmith) & Triyoga (Kings Rd Chelsea)



We are thrilled to be supported by two local yoga studios. Please consider trying one of their classes and thank them for their fundraising efforts and interest in our work.



### WLAC Brook Green Bridge Tournament

Thank you to everyone who took part in this year's bridge tournament and raised £1,800 for WLAC. Well played everyone!



### Good Luck to our Marathon runners...

Our 6 brave runners are being supported by our volunteer marathon co-ordinator, Bianca Sainty, who ran the marathon herself in 2012. If you would like to sponsor them please visit the events page at [www.wlac.org.uk](http://www.wlac.org.uk)

### Nightrider London 6-7th June – please join our team

We have ten charity places for this 100km moonlit ride through London. Would you like to join our team? The registration fee is £39 and we are asking participants to pledge to raise a minimum of £175. Please call us on 020 7352 1155





## Please consider leaving us a gift in your will

A will is one of the most important documents that each of us writes.

It is how we provide for loved ones. It can also be how we continue making a difference to the causes that we care about, even after we have gone.

West London Action for Children is very fortunate to have benefited from legacies in the past.

According to Remember a Charity, 74% of the UK population support charities and when asked, 35% of people say they would happily leave a gift in their will once family and friends had been provided for. However, currently only 7% actually get around to doing so.

We would like to ask you to consider leaving us a gift in your will to support our future work.

There are a number of options you might consider.

A **pecuniary bequest** is a fixed sum of money decided by you.

Some donors decide to make a **specific bequest** of personal possessions e.g. property or shares.

A **residual bequest** is a gift of the remainder of your estate after all payments, taxes and other bequests have been made.

As we have charitable status, your gift will be exempt from inheritance tax, which may reduce your tax liability. However, please ask your solicitor about your particular circumstances as inheritance tax can be affected by other issues.

Writing a will is a very personal matter. But if you have any questions or would like to talk to us about legacy giving, please contact us on 020 7352 1155.

If you do decide to leave West London Action for Children a legacy, you will need to include our full name, address and charity number details in your will:

West London Action for Children  
15 Gertrude Street  
London  
SW10 0JN  
Registered charity number: 1135648

Any gift you can afford will help us. Thank you for considering us in this way.

As a small, independent, local charity we rely on your generosity to fund our work with local children, teenagers and their families.

Thank you for making a positive difference to their lives.

