



# West London Action for Children

## Celebrating 100 years... countdown to our Centenary!

As many of you know, West London Action for Children will be celebrating its Centenary next year.

Despite the enormous material improvements in our society and the general increases in our standards of living, the cases we deal with today are remarkably similar to those of the past.

Having said that, our approach and methods have evolved with the times. We are client-led and solution focused. Our team uses tried and tested therapeutic methods and is also involved in cutting edge research and practice.

Our commitment to 'talking therapies' remains as strong as ever. We know that by listening and talking we can help our clients achieve positive and lasting changes in their lives.

Thank you for your support.

Heather Boxer, Chief Executive



## Get in on the action!

We are starting to plan events and projects for our centenary.

Do you have an idea?  
Would you like to help us?

Please get in touch if you would like to organise an event or get involved in one of our project groups. Any time and expertise you are able to give would be very much appreciated.

Our Fundraising Officer Gazala would love to hear from you!

[gazala@wlac.org.uk](mailto:gazala@wlac.org.uk)

020 7352 1155

### Save the date!

#### Neighbourhood Nosh

**4 May 7-10.30pm**

Drinks reception followed by main course and pudding at 3 venues in Brook Green. Kindly sponsored by Bective Leslie Marsh.

#### Three Bridges Fun Run

**8 May 10am-3pm**

Join us for our annual Fun Run around Barnes, Hammersmith and Putney Bridges. 8 miles for runners, 4 miles for walkers.

#### Postcards Anon CHRISTIE'S 10-14 November

Postcards Anon returns to Christie's. We are collecting original postcard-sized artwork, approx 6x4" or 7x5" and signed on the back only.

Please visit [www.wlac.org.uk](http://www.wlac.org.uk) for more details  
West London Action for Children  
15 Gertrude Street, London, SW10 0JN  
020 7352 1155



## Future in Mind

The Government's Children and Young People's Mental Health Taskforce was established in September 2014 and published 'Your future in mind – an open letter to children and young people'.

The Taskforce set out a clear case for investment. One in ten children needs support or treatment for mental health problems (ranging from short spells of depression or anxiety through to severe and persistent conditions). Over half of mental health problems in adult life (excluding dementia) start by the age of 14 and seventy-five per cent by age 18.

The Report emphasised the need for real changes across the whole system so that the NHS, public health, local authorities, social care, the voluntary sector, schools and youth justice sectors work together to:

- 1. Place the emphasis on building resilience, promoting good mental health, prevention and early intervention**
- 2. Simplify structures and improve access**
- 3. Deliver a clear joined up approach**
- 4. Harness the power of information to drive improvements in the delivery of care**
- 5. Sustain a culture of continuous evidence-based service improvement**
- 6. Make the right investments**

### **What does this mean for West London Action for Children?**

At West London Action for Children we are already committed to partnership working. Almost all of our clients are referred to us by professionals working in local schools, the NHS, Social Services and the police.

'Future in Mind' has encouraged change in mental health services to achieve better outcomes for children, and to open up new and improved pathways.

WLAC already provides services that fit well with this model by: working in schools to offer 1:1 counselling and therapy; providing group work to help build children's resilience; and working with families to offer a holistic approach. We look forward to expanding these services.

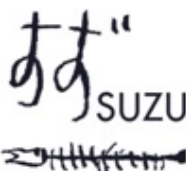
A combination of early intervention work while also being able to offer services to those who may have faced multi-faceted challenges, enables WLAC to work with a wide range of clients of different ages.





## Fundraising News

This year's **Bridge Evening** was a great success and helped to raise over £2,650 for WLAC. Congratulations to our winners, Rosemary Perrett and Miles Watson, and to the First Grand Slam winners, Sandy and Derek Chase. The 'winning a trick with a '2' helium balloon' prize was won by Charlie Boyd. Our thanks go to Edmund Sixsmith who organised the event; Bective Leslie Marsh for their help in setting up the event and their donation of wine; the Brook Green Events Group who produced a wonderful feast for our guests, and to everyone who came along and supported WLAC.



WLAC's newest event, **Lightning Talks** – a fast paced evening filled with short inspiring presentations by local people who are passionate about what they do – took place at the end of February. The audience were enthralled by topics as diverse as Japanese Food, Photography, Happiness and Therapy, and The New Hammersmith Underpass. They were treated to delicious sushi canapés and drinks. In total nearly £1,000 was raised. Our thanks to Makiko who hosted the event; Suzu Restaurant for providing the refreshments; Dexters who sponsored the event, and all the speakers. Special thanks to the Ravenscourt Group who organised the evening.



The **Chelsea Chamber Choir** and their Director, Oliver Lallemand, raised over £430 for WLAC from the Retiring Collection of their pitch-perfect performance of Requiescat in the beautiful Christ Church, Chelsea. Thank you to Oliver and the Choir, Kathy Dexter who spoke about WLAC, and everyone who came along to enjoy the concert.



We are delighted to announce that we have been chosen as the Charity of the Year by the **Royal Mid-Surrey Golf Club**, and are the chosen charity of the Ladies' Golf Captain at the **Roehampton Golf Club**. We look forward to working with both Clubs throughout the year.



Well done to Freddie Cragie who organized a **Charity Rugby Match** at Rosslyn Park to raise money towards his Marathon sponsorship. The Rugby Match was followed by a Fundraising Evening, enjoyed by all.

We are so grateful to all of our partners who come together at Christmas, donating time, energy, food and presents, to spread some Festive joy at what can be a difficult time for many of our clients: **Montessori Brook Green** for their Christmas Concert collection raising £200; the **Treblemakers** for raising £450 in collecting buckets whilst they sang at Shepherds Bush market and Trafalgar Square; **Unicorn, Notting Hill Preparatory School** and **Acorn Nursery** who donated gifts for our Christmas boxes; the **Junior League of London** who created wonderful hampers filled to the brim with food and gifts for 50 of our client families, as well as providing volunteers for this year's Client Christmas Party; **Megan's**, Kings Road, who provided brownies and cookies for the client party; and the **Chelsea Arts Theatre** for hosting this year's party, accommodating 140 of our clients for a Christmas theatre production.





# WLAC Centenary 1917 – 2017



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## Celebrate 🎉 Raise Awareness 🎉 Fundraise

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We will be celebrating our Centenary in 2017.

**Celebrate** We will be looking back and celebrating the work we have done and the positive achievements that our clients have made over the past 100 years.

**Raise awareness** We will be raising awareness about mental health issues and the work that we do to support local children and their families. We want to broaden our support base.

**Fundraise** We will be fundraising. Our target is to raise £100,000 in order to expand our Mighty Me programme so that we can offer it to 100 more primary school children. We know that this early intervention project works and that we can help more local children who are in need.

Our volunteers have lots of exciting ideas for our Centenary. Please join in and get involved!

### Online auction

We are inviting donations of orange items that we can auction online to raise funds. If you or your business have something new or interesting that you can donate please contact [gazala@wlac.org.uk](mailto:gazala@wlac.org.uk). We also need help sourcing donations from local businesses.

### Set yourself a '100 Challenge'

We are inviting you to set yourself a '100 challenge' and secure sponsorship from friends and family in aid of West London Action for Children. Ever wanted to cycle 100 miles? Or learn 100 words in a new language? Or perform 100 sit-ups? You can use an online sponsorship site such as [www.virginmoneygiving.com](http://www.virginmoneygiving.com). Please contact [sam@wlac.org.uk](mailto:sam@wlac.org.uk) if you would like any help with this.

### Centenary Bunting

We have already started making centenary bunting – we are trying to set a new World Record. Please join in the fun! For more details, please visit our website at [www.wlac.org.uk](http://www.wlac.org.uk).

### 'Go Orange' Day!

We are planning this for 10<sup>th</sup> October 2017 to coincide with World Mental Health Day. We will be encouraging people to wear something orange in support. More details to follow... If your school, church, business or club would like to get involved, please get in touch.

### Street Party

We will be organising a street birthday party to celebrate 100 years. If you would like to help us organise this event or perhaps bake a birthday cake, please get in touch.



For more information on any of the above events please contact us at [team@wlac.org.uk](mailto:team@wlac.org.uk)