

# WINTER NEWSLETTER

DECEMBER 2025



## 2025 News

Firstly a.c.e would like to wish everyone a very happy holiday and send best wishes for the new year.

It has been a busy year for a.c.e. From the start of the year up until the 1<sup>st</sup> December we received over 220 referrals into the service. We have supported young people at Sun Street, Lancaster; Queens Square Surgery; Citizen's Advice Bureau, Morecambe, in schools and at the new a.c.e therapy room at Good Things Collective, Morecambe.

94% of young people ending their intervention with a.c.e during 2025 showed an improvement in their emotional and mental health. Over 58% of the young people showed improvements measured by psychological assessment of over 50% with three quarters of those achieving improvements of over 60%.

a.c.e ran two fundraising events in 2025. A Charity Race Night and a Kitty Brown Fashion Show. Both were great fun and big thanks goes to the a.c.e fundraising committee for organising the events and to all of the people who attended for their support.



Moving into 2026 is an exciting time as we continue to support children and young people. However, as a small charity, raising funds to continue the brilliant work we do can prove challenging. So if you'd like to join our fundraising team, please email at [admin@a-c-e.org.uk](mailto:admin@a-c-e.org.uk) or you can donate via our website donations page at:

<https://a-c-e.org.uk/donations/>

a.c.e is also seeking trustees to join our board, particularly those who have experience in HR and finance. However, we would be thrilled to hear from anyone who feels they would like to offer their time and expertise. To discuss this further, please email [admin@a-c-e.org.uk](mailto:admin@a-c-e.org.uk) and someone will be in touch.

Finally a mention for the charity trustees who provide numerous hours of their time free of charge. Thank you from all of the staff, volunteers and young people for your continued support.

a.c.e supports young people aged 10 to 25 years who have suffered adverse childhood experiences to improve their mental health and emotional wellbeing



## a.c.e. welcomes

In January 2025 a.c.e welcomed Caitlin Lynch and Evie Wright, Trainee Child and Young Person Wellbeing Practitioners who have been a wonderful addition to the team.

We also welcomed Macy Davis, Trauma Counsellor and Deya Roberts, C.B.T Therapist to a.c.e during the year. They have both brought a wealth of experience and knowledge to the service.

a.c.e has three new placement students joining in early 2026. We welcome Ellie Hopkins, Dem Tremelling and Elle Stevens to the team.



## Farewells and Good Luck



Kat Greenwood, C.B.T Therapist moved from a.c.e during 2025 to pursue new adventures. She was a well established part of the team and provided valued support to many young people in the service. We wish Kat well in all of her future endeavours.

Caitlin Lynch, Trainee Child and Young Person Wellbeing Practitioner has completed her time with a.c.e and leaves for pastures new in mid December. All of the team wish her the very best of luck and every happiness in her new role.

Trustee Joanne Hall left the board at the end of 2025 after many years of service. We thank Joanne for all of her hard work and wish her well for the future.

Finally, goodbye and good luck to our 2025 Placement Students Reuben Cowl, Syeda Rizvi, Dannie Kyle and Adam Russell.

We loved having you with us at a.c.e and wish you all every success in your future careers.





# 2025 DONATION THANK YOU'S



Louise Ward raised £3,000



Sing Me Sunshine raised £300



Liz and Josh Atkinson raised over £350 from their Hadrian's Wall walk



Barlows UK Ltd donated Easter Eggs to young people accessing the service



Lancaster University IINTO International Study Centre raised over £110



Westminster Foundation

The Abbeystead Estate donated £1,250 in lieu of sending Christmas cards this year. The Westminster Foundation also provided a grant of £2,500 to a.c.e in recognition of staff fundraising activities



Crookhey Hall School

The pupil's of Crookhey Hall School raised over £30



Tesco Carnforth customers who donated over £540



Lancaster Loyne Rotary Club donated £200





## Service Feedback



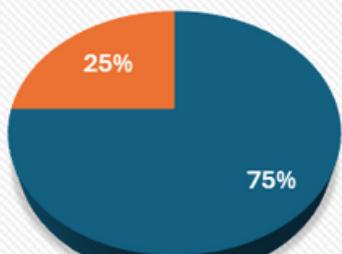
*'Excellent service. Very good level of communication/feedback to assist with support in school. Very good in terms of flexibility in how long students are seen, but works through a large number of students. Very positive in terms of impact. Very good at offering practical advice and suggestions.' - School, 2025*

*'ACE is confidential; relaxing, a comfortable environment and kind with understanding staff. I liked talking, listening and being able to understand what and why I was responding to things the way I was and how to navigate it. My motivation and relationships are better. I am more confident about making changes such as lifestyle and setting boundaries. Realising I can get better.' - Young person, 2025*

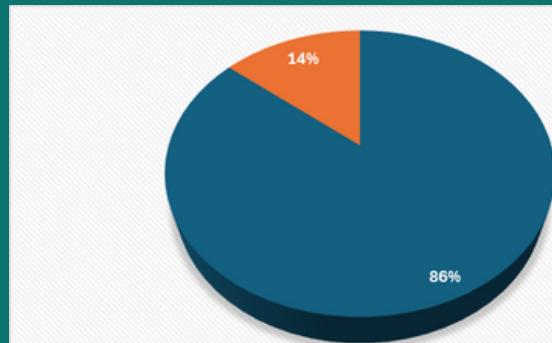
*'My son has released a lot of the anger he had before he came to counselling. He is a lot happier and says he has found peace. It helped him deal with anger and resentment and now he has strategies to deal with it. Thank you so much. It has made such a massive difference to my son's life.' - Parent, 2025*

*'Ace was very welcoming and made me feel relaxed and look forward to coming to appointments. It made me relaxed and feel I could talk and feel safe. We worked with diaries, setting goals with rewards that helped with routine. I have less anxiety now, I am happier, school attendance is up and my motivation is improved.' - Young person, 2025*

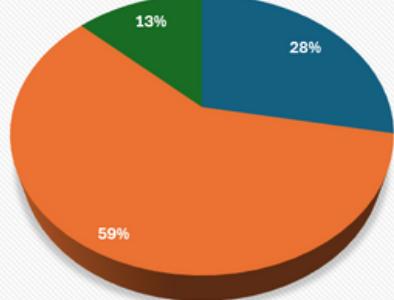
### 2025 SERVICE FEEDBACK STATISTICS



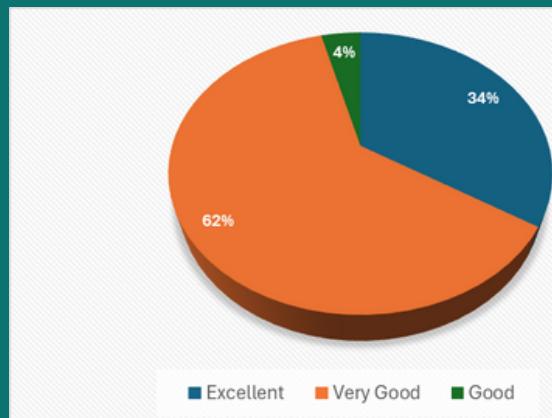
How would you rate, overall, the service that you have received?



How would you rate, overall, the a.c.e. therapy that you have received?



How would you rate the improvement in your emotional health whilst using the service?

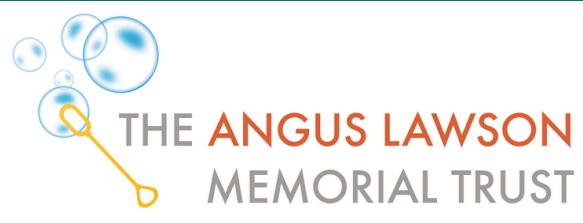


How would you rate the effect the a.c.e. service has had on your life?





# 2025 THANK YOU'S TO ALL OF THE A.C.E FUNDERS



The Souter Charitable Trust



Westminster  
Foundation



The Banks Lyon Memorial Trust



COMMUNITY  
FUND



BBC  
Children  
in Need

FCSCT

FRANCIS C SCOTT CHARITABLE TRUST



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