Youth Support Document for Winchester

Winchester Youth Counselling



Support Services Directory for Young People (aged 11-25)
Including NEET Support, Employment, Wellbeing and Community Opportunities

This document provides information about charities, organisations and services available to support young people aged 11-25. It is designed for young people who may not be in education, employment or training (NEET) as well as those who may need guidance, support or additional opportunities.

The services listed include support with

- Employment and training
- Mental health and wellbeing
- Housing and homelessness
- Volunteering and social opportunities
- Education and career development
- Personal and social support

Support services vary depending on individual needs, and young people are encouraged to explore options that feel right for them.

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Education, Employment and Training Support

Youth Options

- Hampshire (Winchester)
- Ages 11-25
- www.youthoptions.org.uk

What they offer:

- Support getting into education or employment
- Outdoor learning and confidence building
- Youth work and mentoring
- Help developing life skills

Why you might contact them:

- if you need help finding direction
- building confidence
- preparing for work or education.

Winchester Job Centre Plus – Youth Support

- Winchester
- Ages 16+
- www.gov.uk/contact-jobcentre-plus

What they offer:

- Support finding jobs
- CV and interview help
- Training opportunities
- Financial support advice

Why you might contact them:

- if you are looking for work, apprenticeships, or financial support while job searching

Hampshire Futures

- Hampshire
- Ages 11-19 (up to 25 with additional needs)
- www.hampshirefutures.co.uk

What they offer:

- Careers advice

- Help with education choices
- Training and employment guidance
- One-to-one support

Why you might contact them:

- if you feel unsure about your future
- need careers advice.

Free Courses in England (UK Government)

- Hampshire/ online courses
- Ages 19+
- Free and accredited courses
- Free online courses with certificates UK - Free Courses in England

What they offer:

- Gain an accredited qualification
- Quick enrolment
- Achieved over a few weeks
- Option for no exams

Why you might contact them:

- if you are looking to build skills to put on your CV
- learn more about a specific content
- prefer online learning

Hampshire County Council – Adult Tailored Learning

- Hampshire
- Small fees (£0-£1)
- Online courses
- Opportunity to meet like-minded people
- May have to travel around Hampshire, e.g Havant depending on course
- Find a Course | ontrack: Learner Hub

What they offer:

- Accessible for those out of employment
- Options to build confidence and improve skills
- Courses to prepare you for employment

Why you might contact them:

- if you are looking to gain skills for employment

- meet new people
- build confidence

Seetec

- Hampshire based
- Free support for anyone
- 'hand-held' interaction whilst getting employment and during initial employment
- Courses provided to help with your CV, interviews etc
- Connect to Work Hampshire - Seetec

What they offer:

- Free 12-month programme
- 1:1 coaching ensuring this is client centred
- Will help attend interviews for support

Why you might contact them:

- if you're feeling lost
- lacking in support for finding a job
- are stuck in your current job
- anxious about getting a job
- lacking qualifications for a job you may want
- need help with finding/ looking for jobs.

IPS Together

- Hampshire based
- Free support for over 18s
- Must be receiving help from mental health services currently, to be eligible
- Will provide in-work support once in employment

What they offer:

- Assistance in getting employment
- Dedicated specialist
- Support before and after employment

Why you might contact them:

- If you are struggling with your mental health and are out of employment

Leaflet:

https://www.hiowpeople.nhs.uk/wp-content/uploads/2026/06/IPS-Together-Trifold-Leaflet-150725-Print.pdf

Pathways – Hampshire County Council

- 16-25 with a special educational needs and disability (SEND) need
- Hampshire based
- Helps young people become confident in making choices by themselves
- 'Learn by doing' approach
- Young people work towards an Entry 3 Award in Personal and Social Development and the Bronze or Silver Duke of Edinburgh award

What they offer:

- 34-week programme and a 3-week induction
- Training by classroom learning with community activities
- Learners have tutorials and pastoral support sessions
- Learners will be supported by a specialist Skills Coach
- Improve Maths, English and Digital Skills
- Download their application form on their website: Pathways - information for referrers and young people | Education and learning | Hampshire County Council
- And send your application to this email: ypl@hants.gov.uk.

Why you might contact them:

- If you are aged 16-35 with a special educational needs and disability (SEND) and ready to learn and motivated to become more independent, e.g. Autism, Dyslexia, Mental Health Difficulty

Equality, Diversity and Inclusion

Breakout Youth

- Hampshire and IOW
- Ages 11 to 25
- For young people who are LGBTQ+
- **Breakout Youth: LGBTQ+ Support Hampshire & Isle of Wight**

What they offer:

- Youth groups in Southampton, Basingstoke, New Forest, Andover & IOW
- Confidential support
- Local activities and events

Why you might contact them:

- if you are looking for support with your sexuality
- feel isolated or unsure

Y Services

- Hampshire
- Young people – no age given
- LGBTQ+
- LGBTQ+ - Y Services

What they offer:

- Youth groups with weekly structured activities
- Safe spaces in Fareham, Gosport and Havant

Why you might contact them:

- if you want to meet other people who are LGBTQ+
- get free support
- participate in workshops on issues that affect LGBTQ+ young people

Action Hampshire

- Hampshire
- LGBTQIA+ support
- Support for LGBTQIA+ People - Action Hampshire

What they offer:

- Resources for young people

- Community groups

Why you might contact them:

- if you want to meet other people
- need support and assistance with finding community groups.

Beyond Reflections

- Member support for 18+ trans / unsure
- Monthly fee of £15 a month – potential for no fee with no employment
- Option for non-members
- For Members | Empower Your Gender Journey — Join Us Now — Beyond Reflections

What they offer:

- Membership offers group support (long and short term), 1-2-1 support, therapy and ways to parenthood

Why you might contact them:

- if you want consistent support with transitioning
- every now and then support

The Beaumont Society

- National service for all transgender people
- Beaumont Society | Beaumont Society

What they offer:

- 24/7 information line - +44 (0)1582 412220

Why you might contact them:

- if you want support or help as a transgender person.

Mind Out

- Online support for LGBTQ+
- Support for minority groups, black Asian communities
- https://mindout.org.uk/

What they offer:

- Online support
- Groups, advocacy and information

Why you might contact them:

- if you would like online support or information and advice with your mental health as a LGBTQIA+ person
- are from an ethnic minority community.

Mental Health and Emotional Wellbeing

No Limits

- Hampshire
- Ages 11-25
- www.nolimitshelp.org.uk

What they offer:

- Mental health support
- Advice around relationships, identity and wellbeing
- Drop-in support and online help

Why you might contact them:

- if you want friendly, confidential advice
- emotional support.

Hampshire Youth Access

- Hampshire
- Ages 5-17 (up to 24 for care leavers and SEND)
- www.hampshireyouthaccess.org.uk

What they offer:

- Mental health support
- Access to other leading agencies providing counselling, mental health and emotional wellbeing advice and support

Why you might contact them:

- If you need advice about counselling, mental health and emotional wellbeing advice and support

Winchester & District Young Carers

- Hampshire
- Ages 8-17
- www. winchesteryoungcarers.org.uk

What they offer:

- Provide a safe environment for young carers to share their feelings and experiences
- Exploration programme
- Activities programme
- Wellness Recovery Action Plan (WRAP)

Why you might contact them:

- If you are a young carer
- Need assistance, advice or support
- To meet new people

Solent Mind

- Hampshire based
- 18+
- Accessible, affordable counselling option
- Open Minds: Accessible counselling from Solent Mind

What do they offer?

- 1-1 counselling at £45 for 50 minutes
- Flexible counselling sessions
- Option for it to be online
- BACP accredited counsellors
- Discounted sessions until June 2026

Why you might contact them:

- If you needed 1-1 support that was affordable
- Option to have more than 6 sessions – up to 12
- Local, accessible support

Xperience Youth Hub – Fareham

- Local based group for young girls aged 10-15
- Mindfulness

What they offer:

- Small group for young girls
- Mindfulness practices
- Community space

Why you might contact them:

- To improve your mental health
- A safe space to talk

Totton Creative Hub

- Local based community groups for different ages of young people to help cope with anxiety
- Supportive and friendly space for managing anxiety

What they offer:

- Weekly managing anxiety sessions to manage anxiety, build confidence and connect with others.
- Small-group sessions
- Weekly Wednesday sessions available for:
  4:00pm to 5:00pm – ages 7-13
  5:30 to 6:30pm – ages 14-18
- The sessions aim to be welcoming and low-pressure, recognising that attending a new group can feel like a significant step for young people experiencing anxiety. Support can be provided to help young people feel comfortable attending, including a phone call beforehand, meeting the team in advance or arranging a visit to the venue.

Why you might contact them:

- If you need help coping with anxiety
- Would like to build confidence
- Connect with others

Refer here: Managing Anxiety Support Sessions Referral Form - Airtable

Housing and Crisis Support

Step by Step

- Hampshire and surrounding areas
- Ages 11-25
- www.stepbystep.org.uk

What they offer:

- Housing and accommodation support
- Help with independence skills
- Emotional support
- Personal development programmes

Why you might contact them:

- if you are worried about where you live
- are homeless
- need support living independently

Trinity

- Winchester based
- Support people experiencing homelessness or housing instability
- Provide safe accommodation and recovery programmes for people rebuilding their lives
- Offer practical support, guidance and life-skills development and help with independent living and stability
- Trinity Winchester | Supporting individuals affected by homelessness and domestic abuse in Winchester

What they offer:

- Supported housing and accommodation programmes
- One-to-one support with housing, wellbeing and personal development
- Help with benefits, budgeting and life skills
- Opportunities for training, volunteering and community support

Why you might contact them:

- you are homeless or at risk of becoming homeless
- you need supported accommodation
- you want help getting back on your feet and living independently
- you need support with practical life skills or accessing services.

Winchester Beacon

- Provide direct support to people experiencing homelessness in Winchester
- Operate as a day centre and support hub
- Work with local services to help people access housing and essential support
- Home - The Winchester Beacon

What they offer:

- Hot meals, showers, laundry facilities and basic essentials
- Support with housing applications and assessing services
- Advice and signposting to health, benefits and support organisations
- A safe place to rest, talk to staff and receive support

Why you might contact them:

- you are sleeping rough or without stable accommodation
- you need basic facilities such as food, showers or clothing
- you need help finding housing or accessing support services
- you want to speak to someone about support available locally.

Citizens Advice

- Provide free, confidential and independent advice on a wide range of issues
- Help people understand their rights and options
- Support individuals dealing with housing, debt, benefits and legal issues
- Advocate for people facing financial hardship or unfair treatment
- Citizens Advice Winchester District - We are here to help

What they offer:

- Advice on housing rights, evictions and tenancy problems
- Help with benefits, debt management and budgeting
- Supporting completing forms, applications and appeals
- Information on consumer rights, employment and legal matters

Why you might contact them:

- you are facing eviction or housing issues
- you need help understanding benefits or financial support
- you are dealing with det or money worries
- you need free advice about your rights or next steps.

Winchester Basics Bank

- Provide emergency food and essential items to people in crisis

- Support individuals and families facing financial hardship
- Work with local organisations to ensure people receive the help they need
- Help reduce food poverty in the Winchester area.
- Winchester Basics Bank – Provides emergency food and clothes to individuals and families in need

What they offer:

- Food parcels and emergency groceries
- Essential items such as toiletries and household goods
- Referral-based support service through local agencies
- Friendly volunteers offering practical support and signposting

Why you might contact them:

- you are struggling to afford food or essentials
- you are experiencing financial crisis or benefit delays
- a professional has referred you for emergency food support
- you need short-term help while resolving financial difficulties

Youth Activities and Community Support

Winchester Youth Services

- Winchester
- 11-19 (up to 25 with additional needs)

What they offer:

- Youth clubs and safe social spaces
- Activities and trips
- Support from youth workers
- Advice and guidance

Why you might contact them:

- if you want to meet new people
- try activities
- speak to youth workers informally.

Solent Youth Action

- Hampshire
- 10-25
- www.solentyouthaction.org.uk

What they offer:

- Volunteering opportunities
- Social action projects
- Confidence building
- Community programmes

Why you might contact them:

- if you'd like experience
- to build skills
- to get involved in projects.

Sport In Mind

- Yoga for mental wellbeing
- Free
- www.sportinmind.org

What they offer:

- Every Tuesday 11:30am-12:30pm at Winchester college sports centre

Why you might contact them:

- If you'd like to practice yoga
- Better your mental health
- Do more exercise

Volunteering and Skill Building

Winchester Youth Counselling

- Winchester
- 18+
- www.winchesteryouthcounselling.org

What they offer:

- Community Champions Scheme (18+)
- Youth Board (16-25)

Why you might contact them:

- To gain an insight into how a charity works
- To gain valuable and transferrable skills
- To add to your CV

Get Volunteering

- Location based search
- Volunteering opportunities summarised
- Local volunteering opportunities near Winchester, Hampshire - Get Volunteering

What they offer:

- Collection of advertised volunteering opportunities near you
- Can search for specific areas of expertise or what you prefer

Why you might contact them:

- To apply for volunteering roles in the community, specific advertised roles.

NHS – Hampshire Hospitals Foundation Trust (HHFT)

- Volunteering opportunities for those aged 18+ and those 17 need permission from their parent/ guardian
- Volunteering in hospitals
- Become a volunteer :: Hampshire Hospitals

What they offer:

- Volunteering opportunities from ward work to fundraising efforts in a hospital near you

Why you might contact them:

- For experience in hospitals
- building your CV

- gaining insight and knowledge

Youth Options

- Winchester / Southampton based
- All ages
- Require a cover letter
- Volunteering • Help Others • Join The Fun • Youth Options

What they offer:

- Option to help with their outdoor learning centre- gardening
- Supporting community events
- Help run youth-focused projects

Why you might contact them:

- if you would like to help to make a difference to children's lives
- build skills
- meet new people

Skills for Life – Itchen Sixth Form College

- Winchester based
- Kickstart your career in early years
- Funded by UK government
- Adults | Skills for Careers

What they offer:

- 3-week courses, 5 days a week (9am-2pm)
- Skills bootcamps

Why you might contact them:

- To boost your cv
- If you want to get into early years teaching/ support
- Free course to gain skills

Upcoming Programmes/ Groups

Updated from June 2026

Nurturing Programme – Autumn Term 2026
Applications are now open for the 10-week evidence-based Nurturing Programme for parents of children aged 2–12 years living in Winchester and surrounding villages.

The programme focuses on strengthening family relationships, emotional wellbeing, and supporting parents to raise emotionally healthy children who can self-regulate.

One recent participant commented:

"I didn't want to do this course but it's the best thing I have done. Made me realise that I am not alone in struggling and I am really trying to change things at home."

Autumn Term Programme (free pre-school crèche available):

St Stephen's Church, Oliver's Battery Road North, Winchester SO22 4JB
Wednesdays, 9.05am–11.05am
23 September – 2 December 2026 (excluding half term)

The programme is free. A voluntary contribution of £10 is requested towards the parent handbook.

Parents may self-refer or professionals can make referrals. Please see the attached leaflet for referral and contact details.