

My chosen charity for this year as Lady Captain is Youth Talk.

Youth Talk is a local charity that provides free, confidential counselling to youngsters aged between 13 and 25 in St. Albans, Harpenden and surrounding areas. It can be hard enough for young people growing up in today's world without the additional challenges that life can bring. It can feel impossible to cope and some young people can't.

I found out about this charity from a close family friend. Her eldest son and our son were best friends and both enjoyed playing golf here at the Common. He sadly died when he was 19 of Sudden Adult Death Syndrome. Her youngest son received invaluable support from Youth Talk when he needed it most.

Jane Howe