



ST BARNABAS
COUNSELLING CENTRE

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AUTUMN NEWS-LETTER 2009

"Season of Mists and Mellow Fruitfulness"

Dear Friend

We provide not only counselling but apples and books as well! (More on this in a moment). This year we had to have a new boiler fitted and our old draughty windows were replaced so we will be warm and snug in the winter. We were also able to let in fresh breezes in the summer (a rare treat as we have not been able to open the windows for a long time!). Our Book Club using the old 'Bring and Buy' principles has proved to be an excellent fundraiser and the apples were donated by a Counsellor with a large orchard and made available to our clients.



We have had a great year so far, more or less keeping up with demand in these difficult times. We have had some excellent training events and some inspiring speakers, keeping our Counsellors well informed and up to speed on current theories and techniques. We continue with our 25 counsellors and have increased our supervisor numbers to five. One supervisor, Lynda, has left and been replaced by two new people though Lynda will be joining the Advisory Council which is good news for us as we won't be losing her very valuable expertise.

Our clients come to St Barnabas with increasingly complex issues. Some have already had experience of the mental health system, some are totally defenceless, vulnerable and at the end of their tether. Accompanying them on their road to a healthy recovery is what makes our work so rewarding. Our clients are seen for as long as it takes and are not restricted to a set number of sessions. Most either self-refer or come as the result of a suggestion by their G.P. The Centre is an organisational member of the British Association for Counselling and Psychotherapy and as such is bound by its guidelines and code of ethics.

Our Achievements this year:

- The addition of five extra counsellors meant that in 2008 we were able to dramatically increase the number of counselling sessions we offered to 3,385 for over 340 clients.
- Clients can normally expect an Intake Appointment within ten working days, with regular appointments commencing as soon as a counsellor becomes free matching their issues and availability. Currently this waiting time is approximately two – four weeks
- We offer a counselling service in the evenings, and this year we have introduced the option of Saturday morning counselling sessions to accommodate those who have difficulty attending during the week.
- We regularly invite our clients to anonymously fill in feedback forms and have received positive and encouraging feedback.

As we do not receive any statutory funding we do have to ask our clients for a contribution towards our running costs. They are asked to make payments based on their income and this is discussed at their intake appointment with a minimum of £12 per session. In some circumstances lower cost short term counselling can be negotiated. Sadly, the need for counselling has never been greater. Our 2009 budget shows that meeting this level of counselling care is likely to cost around £78,330, with a shortfall of £6,000 or more. In order to save costs and raise working capital we have our own fundraising team and of course our friends and members make donations towards our ever increasing running costs. This year you will find not only a single donation/membership form, but in response to requests we are also including a Standing Order Mandate so that our supporters can make a regular contribution directly from their banks. Even a small donation of £2 per month will make a difference.

Thank you for your support.

Cathy Austin

Director of Counselling