

March 2023



Welcome

**Introduction from Dr Jim Repper,
Chair of the Board of Trustees**

Welcome to the Cairns Counselling newsletter. We hope that you find this a useful update on the activities at Cairns Counselling. It is important that we keep everyone informed and feel part of the organisation, as well as allowing everyone's voice to be heard at all levels of Cairns. This is not just about telling, but listening. We would welcome your feedback on the information that we send out to you, with the newsletter being produced on a quarterly basis.

This past year has seen continued challenges in recovering from the Covid shutdown, the impact on how we could deliver counselling and the financial challenges that remain for all in the third sector. However, the Board of Trustees are working hard to plan for Cairns future. We are determined to ensure that Cairns remains resilient, sustainable and able to deliver a high-quality service.

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LinkedIn

Cairns Counselling now has a LinkedIn account - do follow us and keep in touch for regular updates.

[Cairns Counselling LinkedIn](#)

Amazon Smile

Amazon Smile has now ended as an option for your online shopping to donate to Cairns. See Page 3 for other ways to donate.

Stress Awareness

It's Stress Awareness Month in April 2023. Many aspects of life can cause stress. Follow our LinkedIn page for tips and coping strategies to help you manage your mental health and wellbeing.

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What is Counselling?

Claire Moggach
Service Manager at Cairns Counselling

Counselling is time set aside by you and the counsellor to look at what has brought you to therapy. This might include talking about life events, (past and present), feelings, emotions, relationships, ways of thinking and patterns of behaviour. The counsellor will do their best to help you to look at your issues.

They will not give advice on what to do with your life, however, they will help you to identify the right course of action, either to help resolve your difficulties or help find ways of coping. Talking about these things may take time and it is often a difficult process, however, it is also beneficial in helping you to move forward.

You decide on the main focus, the pace, the level of detail you want to go into. The most important thing the counsellor needs to know is how you feel because that is where the changes can start to be made.



FASTER FLEXIBLE APPOINTMENTS

We are able to offer a limited number of appointments as a paid for service, which costs £45.00 per session.

These appointments are limited, so we can continue to meet the main aim of Cairns in providing accessible counselling to all.

The waiting time is a little shorter (approximately 6 - 8 weeks). Clients who access counselling via this route are supporting the charity to help many others.

Why am I waiting for counselling ?

At present, the wait for counselling on our donation based service is around 20 - 24 weeks. This can seem daunting when first making a referral, but there are a number of reasons for the longer wait:

- Clients on the donation based appointments can have up to 20 sessions - you are waiting for someone to end their counselling before sessions becomes available.
- The more flexible you can be in your availability, the shorter your wait. We have very limited evening and weekend appointments, which may add to your waiting time.

Keep in touch if your availability changes, so we can update our records.

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Fundraising and Donations



Cairns Counselling relies on donations to run the counselling service. Your generosity will help us to continue offering a high-quality counselling service that can be accessed by anyone in need of professional counselling support.

THANK YOU

 ASDA Foundation,
£500

 TQA
£500

 HSF The Hospital Saturday Fund £7563

One of our biggest challenges is raising funds to allow us to deliver accessible counselling to the local community.

There are many ways to support Cairns Counselling, and some are surprisingly easy! Although Amazon Smile is no longer available to donate to charities via purchasing online there is another option -



Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising free donations for Cairns Counselling with easyfundraising?

Signing up for easyfundraising on the above link lets you start raising funds for Cairns Counselling, with regular information on how much you have contributed as an individual, and as part of the wider fundraising community for Cairns - absolutely free to you!

Other ways to donate:

Online - Donating online via Enthuse offers you a quick, safe, and easy way to make a single or monthly donation to Cairns Counselling.

In person - clients can donate in person at Cairns Counselling using either cash, cheque or using our cardless Donation Station.

Events or Individual Challenges - contact our Funding Coordinator if you would like more information on a fundraising pack.

Susan Will - funding@cairnscounselling.org.uk

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Volunteering at Cairns

Quite simply, we would not be able to deliver the amount of counselling that we do without our Volunteers.

Our Volunteer Counsellors are all qualified, or completing their Postgraduate qualification in Professional Counselling.

We recruit counsellors twice a year, in Spring and Autumn. If you would like to note an interest, please email cairns@cairns counselling.org.uk



Other Volunteering Opportunities

Behind the scenes at Cairns, we have a strong admin team, helping to ensure that the waiting list is managed, appointments made and queries are dealt with efficiently.

Helping the staff admin team, we are lucky to have admin volunteers who ensure we are able to open across our working hours and support queries and waiting list tasks.

We advertise vacancies via our LinkedIn and on the [ACVO](http://www.acvo.org.uk) site (Aberdeen Council of Voluntary Organisations).

Email office@cairns counselling.org.uk if you have an interest in supporting us.



CONTACT US

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