

Welcome

Introduction from Leasha Esslemont, Counselling Services Manager

Hello from the newly appointed Counselling Services Manager. I am delighted to be joining the team at this exciting time as the service continues to develop and expand, delivering a high level of therapeutic counselling and support services in Aberdeen.

I am a qualified Person-Centered Counsellor with over 15 years' experience of working within the Third Sector, NHS providers, Private Practice and in Further Education settings. I hope my varied experience can bring strength, focus and support to the team.

I look forward to leading our experienced counselling team and supporting our volunteers in the various roles they undertake. We continue to welcome volunteer counsellors on student placement from training providers throughout Scotland.

In my role I will work strategically with funders, our Chairman Jim Repper and the Board of Trustees whilst supporting our Chief Executive, Claire Moggach with the longer-term development of the service.

It will be my priority to maintain and develop the professional therapeutic services provided by our excellent team. Next year is Cairns 30th anniversary, and plans are underway to celebrate the service and raise awareness for the need to diversify in order to stabilise the future of Cairns for the years ahead.



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Social Media Links

We are now on Facebook and LinkedIn.
Follow us, share and keep up to date with our
news and information



LinkedIn



The Queen's Award
for Voluntary Service

Can you Connect with Cairns?

There's lots of ways of supporting Cairns. We really need your help in securing funding so that we can continue to provide a low-cost service for our community. We do appreciate all that you can do to help us.

Here are some examples of how you can help:

- Let us know of any contacts within your network that may be interested in supporting us.
- Nominate us if your workplace supports local charities eg Charity of the Year
- Make a donation to Cairns instead of sending Christmas Cards
- Hold an event for us – eg coffee morning, sponsored walk etc.
- Follow us on Facebook and LinkedIn for information on events and other useful information.
- Remember you can use [easyfundraising](#) when shopping online and support us for free!

Your connection will make a difference!

For more information, do contact our Community Fundraiser and Communications Officer, Ross Thomson on r.thomson@cairnscounselling.org.uk



**Donations make all
the difference**

Online - Donating online (click on button above) 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 funding@cairnscounselling.org.uk if you would like more information on a fundraising pack.



Cairns provides counselling with a fixed cost per session.

- Our Faster Flexible Service costs £45 for each 45 minute session.
- This route offers a faster start for counselling, depending on your availability.
- These sessions can be in person, by video or by phone.

Please use our website to refer yourself, and look out for a reply email from us (check your spam in case the email filter is picky!)

www.cairnscounselling.org.uk

Do leave a voicemail if you can't get through, as we only have one phone line. We will reply as quickly as we can.



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cairns@cairnscounselling.org.uk



CONTACT US