

March 2024



Welcome

Introduction from Claire Moggach, Chief Executive

Welcome to this latest edition of our newsletter. Providing information about our service and activities, it is both informative and interesting. Since our last newsletter we have welcomed a new office manager Vic Cargill, and funding co-ordinator Varun Sahani to the staff team. In addition, we have 12 new counsellors to our volunteer team, all completing their post graduate qualification in counselling. This strengthens our team of volunteer counsellors to 36. Without this gifting of time and skills from our volunteer group, we would not be able to deliver the volume of support that we do. It is the dedication and enthusiasm of our team as whole that allow us to have an impact and support our clients to make a difference in their lives, relationships, and communities.

This year has been a tough one for many and we ourselves are not exempt from that. As the cost of living crisis continues we have seen a reduction in donations. Alongside this the costs to provide the service have increased. We are working hard, and will continue to prioritise access to counselling, as we know the demand we experience reflects the need for support in challenging times. With the development of our community fundraising role, we are hopeful that we will be able to maximise the opportunities for fundraising and create new ways of securing income to keep the service going. I hope this issue provides something to spark your interest, whether it be signing up for the Kiltwalk 2024 or trying a new recipe. Happy reading.



Claire Moggach, Chief Executive

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Kiltwalk 2024

The 2024 Aberdeen Kiltwalk will be taking place on [Sunday 2nd June](#) and Cairns Counselling is looking for as many walkers as possible to join our team to raise money and awareness.

There are two walking routes available - Mighty Stride (18 miles) and Wee Wander (4 miles).

It's no walk in the park, but its rewarding, lots of fun and you'll feel great. We would love you to register today and join us.

Sign up now for just £20, the lowest-ever entry price. Simply visit: www.thekiltwalk.co.uk/events/aberdeen

All funds raised go directly to your chosen charity. It's a great way to support

Last year Cairn's had nine team members take part in the Kiltwalk, a mixture of volunteers, staff counsellors and admin staff. We are hoping for a higher number of entries for Cairns this year- let us know if you are interested in helping us.

If you would like some graphics or advice for your Just Giving page then please do not hesitate to get in touch with our communications officer, Ross Thomson:

r.thomson@cairnscounselling.org.uk



Donations



Cairns Counselling was delighted to receive a £300 donation from the Unite the union Not for Profit branch , based in Aberdeen.

Cairns Counselling Office Manager, Vicki Cargill, accepted the donation from Unite branch secretary, Paul King, at the Unite office on King Street.

As a local, independent, charity we rely on donations to support people in need. We are only one of a small number of local organisations that offers counselling on a voluntary donation basis, which means that our services are vital for empowering people who may not otherwise be able to access professional counselling due to the high cost of private services



Office Manager, Vicki Cargill, meets with Unite Branch Secretary Paul King.



Cairns Counselling is grateful to have received a generous donation of £300 from our neighbours at Migvie House, Strategic Resources.

Joan Gammack, Business Support Manager, said that Strategic Resources were “delighted” to help Cairns Counselling during these “challenging” times.

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.



info@cairnscounselling.org.uk

Recipe Corner

Faheem's Chicken Handi

Ingredients

- 2 onions finely chopped
- 1 tsp crushed garlic
- 500g diced chicken breast
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 tsp chilli flakes
- 1 tsp cumin seeds
- 1 tsp ground coriander
- 1/2 tsp mixed herbs
- 1 tsp masala powder
- 2 tsp desiccated coconut
- 4 tomatoes chopped
- 2 green chillis chopped
- 150 - 200ml yoghurt
- 100ml cream

Method

1. Fry the chopped onions in oil until golden brown / caramelised.
2. Add the crushed garlic and fry for 30 secs.
3. Add the chicken to the pan and cook until golden.
4. Add spices and cook for a further minute.
5. Add the chopped tomatoes and chopped chillis and cook until well broken down.
6. Reduce the heat to low and add yoghurt.
7. Add cream and then turn off the heat.
8. Garnish with coriander, green chillis and garam masala.



Social Media

Please follow the Cairns Counselling Facebook and LinkedIn pages, just click on the logos below.



When you start following Cairns Counselling you will start to see Cairns Counselling content on your own Facebook and LinkedIn feeds.

You will then be able to share our content, information about our services, events, and fundraising activities with your own network of friends, family and contacts.

Engaging with Cairns Counselling posts on your own social media account by liking, commenting or sharing will significantly help to improve our visibility and the reach of our posts.



Any Questions

If you have any questions about how to use social media to help raise awareness of Cairns Counselling services or to fundraise on our behalf, please do contact our Communications Officer, **Ross Thomson:**

 r.thomson@cairnscounselling.org.uk

Remembering Ruth

“Ruth got things done.”

Everyone at Cairns Counselling was deeply saddened to learn of the passing of Ruth Sturgeon, aged 90, on Sunday 4th February.

Ruth has an enduring legacy of one of the initial founders of Cairns Counselling. With her characteristic determination and compassion, she nurtured the development of Cairns Counselling from the kernel of an idea in 1992. Ruth gathered the team of supporters that was required to propel things forward. Driven by her unswerving commitment, the collective efforts of our founders were successful and the service became a registered charity in 1994.

Ruth got things done. Beginning on little more than a wing and a prayer, Cairns has since grown in reputation and scale, serving the local community, and supporting mental health and wellbeing.

Although Ruth officially stepped down as Vice Chair in 2011, she continued to co-ordinate fundraising events until 2016.

The amazing life of Ruth, a beloved wife of the late Bert, a loving mum of Ken, Ruth and the late Scott, mother-in-law of Marion, Malcolm and the late Bob, a well-loved gran, great-gran and dear friend to many was remembered at a Service of Thanksgiving at Fountainhall Church on 21st February. We are also immensely grateful for the collection for Cairns that was held after the service and we thank everyone for their kind donations.

Ruth’s legacy, in the form of our encouraging, empowering and enabling service remains as a testament to her dedication and spirit.



Ruth Sturgeon
1934 - 2024



Ruth at the presentation of the Queen's Award from the Lord Provost of Aberdeen, Councillor George Adam, 2016



Our thoughts are with all of Ruth’s family and friends.

Cairns Services



What is Counselling?

Simply, counselling is talking therapy to help you find ways to deal with emotional issues. This might include talking about life events, feelings, emotions, relationships, ways of thinking and patterns of behaviour. 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. Our counsellor will help you to identify the right course of action, either to help resolve your difficulties or find ways of coping

Access to Counselling

If you or someone you know is looking for support, we can help. We offer in-person, telephone, and video appointments. Referrals are made via our website. It is important that there is no financial barrier preventing access to support so you can choose to donate what you can or access our faster flexible service for a fixed fee of £45 per session. For more information about our service please do not hesitate to get in touch with us:

What can we help with?

Our trained counsellors provide a confidential place where they offer respect and understanding and will not make judgements. It is hoped that our clients will feel able to be open and discuss what has brought them to counselling, such as grief, relationships, work-related stress, bullying, redundancy, childhood issues, health issues, and so on. There does not have to be a crisis before choosing counselling. It may be underlying feelings of dissatisfaction with life in general, or seeking balance in life that will bring individuals to us



☎ 01224 633131

✉ info@cairnscounselling.org.uk

🌐 www.cairnscounselling.org.uk

 cairnscounselling.org.uk

Service Updates



Faster Flexible Service

Cairns Counselling offers some appointments for a competitive fixed fee. We can see you within a few weeks of your first contact with us, depending on your availability.

For more information on our Faster Flexible service please do not hesitate to get in touch with us:



01224 633131

Donation Commitment

As a local, independent charity, Cairns Counselling relies on donations to deliver our counselling sessions to those who cannot access counselling in any other way.

We are kindly asking our clients to consider making a regular contribution, based on what their resources will allow, towards their counselling sessions.

On any occasion that clients are unable to donate, it will have no negative effect on the service they receive.

We are grateful for the ongoing support of our clients



Out and About



Office Manager, Vic Cargill, at the Aberdeen University Charity and Volunteering Fair.

Cairns Counselling recently had the opportunity to participate in the University of Aberdeen's Charity and Volunteering Fair, an event that showcased various charities dedicated to making a positive impact in the community. Our team was thrilled to be a part of this inspiring gathering, and the experience proved to be rewarding.

The fair provided an excellent platform for Cairns to engage with students who are passionate about mental health and well being. We were able to share information about our counselling services.

One of the most significant outcomes was the opportunity to connect with individuals who were eager to volunteer their time and skills to support our cause. We were impressed by the enthusiasm of students and their willingness to contribute to supporting Cairns.

We also had the opportunity to network with other local charities. The fair was positive and impactful. We are grateful for the opportunity to engage with others, recruit volunteers and strengthen our connections with other charities.

Volunteers needed



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: info@cairnscounselling.org.uk

Behind the scenes at Cairns, helping the staff admin team, we are lucky to have admin volunteers who ensure we can deliver our service. If you are interested in supporting us, email: info@cairnscounselling.org.uk

Can You Help?



First Bus Community Involvement Programme

First Aberdeen run a Community Involvement programme where they donate to local charities and good causes. Applications are not restricted and funding can be sought for a variety of reasons. However, only applications supported by a First Aberdeen employee will be considered. Therefore, if you know of anyone who works for First Aberdeen that you think will be happy to endorse our funding application please do let our Communications Officer, Ross Thomson, know. In this instance it really is a case of who you know! If you have any connections to First Aberdeen that you can share please do get in touch:

 r.thomson@cairnscounselling.org.uk

Join the Payroll Giving Scheme

Donating with Payroll Giving is a simple and easy way to support Cairns Counselling directly.

A growing number of employers offer payroll giving which enables their staff to give to charity directly from their salary. Donations are taken from your pay before income tax is deducted. This means that you are given tax relief immediately at the highest rate of tax.

It is a great way to provide long-term support that costs you less.

If your employer offers payroll giving, and you decide to take part and donate to Cairns Counselling, please do let us know so that we can thank you!



 www.gov.uk/payroll-giving



CONTACT US

Cairns Counselling
Migvie House
23 North Silver Street
Aberdeen, AB10 1RJ

 01224 633131

 cairns@cairnscounselling.org.uk

 www.cairnscounselling.org.uk