

July 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

Thanks to your incredible efforts and generosity, our supporters raised an impressive **£2,025** for Cairns Counselling by taking part in this year's Aberdeen Kiltwalk. This contribution is a testament to your commitment and passion for the work that we do, and we couldn't be more grateful.

This funding helps to ensure that Cairns can continue to provide essential mental health services to those in need. The funds raised will directly support our mission, enabling us to offer more counselling sessions, and extend our reach to help even more individuals struggling with mental health challenges.

We want to extend our heartfelt thanks to each and every one of you who walked, donated, and volunteered. Your dedication and generosity make a profound impact on the lives of those we serve. Together, we are making a difference and fostering a healthier, more supportive community.

We are hoping to have even more supporters take part in next year's Kiltwalk, keep an eye out for communications from us!

Thank you again to everyone who took part and for supporting Cairns Counselling.



# Donations



## Counselling Services Manager, Leasha Esslemont, representing Cairns Counselling at the Aberdeen Student Show Disbursement Ceremony.

Cairns Counselling is delighted to have received a £3,000 donation from the proceeds of the Aberdeen Student Show.

A huge thank you to everyone involved in this year's student show - "Mounthoulin Rouge". The hard work both onstage and behind the scenes made the show such a fantastic success, raising so much for many local charities.

Over the years, Cairns has been grateful for the support from Aberdeen Student Show. We are incredibly thankful for the generous support which makes a huge difference to people in need across Aberdeen.



Cairns Counselling is grateful to have received a generous donation of £1,000 from the ASDA Foundation.

With this contribution, we can continue to offer vital emotional and mental health support in our community, making a profound difference to many lives.



Cairns Counselling received an invaluable boost thanks to the incredible generosity of The Hospital Saturday Fund. Their remarkable grant of £4,000 will significantly enhance our capacity to address the pressing mental health needs within our community.



# Kind 2 Mind



We are absolutely delighted that, thanks to the generous support of our community, Cairns Counselling has raised over £4,000 during Mental Health Awareness Week 2024 (13-19 May) as part of the Big Give's Kind2Mind match funding campaign. Thanks to this initiative, the generosity of our donors was doubled, making every contribution count even more.

This year's theme for Mental Health Awareness Week was the benefits of movement for your mental wellbeing, and we were excited to partner with Pure Gym, Wellington Circle, to encourage everyone to get moving. Our friends at Pure Gym organised a virtual step challenge around Scotland, with competing teams, and promoting physical activity as important for your mental health.

In addition to the step challenge, we held a coffee morning, with some not so healthy snacks, at Pure Gym, bringing together gym-goers for a relaxing and enjoyable event. This provided a wonderful opportunity for people to connect and support one another.

Pure Gym raised an impressive £600 for Cairns Counselling, which was matched by the Big Give. We extend our heartfelt thanks to Personal Trainer Georgina Hurrell for her incredible enthusiasm and fundraising efforts. Her dedication made a significant impact on our fundraising success.

We are immensely grateful to everyone who participated and donated. Your support allows us to continue providing essential mental health services to those in need. Thank you for making Mental Health Awareness Week 2024 a memorable and impactful event.



# Out and About



## Cornhill Primary Health Fair

Cairns Counselling was delighted to take part in the Cornhill Primary School Health Fair.

The event was very well attended, and we had the opportunity to talk to many parents about our counselling services.

We extend our thanks to Cornhill Primary for inviting us along and for making this event a tremendous Success.

Picture: Our Staff Counsellor, Kathy Bond, attending the Health Fair.

Cairns Counselling had the pleasure of presenting to the Cults Over 50's group to share insights about our services and discussed the positive impact we are making in our local community.

From answering questions to receiving heartfelt support, the experience was nothing short of inspiring. We are grateful to the Cults Over 50's group for inviting Cairns along to talk to them. Together we are making a difference in the lives of those in need across Aberdeen.



Picture left to right : Our Cairns Counselling team, Ross Thomson, Leasha Esslemont, and Jim Repper.



Cairns attended an RGU Peer Support Group event for University Mental Health Day. It was an opportunity to engage with students and contribute to the important conversation surrounding mental health on campus.

Thank you to everyone involved in organising this event. We look forward to working with RGU Peer Support Group to prioritise mental well-being for all.

Picture: Office Manager, Vic Cargill, at RGU.



# Volunteers Week 2024

Cairns Counselling was delighted to take part in Volunteers Week 2024, a national celebration to recognising the vital contributions of volunteers across the country. We are thrilled to shine a spotlight on our incredible team of volunteers whose dedication and compassion have made a significant impact on our community.

Our volunteers are the heart and soul of Cairns Counselling. They offer their time, skills and energy to support individuals in need, providing essential services that help to improve mental health and well-being. From admin support to working with clients, our volunteers play a crucial role in our mission to provide accessible and compassionate counselling services.

We extend our deepest gratitude to each of our volunteers. Your commitment not only enriches the lives of those you assist but also strengthens our organisation and wider community. We want to share some heartfelt testimonials from our volunteers:

## **Terry Mclean, volunteer:**

“Cairns Counselling makes an enormous contribution to the well being of the many clients who access our service. Cairns Counselling has evolved a highly caring culture, not just for the clients but also for those of us who provide the counselling. Within Cairns I feel supported and valued.”

## **Jan Bennion, volunteer:**

“I feel very lucky to have the team around me. I see and hear the change in clients that have reached out for counselling at Cairns and I am more sure than ever that the service is so beneficial. I am proud to be part of a team that strive to continue to make this service accessible despite a big drop in funding and a rise in demand, Cairns still have the client at the heart.”

The contribution of our volunteers is invaluable, and we are honoured to have so many wonderful volunteers as part of the Cairns Counselling family. If you would like to make a difference, consider becoming a volunteer. Together, we can continue to support our community.



[r.thomson@cairnscounselling.org.uk](mailto:r.thomson@cairnscounselling.org.uk)



# Recipe Corner

## Grandma's Scottish Tablet

### Ingredients

- 1 teacupful whole milk
- 2 oz. Lurpak butter
- 2lb. granulated sugar
- small tin of condensed milk
- 1 tablespoon syrup
- few drops of vanilla essence

### Method

1. Put the milk, sugar and butter in a strong pan. Once the butter is melted and sugar dissolved, add the condensed milk.
2. Bring slowly to the boil, stirring all the time.
3. Add the syrup and boil gently for 5 minutes.
4. Test the mixture by putting a teaspoonful in a cup of cold water. If it is firm and holding together, take the pot off the heat.
5. Add the vanilla essence and beat for three to five minutes.
6. Pour the mixture into a tray and allow to cool.



Send us your  
favourite recipe!

Simply send an email to  
Ross Thomson:

[r.thomson@cairnscounselling.org.uk](mailto:r.thomson@cairnscounselling.org.uk)

# Celebrate Aberdeen

Cairns Counselling will once again be participating in the Celebrate Aberdeen parade, and we would love for you to join us! This vibrant event is a wonderful opportunity to celebrate the contributions of various local charities, voluntary groups, and social enterprises that make Aberdeen such a special place to live.

The parade will commence at 11am, leading off from Albyn Place and making its way down Union Street, along Union Terrace, Rosemount Viaduct, Schoolhill, and Upperkirkgate, concluding on Broad Street.

Taking part in the parade is a fantastic way to show your support for Cairns Counselling and the vital services we provide to the community. It's also an excellent opportunity to raise awareness about mental health and the importance of accessible counselling services.

We need as many volunteers and supporters as possible to join us and carry our banner proudly through the streets of Aberdeen. Whether you're a long-time supporter or new to Cairns, your presence will make a difference.

Please let us know if you can join us by emailing Ross Thomson. Your confirmation will help us ensure a smooth and coordinated participation.

Let's come together and make a memorable impact on the Celebrate Aberdeen parade. We look forward to seeing you there!

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## Event Details

**Date:** Saturday, August 31st

**Meeting Time:** 10:20 AM

**Meeting Point:** Our designated parade marker on Albyn Place (Look for the Cairns Counselling banner)





# 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



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# Can You Help?

## Volunteer

Are you looking for a meaningful way to give back?

Cairns Counselling is seeking volunteers to join our team and make a difference in the lives of those in need. Your time and dedication can truly change lives.

For more information on volunteering opportunities with Cairns send an email to:

 [info@cairnscounselling.org.uk](mailto:info@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](http://www.gov.uk/payroll-giving)

 [cairnscounselling.org.uk](http://cairnscounselling.org.uk)



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