



A time to cry and a time to laugh.

A time to grieve and a time to dance. Ecclesiastes 3:2

"The key is not spending time but investing it." S R Covey

Dear Supporter

How are you? We appreciate your support and wanted to share with you what has been happening in Willows over the last few months.

Counselling

In April, we were delighted to welcome Amanda Cook as our Counselling Services Manager. Amanda works three days a week and has already made some positive changes in how we operate our counselling service, as well as getting to know Willows and the whole team.

Counselling Sessions

We have implemented a subsidised and tiered fee system for counselling sessions. This is clearer for clients and also helps us to plan better financially. We are continuing to offer counselling in a variety of settings – face-to-face, via zoom and on the telephone. This has proved popular for clients, counsellors and supervisors alike.

Our counsellors offer an amazing service for a wide variety of clients and we took the opportunity of Volunteers Week to thank them with a Volunteer Certificate. **If you are interested in giving some time to be a Willows Counsellor and/or Supervisor, in return you would receive free and reduced CPD workshops and free of charge individual clinical supervision**, please email Amanda at Counselling@willowscounselling.org.uk.

Community Partnerships

We are pleased to be working in partnership with Swindon Women's Aid and the Swindon Domestic Abuse to support men and women who have been in emergency accommodation due to domestic abuse. We are providing them with short term sessions focused on managing life better, including teaching stabilisation and grounding techniques.



We are excited to be one of the first organisations to be an officially Recognised Counselling Service and organisational member of the National Counselling Society – a distinct mark of quality and recognition.

Training Courses & Workshops

We are pleased to see our suite of training courses come to a close for this academic year and are currently interviewing for the new courses starting in September.

Our next training course is the **Level 2 Certificate in Counselling Skills**, starting Monday 26 September 2022. Click [here](#) for full details and the **application deadline is Monday 27 June 2022 at 12pm.**



This is the first step to becoming a counsellor. It's also suitable for developing listening and responding skills, awareness of counselling and mental health. A great course if your role has supportive, helping, pastoral and caring aspects, whether in the community, school, church or workplace. **This course runs twice a year** in Sept-to-Mar and repeats Jan-to-June.

The next **Level 2 Certificate in Counselling Skills**, starts on Tuesday 3 January 2023. Click [here](#) for full details and the **application deadline is Monday 14 November 2022 at 12pm.**

Workshops

Our annual programme of workshops for Continuing Professional Development has a range of great subjects coming up and all of them can be booked [here](#). **The next workshop is 'Play – A Vital Force for Life Enhancement' on Saturday 1 October 2022.** This will be a highly creative workshop for therapists looking to explore the positive power of play, humour and laughter in our everyday lives. **To find out more please email Linda at [training-](#)**

enquiries@willowscounselling.org.uk. Huge thanks to the training team.

Financial Focus

Money can be a tricky topic to talk about and yet it is so important for us to keep our services running. The cost of living increases have had a huge impact on our finances, not least in utilities, maintenance and for our old building, including required electrical and damp proofing work. At the same time we are having more clients struggling to pay for counselling fees.

Securing our income through donations and funding applications continues to be an on-going challenge. We make every penny donated work hard for us. If you support us with a regular or one-off donation – **thank you!**

We would be grateful if you could consider donating to us, either as a one-off or regularly e.g. setting up a monthly donation of £5, £10, £20 or whatever you choose. Our bank details are **Willows Counselling Service, Lloyds Bank account number 00368513, sort code 30-98-41 - thank you!**

Volunteers needed

Our building is beautiful and a welcoming setting for our counselling and training, which many people comment on. The downside of an old building is the significant maintenance. Ron, our Centre Manager, has created a lovely garden that requires less maintenance. Earlier this year we were joined by a group of senior managers from Zurich Insurance who helped to make this happen. However, we still need volunteers to keep it looking welcoming. If you can help please email Ron at centre@willowscounselling.org.uk.



Fundraisers needed

There is huge competition for grant income and we rely on extra fundraising to help keep going. We welcome your fundraising ideas and offers to join us as a volunteer fundraiser. **If you can help please email Jaq at fundraisingandmarketing@willowscounselling.org.uk**

Once again, thank you so much for your continuing support. Remember to follow us on our social media platforms.

Tanya and the Willows Team

A handwritten signature in black ink that reads "Tanya Orr". The signature is written in a cursive style with a large, looped 'T' and 'O'.

Tanya Orr - Chief Executive Officer

www.willowscounselling.org.uk

