

Yewdale Counselling Services



**“There is no greater agony
than bearing an untold
story inside you”**

Maya Angelou

*Allowing you the time and
space to explore issues
that are important in your
life with a trained counsellor
who will treat you
with respect, honesty
and warmth.*

*We hope this leaflet has helped to answer some of your
questions – there will be more information and
opportunities to ask more questions once you begin
your counselling.*

**If you would like to register for counselling
then please complete the form overleaf,
return and we will be in touch with you**

**Registered Office:
Sue Mobey House
300 Yewdale
Skelmersdale
Lancashire
WN8 6ES**

01695 559070

www.yewdalecounsellingservices.com

email: enquiries@yewdalecounsellingservices.com

**Registration No: 540193
Charity No: 1120232**

Yewdale Counselling Service is a 'not for profit' agency providing a bespoke counselling service for the community of West Lancashire and the surrounding area.

Why come for counselling?

Often we have people that we rely on to listen and help us when we have worries and troubles, but sometimes, for a number of reasons, we feel unable to ask them for help. Maybe the problem seems too trivial or difficult, maybe we are embarrassed or ashamed about something, or we would quite simply like a completely neutral place in which to discuss what is on our minds. All kinds of problems are brought to counselling; relationship difficulties, gender or identity worries, anger or stress management to name but a few. Possibly, being offered a totally confidential place to talk is also very important to us.

What is so important about confidentiality?

If we know that a conversation is completely confidential it allows us to say a little bit more than we would do normally; in other words if offers safety and a chance to relax. We can stop worrying about protecting ourselves and get down to the business of sorting out what is happening in our lives. There are times when keeping everything that is said confidential is difficult or impossible but these circumstances are extreme and unusual. What we can promise is that we

will discuss all aspects of confidentiality with you if you come for counselling

What happens during counselling?

You get to talk as much or as little as you like. We get to listen and to clarify what you have said. As the process continues you will begin to see more clearly what is happening to your life and you will know what decisions you need to make and how to make them. We will not be telling you what to do as we respect your ability to make your own decisions. Our job is to offer a warm, supportive environment for you to work things out for yourself.

How is Yewdale run and organised?

Yewdale is a charity staffed by volunteer counsellors and receptionists, committed to counselling and to serving the community. Our Practice Manager works part-time and oversees the day-to-day organisation of the Service. Yewdale is managed by a Board of volunteer Trustees who make the decisions about what kind of service is offered, makes sure that the bills are paid and that we meet the requirements of the law, the Charity Commission and the BACP.

How do you fund the Service?

The local CCG give us some money towards our costs, but this money is never enough to fully fund the Service. Our counselling is offered to everyone for free but we do ask our clients to consider making a contribution toward the cost of the service they are receiving. We rely heavily on donations.

Name.....

Address.....

.....

Postcode

Signature

Home Tel No.....
(May we leave a message Y / N)

Mobile No.
(May we leave a message Y / N)

GP

GP Address

.....

.....

Sue MobeY House
300 Yewdale
Skelmersdale
Lancashire
WN8 6ES

Alternatively you may wish to ring
01695 559070

