



# The Counselling and Family Centre

newsletter



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## Have You or Someone You Care for had a Stroke?

Our **Stroke Support** groups are now up and running every Monday at 1.30pm for up to two hours. One of the groups is for those who have had a Stroke, the other is for family members and carers. Qualified counsellors lead the groups, which are free to attend, though a donation would be appreciated. We can also offer 1 to 1 or couples counselling to help with the process of coming to terms with life after a Stroke. This is at the reduced rate of £10.00 per session. Our building is single storied with full disabled access and parking on the road immediately outside.

Phone us for more details 0161 941 7754.

## Training for Counsellors and related professionals

The **Family constellations** workshops we ran on 9 July was a huge success. Attendees said: "It was very powerful." "I really enjoyed the experiential learning." "What a fabulous day." We will be running another one in October (please see dates below.)

### Also for your diary:

- 24 Sept & 8 Oct: Couples counselling** 2 day workshop for anyone wishing to work with couples. (£115)
- 1 Oct: Family Constellations** –a fascinating visual and practical representation of the complexity of family relationships and their antecedents, with opportunities to explore your own family constellation or be an observer, whichever fits for you on the day. Book early for this very popular course as places are limited.(£35)



## PROFILE

### NAME:

Steven Holt

### JOB DESCRIPTION:

Counsellor

Hi, I am delighted to be part of The Counselling and Family Centre team. I joined after a period working for Samaritans Manchester and now, as part of my training feel able to extend my skills to contribute to the centre's high standards. My experience as a company director has given me an interest in work related stress. Outside my work at the centre I enjoy water sports, and drama.

### Arrivals and Departures

Farewell to **Nick**, our training team leader, who has taken a full time position elsewhere; while **Judith** and **Lisa**, two of our counsellors have moved on. Judith put a great deal of energy into fundraising and raising our profile generally in addition to her voluntary work as a counsellor, and will be particularly missed. Good luck everyone with your new ventures.

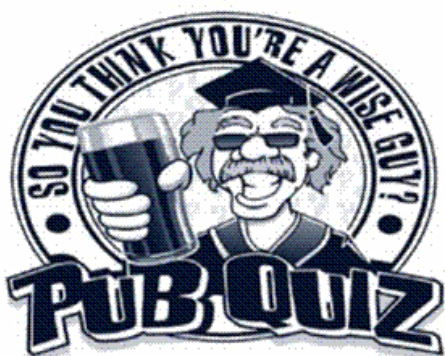
**Sarah** has taken over from Nick as training team leader, she says: "Here at CFC the counsellors and supervisors have a wealth of knowledge that makes training fun and interactive."

Congratulations to **Andrew**, one of our counsellors, who just became a Daddy to Jasmine, born on 15 June 2011, weighing 8lb 9oz.



"Superb centre offering more services." - We had a quarter page editorial in the **Messenger** highlighting our counselling service, stroke support, training programmes and courses, as well as our new summer activities for kids and links with the Deaf Education Advocacy Fellowship.

Jo Wood, manager of the centre said: "We are true local charity – our trustees, staff and volunteers live in Trafford – and we are very diverse – young and older, male and female, a good range of ethnic backgrounds and languages..."



Our annual **pub quiz**, which took place on Wed 29 June '11 was fabulous, a good time was had by all.

Thanks to our quiz master Garry Scott, the organisations who donated generous raffle prizes and The Hare and Hounds for their lovely venue.

The main raffle prize of a helicopter ride was won by Carolyn, a friend of one of our counsellors, Michelle. Altogether we raised **£502.15**, and will be organising another one next summer, so look out for our posters, flyers and emails!



COMING THIS AUTUMN/WINTER:  
**A NEW VENTURE OF ADULT COURSES & KIDS WORKSHOPS**

**FROM OCTOBER 24<sup>TH</sup> MONDAYS 4-6pm £60 KIDS AFTER SCHOOL CLUB/ADULTS 7-9pm**  
**Beetlefelt** – A broad range of starter activities. Fun, interesting and useful! Knitting, sewing, card making, jewellery making, felt making, and much more.

**FROM OCTOBER 25<sup>TH</sup> TUESDAYS 7-9pm £60 ADULTS**  
**Raise Your Self Esteem** – This rewarding 6 week course is for you if you want to learn about what makes you tick, understand why some situations leave you confused and feeling out of sorts with yourself, learn how to deal with difficult situations differently and generally feel more confident about yourself.

**FROM OCTOBER 26<sup>TH</sup> WEDNESDAYS 1-3pm OR 7-9pm £60 ADULTS**  
**Stress Busting** - A six week course looking at how to manage the ever changing hectic lives we live; to achieve calm, harmony and understanding. Explore your triggers, learn simple techniques to manage them, and build in opportunities to totally relax and claim time and space for yourself.

**FROM OCTOBER 28<sup>TH</sup> FRIDAYS 10 – 12 £60 ADULTS**  
**Raise Your Self Esteem (as above)**

**1 DAY WORKSHOP FRIDAY NOVEMBER 11<sup>TH</sup> 10 – 3pm £45 ADULTS**  
**To Counsel or not to Counsel?** - This taster day is for those unsure if counselling is the future career path for them; love people, infinitely curious, compassionate, caring and robust? Is that what it's all about?

MORE COURSES TO BE ADDED.  
PHONE JENNI 07814727712 FOR MORE INFORMATION  
crean.j@gmail.com

Assisted places available thanks to the generosity of The Zochonis Charitable Trust

**June** and **Michaela** have completed their NVQ in Business and Administration now and are just waiting for their certificates to arrive.

June said: "I'm glad that I did this course and I'm looking forward to receiving my certificate. I hope that it enhances my contribution to doing administration at CFC"

Michaela said: "There was more work involved than I had expected, and now I'm pleased to have another qualification to add to my collection!"



Our **Family Fun Day** was very successful. A lot of fun was had by all. Approximately 90 people walked through our doors

that day and we raised nearly £200 for the centre. Thanks to Sally, Von and Emily, Hospitality students at Trafford College for organising the event, and to all the volunteers who worked hard making it happen!

We hope you enjoyed our newsletter. For information about any of our services, please contact us on 0161 941 7754 or [appointments@counsellingandfamilycentre.co.uk](mailto:appointments@counsellingandfamilycentre.co.uk). You can opt out of receiving these newsletters by emailing us at the above address.