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NOW WORKING WITH  
**FIVE THERAPY ROOMS**  
CURRENTLY URGENTLY SEEKING  
FUNDING TO KEEP OUR FIFTH ROOM  
YOUNG PEOPLES THERAPY  
WITH A GROWING RESOURCE CENTRE

## NEWS LETTER Winter 2

### THE COUNSELLING TEAM

WENDY: SONIA: ETHAN: ASH: ZAHERA: ROBIN: KERRY:  
MATT: JAMIE: NICLOA: STUART: TARRAH: LINDA: ANGIE:  
ANGELA: GEMMA: JULIA .P: JULIA F: EMMA W: CEZ: ROB:  
MAXINE: DAVID: NINA: MANDY: LOZ: LOLA: RACHEL:  
LOUISE: ANDY: TERRY

Our team has a mixture of experience and expertise including some high quality trainees.

### FIND A THERAPIST BACP WEBSITE

This counselling service is an organisational member and is listed in the:

'[Find a Therapist](#)' section of the BACP website

DOCTORS AND THE AGENCIES IN THE OSWESTRY LOCALITY WHO SUPPORT US...WE CONTINUE TO *GROW*

**U&I COUNSELLING C.I.C** are now established as a professional voluntary confidential counselling service. We launched in January 2011 and are still going from strength to strength; giving support to over **£5,000 clients** since opening. Many local doctor's surgeries and agencies have passed on our leaflets, referred to or recommended our service. Please contact us for any additional details you may require and for leaflet top-ups and we will ensure that supplies are replenished.

*We are still happy to attend meetings to further introduce ourselves and the service we provide if required.*

### CAMHS/BU/SCHOOLS

We continue to act as a recommended referral agency for young people who have troubling issues that, although do they not meet CAMHS/BU present criteria for full intervention, may benefit from a counselling support.

### REFERRAL ?

Can be made to the service by any **doctor, school or agency** or the **individual** themselves.

The service can be accessed by:

- **Individuals (including young people)**
- **Couples**
- **Families**

Who wish to bring any issue concerning past, present or future issues.

We do not have a reception service so contact:

**Team Leader: Wendy**

**Tel: 07530448000**

**Email: [info@uandicounselling.org.uk](mailto:info@uandicounselling.org.uk)**

**or: [uandicreative@icloud.com](mailto:uandicreative@icloud.com)**

### U & I TRAINING ACADEMY

#### OUR TRAINING AND CONTINUING CPD PROGRAMME HAS INCLUDED

Issues young People bring to Counselling/ Developmental Aspects of Young People in relation to Counselling Psychopharmacology ,Self Esteem ,

Gestalt Dream Therapy, Alcohol Awareness Training in relation to Counselling, Information about EFT and EMDR Personality Disorders, Anxiety States, Bipolar Disorder, Sexual Abuse and Psychosexual problems

CBT Foundation Diploma, Neuro Diversity, Creative Therapy, Dream therapy, Working with Photographs, Sand play, Suicidal Thoughts, Self harm, Further Neuro Diversity :Further Young Peoples Training: Mindfulness.

Further Psychopharmacology, CBT, Children and Young People Training : Relationship and Couples Therapy Diploma: Gestalt;Anxiety; Safeguarding, Mental Health Awareness SUPERVISION DIPLOMA LEVEL 6

#### Scheduled and ongoing.

Diploma in Children and Young Peoples Therapy **DIPLOMA LEVEL 3**

**MENTAL HEALTH and psychopharmacology**

Further Couples Therapy,

Post PartemDepression: Dementia Awareness

**OUR TRAINING IS OPENING UP TO OTHER COUNSELLORS SO CONTACT WENDY FOR MORE DETAILS.**

**[info@uandicounselling.org.uk](mailto:info@uandicounselling.org.uk) Tel: 07530448000**

### PARTNERSHIPS

We are now in flexible partnership agreements with many other organisations.

**ANY INTERESTED PARTIES PLEASE CONTACT US FOR FURTHER DETAILS**

It is possible to form contracts on a needs basis or for blocks of sessions which that agency can then allocate, as they see fit to any they feel may be in need of counselling support.

We have been particularly busy with Young People's Counselling and work with those from 11years old.

**SCHOOLS AGENCIES OR INDIVIDUAL BUSINESSES FEEL FREE TO CONTACT WENDY FOR FURTHER DETAILS on 0753044800**

**At all times any client's participation is entirely voluntary.**

## How useful have our clients found their counselling?

Our service continues to receive very high levels of satisfaction from our clients with their therapy. Clients of all ages continue to bring wide ranging issues to their sessions...

**OUR EXPANSION HAS MEANT WE HAVE BEEN ABLE TO CONTINUE SUPPORTING ADULTS AND DEVELOP OUR PROJECTS FOR COUNSELLING MORE YOUNG PEOPLE, COUPLES AND FAMILIES...**

Here are some of the comments our clients have put on their exit evaluation questionnaires

*Counselling has helped me look at situations from a different perspective. I feel much better within myself and have a much calmer outlook in my general focus on life and in the workplace.*

**Male 35-45**

*I have finally found a counsellor who understands what I am about, who has helped me enormously and who I will come back and see in the future if needs be.*

**Female 25-35**

*It was a lot easier and more fun than I expected. It was good to talk things through with someone.*

**Teenager 15**

*It has certainly helped me through my thoughts and feelings and how to manage my feelings and put them into perspective*

*Thoroughly excellent service. Would recommend to anyone in difficult situations: very helpful flexible service*

**Male 25-**

*The counselling service offered to me has been immeasurable- my head was full of worries and I was struggling to come to terms with years of unhappiness. My counsellor has taught me a great deal and helped me sort out my problems both big and small*

**Female 45-55**

*Counselling has helped me. By looking back to the person I had become, lost, lonely, depressed; I now feel stronger and able to cope with life with more confidence*

**Male 45-55**

*U&I Counselling has supported me for almost a year and a half. I feel that my counselling sessions have been the most vital thing in helping me grow in my self confidence and I have changed enormously for the better*

**11 -15 Female**

*Counselling has helped me explore my feelings and get control of my addictions. It has helped me get through my bad times.*

**Male 45-55**