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DECEMBER 2023

## NEWSLETTER

### THIS YEAR AT VINE (from Director, Liz Linnitt)

What a busy year it has been. This has been our 16<sup>th</sup> year as a charity and we continue to offer one to one face to face professional counselling to people in the community who need support with issues such as anxiety, depression, stress, loneliness, bereavement, abuse, trauma, family issues. Like so many charities, Vine has had its challenges this year, with increasing demand for our services in a cost of living crisis. However, we end the year humbled by the support we have received, the community spirit we have experienced and a renewed commitment to provide our services for many years to come.

The charity currently supports around 60 adult clients each week, many from local villages e.g, Congresbury, Wrington, Langford, Churchill, Flax Bourton, Yatton, Winscombe but also from Clevedon, Weston Super Mare and Bristol. The children and young people service is currently on hold but we hope to resume this service later in 2024 following a consultation and recruitment process.

We receive around 10-15 new enquiries each week and our Operations Director, Tracy, manages the waiting list exceptionally well, keeping it as short as possible. To request an appointment, you can self refer but also enquiries are being received through local GPs and other agencies, as well as via our website, personal recommendations and excellent reputation locally for a top class and professional service, in a climate of acceptance and ethical practice.

We have a 'What is Counselling' sheet which can be found on the website but also sent out to potential clients when they make an enquiry and this is helpful as it explains what counselling actually is to enable them to make an informed decision about whether it is what they are looking for. The GPs also have copies of these to give to patients.

This client's words really meant so much:-

*"When I came to Vine a few months ago, I was at my lowest. I had no idea how to cope with the emotions I was going through. I was depressed and anxious and it was affecting every part of my life. With the support of my counsellor, I have worked through so much. I cannot put into words what a difference it has made. I have a new outlook, new purpose and coping strategies in place. I feel ready to move forward with a new confidence and self belief. Thank you to my counsellor and the team at Vine for your welcome, your support and just for caring."*

### THE VINE TEAM



Some of the team at our Christmas party

Our team numbers over 40 comprising Counsellors/Student Counsellors, Receptionists, Trustees, plus myself and Tracy working with Chair Sarah as part of the management team.

I know I talk about 'team' a lot and there's a reason for it – Vine would not be able to support so many people without the whole team. Every single person involved in the running of the service plays a vital part. What a special group of people, with the care and support of our clients in a professional, safe and ethical environment at the forefront of all we do.

Thanks to all the Vine staff – for your commitment, time and support. For those who have moved onto new things this year, we wish you all the best with heartfelt thanks. For our new placement counsellors starting in the New Year, welcome.

To all our staff, clients, supervisors, placement coordinators, donors, supporters, I wish you Happy Christmas.

Liz Linnitt, Director



Management team

## FINANCES AND FUNDRAISING

Around one half of what it costs us to run the charity is met by client donations for sessions. This means we must apply for grants, donations and organise fund raising for the remainder.

By raising enough funds, we can continue to provide the maximum number of sessions, without having to increase the amount we ask clients to pay. This is a challenge but a priority.

THANK YOU TO THOSE who have supported our work financially this year. Special mentions to:-

Co-op Community Fund  
Quartet  
Yeo Valley Lions  
Congresbury Community Café  
Wrington Parish Council  
BClear Communications  
Congresbury Art Fair  
Bristol Water  
St James Place Charitable Trust  
Wrington Beer Festival  
The Plough, Congresbury Quiz  
Wrington URC  
Spar Community Project  
Axe District Scouts  
Evergreen Chorus (Christmas concert)  
Vine Christmas Fair  
+ our anonymous donors

We also say thank to the 'Friends of Vine' – these are people who pay an amount chosen by them, each month by direct debit. This ongoing support is invaluable.

If you would like information on becoming a Friend of Vine, please contact us.

## BOOK NOW – EVENT OF THE YEAR!

A date for the diaries is 7 March 2024 – an evening of modern cabaret at Yeo Valley Headquarters!

Please come along and bring friends to what promises to be a fabulous evening of food, fun and top class entertainment. Only 100 tickets available!

For tickets:

<https://www.ticketsource.co.uk/vinecounsellingservices/t-vvpklxq>

QR code:



We are also looking for local businesses to sponsor the event and/or provide auction lots, so please do get in touch if you can help.

## OLLY BROWN



On Sunday 10<sup>th</sup> December, in awful weather, Olly Brown ran the Richmond Park Half Marathon to raise funds for Vine. Olly completed the course in 1 hour 43 minutes and raised around £750.

Olly said, "Being someone who has suffered and still suffers a lot from mental health issues, I can vouch for how important it is to speak to someone or have help in any way shape or form. This has further inspired me to try and raise money for this charity."

Thank you Olly!



VINE COUNSELLING SERVICES INVITE YOU TO

# COME TO THE CABARET

Ticket price of £50 includes welcome drink, 3 course dinner and modern cabaret

**7TH MARCH 2024**

6.45pm - 11.30pm  
Yeo Valley Canteen, Blagdon BS40 7YE

Tickets available from  
[www.ticketsource.co.uk/vinecounsellingservices](http://www.ticketsource.co.uk/vinecounsellingservices)

Raising funds for Vine Counselling Services  
[www.vinecounselling.org](http://www.vinecounselling.org)

