



## ***Members Newsletter – February 2016***

Welcome to our latest Newsletter! Starting a new year is always a time of reflection for the year that has passed, as well as anticipation for what lies ahead. This has been particularly true for us this new year as we look back on so many positive things from 2015 and yet enter 2016 with renewed energy and excitement about things yet to happen. We have had a few changes here at Vine over the last few months but believe that this is part of an organisation which is moving and flowing with the people who are part of it and as a way of responding to changing demands and environments.

### **Fond Farewells**

Firstly, we say 'Goodbye' and 'Happy Retirement' to Anne Cartwright, our longest standing Counsellor. Anne has been with Vine since we started seeing clients in 2007, and has volunteered hundreds of counselling hours to us, as well as offering us her experience and knowledge to help shape the charity. Always the voice of reason and forever the compassionate advocate for clients, Anne will be sadly missed by all of us. We wish you the happiest of times in all your new adventures Anne and send you the biggest 'Thank you' we can!

In the Autumn of 2015, we said farewell to Luci May, also one of our Counsellors who has been with us for a number of years. Luci started with Vine a number of years ago as a Receptionist, then progressed to being accepted as a Student Counsellor on placement and eventually graduating as a qualified Counsellor. Luci continued to volunteer with Vine in this capacity until feeling ready to move on with her own private practice. Luci, you are still in our hearts and minds and once again we just want to wish you well in all that you do.

We would like to say a big 'thank you' to Marion Braine who came back to us for a short time as a Receptionist during the Autumn of last year. Marion has volunteered with us before and re-offered her time to Vine at a time when we were needing extra help within the Receptionist team. It was lovely to see a familiar face and great to welcome a valued member of the team back to the Refectory. Again, thank you Marion for all that you do to support us!

We also say farewell to Sarah Jackson who was part of our Reception team, thank you Sarah for volunteering your time to us!

Finally, we wish Bernadette Newton and Angela Jackson, from our Spiritual Accompaniment team, all the best as they both move to pastures new. Many thanks to you for helping to shape and guide the development of the Pastoral Services side of Vine over the last few years.

## New Appointments

We recently held our Student Open Day and offered a training placement to Katie Griffiths. Katie has a lot of experience in working with different client groups and has worked abroad. She is sure to bring a really diverse and different dimension to the Vine team and we look forward to her beginning her learning journey with us once her induction is complete.

We also welcome Graham Preston to the Board of Trustees. Graham has had many connections with Vine in the past and has particularly supported us by organising fundraising events. It is this experience that he brings with him to his new role of Trustee, as well as his business skills and great sense of humour! We're really looking forward to working alongside Graham and being able to promote Vine a bit more through fundraising initiatives.

We also warmly welcome Derek Davey to our team of volunteer Receptionists and welcome back Breeda Morton who returns to the team to offer her time and support, also as a Receptionist.

## Volunteer Receptionist Needed

**We are looking for** a volunteer receptionist on alternate Tuesday evenings after Easter to work with our Counsellors to provide a warm and friendly welcome to our clients; take phone messages; prepare the Counselling rooms, and tidy up afterwards.

**Would you be prepared to give 2–3 hours of your time fortnightly?** Whilst the counselling sessions are in progress you will have some "quiet time" to catch up with your own reading, writing, studies etc. Alternatively, you may know someone who would be willing to help. Please contact Liz at the office.

## Congratulations to Sarah King

Sarah is the Vice-Chair of Vine and works closely with Jo and Liz in the office, as well as with different groups of volunteers within the organisation. We would like to extend our congratulations to Sarah who got married in the New Year and is now known as Mrs. Sheehan.

## Something to "like"



Vine are entering the world of social media.....

In an effort to raise the profile of the charity, Liz has now set up our very own Facebook page, so please "like" Vine Counselling Services to see our latest news, weekly posts and adverts for events. Liz is also hopeful to attend some Social Media training over the next couple of months.

You may also want to keep an eye on our website as we hope this year to give it a "makeover".

## Counselling

We are fortunate to have a small waiting list at the moment for counselling appointments. If you would like to talk to us about making a counselling appointment or even just finding out a bit more about what we offer, then please call or email the office and leave a message. We aim to return phone calls and emails as soon as we can and are always happy to give information about our service.

## Finances

The Board of Trustees continue to examine all aspects of Vine's financial situation in detail. Recent analysis of the accounts still shows that our outgoings are not being matched by income. We can demonstrate that our costs for running Vine are kept to an absolute minimum, but unfortunately our donation level is still falling. We rely on donations, plus grants and fundraising, to provide the best service we can, but income over all three areas has not matched what we need to plan a long term future for Vine.

In the past we have not asked for a set fee for our work despite other similar organisations doing so. This has enabled, and still enables, people to come to us regardless of their ability to pay. The Trustees are keen that this aspect should not be compromised, however recognise that we need to increase the level of income to continue providing our much needed service. A decision has therefore been taken to now ask for a minimum suggested donation of £10 per session, although it presently costs us between £30 and £40 per session to provide.

## How You Can Help

We are also looking for support in other areas which help to increase income, namely our Five Year Friends (please see details below) and through our new Fundraising Committee who are aiming to set out a calendar of events which you may like to be involved with. Events currently being looked into are a Cello & Miscellany concert, a colours/fashion show evening, Mendip Swing & Joyful Spirit concert and Christmas Carols & Readings.

If there are other ways you feel you can help us please get in touch and chat to Jo or Liz in the office. We'd also like to take this opportunity to say thank you to everyone who supports Vine in any way – we really appreciate everything you do for us.

Particular thanks go to;  
St Andrews, Banwell  
St Andrews, Congresbury  
St Johns, Churchill  
Clevedon Town Council  
Blues Brothers Tribute Night, September 2015  
Christmas Music and Readings by Candlelight  
Wrington URC  
Wrington Mothers Union  
Wrington Parish Council  
Liz Linnitt and The Pampered Chef  
Applied Technology Consultants Limited

## **AGM**

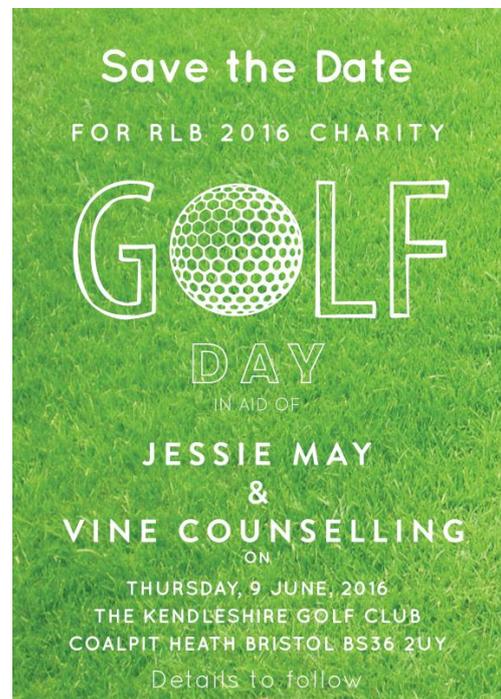
Our AGM is to be held on Monday 20<sup>th</sup> June 2016 at 7.30pm in The Refectory (adjacent to St Andrews Church) in Congresbury. Please join us to meet the Vine Team and hear a bit more about the work we do. There will be time too for questions and we are planning to round off the evening with cheese & wine (no charge but donations welcome).

## **Rider Levett Bucknall Choose Vine!**

We have been approached by the Bristol branch of RLB as their staff have nominated Vine as one of their chosen charities for this year! Jo has been to meet the team and explain in more depth how Vine operates within the local community. RLB were very interested in our history and also about how we can do more to help support our clients and volunteers.

We feel incredibly honoured to be in this position and have already made some plans for collaborative fundraising.

RLB will be hosting a Golf Day on June 9<sup>th</sup> to get the fundraising off to a healthy competitive start – please contact us if you are keen to take part or support this event in any way!



## **VIRGIN LONDON MARATHON 2016**

Having successfully been awarded a place in the Virgin London Marathon 2016 ballot, we invited applications from local runners wishing to participate and raise funds for Vine.

Hannah Robertson was chosen from a number of applicants and is currently undertaking her training regime, ready for the big day on 24<sup>th</sup> April! We are so grateful to

Hannah for her enthusiasm, support and commitment to raise as much as she can as she prepares for the Marathon and we wish her all the very best.



Hannah is organising a Skittles Night at The Red Cow, Brent Knoll on 8<sup>th</sup> April at 7pm. Tickets will be available for £15 to include a hot buffet, and a raffle will take place on the night. She would love some support from the Vine family!

Here is Hannah's story:-

*It feels so difficult to put pen to paper and start to explain the reasons why I'm so elated and honoured to run the Virgin London Marathon for Vine Counselling Services in April.*



*Many roads led to these feelings; the first.....my own fascination that I've had with the London Marathon! I remember watching it each year since I was very young and being utterly inspired - that runners from all backgrounds and abilities come together to complete this challenging course - all the hours of training and determination being pounded out on the streets of London for so many personal reasons. As I watched last April I thought about how much I'd love to do it.....*

*So I started to train! I got the 0-5k app on my phone and walked/jogged for 7 minutes at a time and with sheer determination I got there! As I ran further distances, I felt a huge sense of achievement and so good about myself! It has really turned me around!*

*This brings me to explain another "road".....my family's own experience of mental health issues. My mum bravely fought and struggled with depression and anxiety for 3 years, before it overcame her and led to her passing away. It's still so incredibly heart breaking to talk about, and I talk about it rarely as I am still coming to terms with it. However, I obviously think about her many many times each day.*

*I see people that suffer with mental health problems as so incredibly brave - to have a constant battle going on inside your mind, as well as living day to day. I saw, and experienced, the despair that it can lead to and I promised I would try and help in any way I could.*

*This is where my two roads link.....the inspirational people I saw running the marathon in previous years and my desire to make a difference to those suffering with mental health issues. The determination I have to train and complete this Virgin London Marathon is fuelled by those brave sufferers and their families who are fighting this illness each day. Vine Counselling Services is a charity who can help by supporting sufferers, and their families, with professional and affordable counselling which is not restricted to a certain number of sessions or the ability to pay, and meets people at their point of need. I am therefore so proud to be able to help support their work.*

IF YOU WISH TO SUPPORT HANNAH'S CAMPAIGN, PLEASE GO TO HER DONATIONS PAGE:-

<http://uk.virginmoneygiving.com.fund/hannahsmarathonforvine>



### **Spiritual Accompaniment:**

**Spiritual Companions** offer a series of confidential appointments to listen and accompany clients on their faith journeys. Meetings may take place in the Spiritual Companion's home or at The Refectory and usually last about 1 – 1.5 hours approximately every 6-8 weeks. Again, appointments can be tailored to what the client feels would work best for them and arranged accordingly. We have a system in place which helps us arrange appointments with a Spiritual Companion who matches the requirements of individual clients, and a set of guidelines for how we work with people. This is to ensure that clients receive a professional service which is ethical and safe. These guidelines are recognised as demonstrating best practice in this field of care.

If you would like to explore Spiritual Accompaniment, or would like further information, please contact us at the office.

### **40 Days of Guided Prayer – (20<sup>th</sup> March to 8<sup>th</sup> May)**

Following the success of last year's "Week of Guided Prayer", the Spiritual Accompaniment team are planning to arrange 40 Days of Guided Prayer which will begin with a short service at St Andrews Church, Congresbury followed by refreshments where participants will meet their Prayer Guide and arrange to get together with them once a week for 30 minutes during the 40 day period. This will culminate in a service on 8<sup>th</sup> May at Congresbury Methodist Church to share experiences and thoughts, followed by refreshments.

Several participants from last year said it was like going on a "retreat without leaving home" and that it was a very valuable spiritual experience and one they looked forward to repeating.

Please email us at [vine.counselling@hotmail.co.uk](mailto:vine.counselling@hotmail.co.uk) for a leaflet and registration form. Registration closes on 6<sup>th</sup> March.

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### ***Five Year Friends***

Are you able to support the work of Vine by becoming a 'Friend'? Friends can sign up to regular giving by standing order, which can also be gift aided. This gives the opportunity for you to support Vine each month and contribute to our ongoing work. As little as £5-10 per month would make a big difference to the charity.

If you wish to get involved, please complete the form attached and return it to us via post or email [vine.counselling@hotmail.co.uk](mailto:vine.counselling@hotmail.co.uk).



I WOULD LIKE TO SUPPORT VINE AND BECOME A FRIEND.

I WOULD LIKE TO SUPPORT VINE FOR: 1 YEAR / 3 YEARS / 5 YEARS (delete as appropriate)

PLEASE CONTACT ME TO MAKE ARRANGEMENTS.

NAME :.....

ADDRESS:.....

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TEL NO:.....

EMAIL:.....

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#### **Data Protection**

Are you still happy to receive news about Vine Counselling and Pastoral Services? If you would rather not receive any further Newsletters or details about future events, please let us know and we will remove you from the circulation list.

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