



Members Newsletter – June 2015

Welcome to our latest Newsletter! Please read on to hear about Vine's activities over the past few months and to find out what we have planned for the near future.

A big thank you to all of the Trustees, Counsellors, Student Counsellors, Spiritual Companions, Volunteer Receptionists and supporters for all of your hard work and support so far this year. We really appreciate everything you do to enable the charity to continue to provide such an important service to the community.

Over the past few months, we have spent some time collating statistics to establish where our clients live, where they are referred from, how many sessions they attend on average and our average client donations. The results have been extremely interesting and show that we now receive referrals from further afield, our work reaching out to residents of Clevedon, Weston Super Mare, Long Ashton, Cheddar and Portishead. However, the majority of our clients still reside in the local villages namely Yatton, Congresbury, Wrington, Winscombe, Banwell, Churchill, Langford, Cleeve, Claverham and Sandford. We now have leaflets with many GP practices, local Churches and libraries as we continue to raise the Vine profile. Also, in June, members of our Spiritual Accompaniment team will be visiting local Churches during their Sunday morning services to give a short presentation.

Fond Farewells

Firstly, we need to say a big thank you and goodbye to our Vice-Chair of Trustees, Liz Morton, who has moved to be nearer family in Highcliffe. Liz has been an integral part of the running of the charity and will be sorely missed. We hear that within a week of moving in, she was invited to a coffee morning with neighbours and her daughter had booked her for babysitting before she even left Congresbury! The whole team at Vine wish Liz all the very best in her new life by the sea. We have threatened to Skype her during Trustee meetings, so that she still feels part of Vine!

We also wish Di Smart all the very best as she moves to be nearer her family in Plymouth. Di has volunteered as a receptionist for some time and has also stood as a Trustee. Thank you, Di, for all your support during your time at Vine.

Becky Dowling also leaves us this month having given Vine many years of support. Vine will really miss Becky and we would like to say a very big thank you to her for all her work covering reception and other events. Best wishes to the family as they move to Devon.

We say a fond farewell to one of our Counsellors, Emily Lovell, and wish her all the best as she continues her career. Emily joined us as a Student in 2013 and has become an important part of the counselling team. It has been a pleasure to watch her grow in confidence during her placement and was good to hear from her that she valued her time with us. Emily sent us a lovely card, in which she wrote, "I would like to thank you all for being such a large and positive part of my journey to becoming a Counsellor. Everyone has been so lovely and supportive and I will never forget my time here at Vine". Thank you Emily!

Finally, we sadly say goodbye to Helen Williams who was one of our Spiritual Accompaniment Supervisors. Helen was instrumental in helping Vine to set up the Spiritual Accompaniment Service and transform our first few tentative ideas into a flourishing practice. We will forever be in debt to Helen for her unfailing patience, guidance and advice, all of which we accepted with open hearts and minds. We all wish you well Helen in your new adventures!

New Appointments

We are delighted to announce that one of our existing Trustees, Sarah King, has taken on the role of Vice-Chair of Trustees. Sarah has a wide range of experience within Vine as she took on the role of Director in Jo's absence in 2012. She now comes into the office to work with Jo and Liz on a Wednesday.

We also welcome Vivienne Hunter to the Board of Trustees and hope to appoint another Trustee shortly who will be responsible for focusing specifically on fundraising.

With regards to our Student intake for 2015, places have been offered to two candidates following recent interviews and we are pleased that both have accepted. We anticipate officially welcoming them to the team within the next few weeks.

We were very fortunate that Helen Williams was able to introduce us to Maggie Fordham who takes over as Supervisor to the Spiritual Companions. Welcome to the team Maggie!

Counselling

We are currently seeing 21 clients per week and have 8 on the waiting list. We continue to deal efficiently with new enquiries and place them with Counsellors as quickly as we can. We also plan to increase the appointments we can offer by recruiting up to two new qualified Counsellors and advertisements will shortly be published. However, if you are a qualified Counsellor and require hours for accreditation, or have a desire to support Vine by offering your skills and 2-3 hours a week to see clients, we would love to hear from you!

Volunteer Receptionist Position

As Becky moves to pastures new, we are looking for a new Receptionist to join the team on a Tuesday afternoon. Could you offer 2-3 hours every fortnight to:-

- provide a warm and friendly welcome to our clients;
- be discreet & treat everyone with kindness and respect;
- take phone messages;
- prepare the Counselling rooms, and tidy up afterwards.

Whilst the counselling sessions are in progress you will have some "quiet time" to catch up with your own reading, writing, studies etc. Please contact us by email or telephone if you could help.

Finances

The draft accounts for the charity have brought to the Trustees' attention the need for us to look at our finances in more detail. Unfortunately, outgoings are currently higher than income. As an organisation, our outgoing costs are scrutinised and kept to a minimum but we have recently found that individual contributions, grants and client donations have reduced therefore causing some concern.

Vine relies upon donations, grants and fundraising for the income which enables us to provide our service. We have always been extremely proud that we do not need to make a fixed charge for appointments and instead ask our clients to make a donation at each session. This is something we are keen to continue to offer so as not to exclude anyone from having access to our service. However, each counselling session costs the charity on average between £30 and £40 and the average donation we receive falls significantly short.

In view of the financial situation, we are looking to increase our Five Year Friends' supporters, details of which are set out below. If you feel able to support Vine in this way, or by another form of donation or event you could organise, please contact us confidentially.

Save the Dates!

The Trustees are also planning to organise more fundraising events and are pleased to confirm that Vine will have stalls at the Wrington and Congresbury Summer Fetes on Saturday 11th July. In addition, the following events have been booked so please watch out for further information:-

**Blues Brothers Tribute Night –
St Mary's Church, Langford on Saturday 26th September 2015**

**Quiz Night and Ploughmans evening –
Kingston Seymour Village Hall on Saturday 14th November 2015**

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.

AGM

Our AGM is to be held on Tuesday 30th June at 7.30pm, in The Refectory (adjacent to St Andrews Church) in Congresbury. Please join us to hear a little bit more about our work and meet the team. The AGM is a good opportunity for us to share ideas and for people to ask questions ... as well as us all enjoying some Vine hospitality! We aim to finish at around 9 o'clock although I'm sure we'll still be chatting informally for a while afterwards too!

Thanks to:-

St Andrews Church, Congresbury for their generous donation
Yatton Moor Churches for their donation
Congresbury Parish Council for their grant
Yatton Parish Council for their grant
The Lost Sheep for putting on a fabulous concert to raise money for Vine
Our existing Five Year Friends
and thank you for other individual anonymous donations



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.

Month of Guided Prayer – (18th October to 15th November 2015)

Following the success of last year's "Week of Guided Prayer", the Spiritual Accompaniment team are planning to arrange a Month of Guided Prayer which will begin with a short service at the Catholic Church in Cheddar where participants will meet their prayer guides and arrange to get together with them once a week for 30 minutes during the Month of Guided Prayer. The month will culminate in a service on 15th November 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 look out for further information.



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:.....

.....

TEL NO:.....

EMAIL:.....

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.

*Vine Counselling Services, The Refectory, Station Road, Congresbury. BS49 5DX Tel: 01934 876377
email: vine.counselling@hotmail.co.uk*