

## Become a Friend of Wellspring

'Friends of Wellspring' donation examples

In one year -

- £2 per month helps provide two sessions of youth counselling
- £5 per month helps us provide a counselling room for 20 sessions
- £10 per month will help provide counselling for 1 client (based on an average of six sessions)

### Make a one-off donation

If you are a UK taxpayer, please Gift Aid your donation by also completing the form overleaf.

### Set up a Standing Order and support Wellspring Counselling

If you would like to become a 'Friend of Wellspring' and make a small regular monthly donation please fill in the form below, tear out the page and return it to us at:

WELLSPRING COUNSELLING LTD, PO BOX 1007, NAILSEA, BS48 2FS

To ..... Bank/Building Society

Address of Branch .....

..... Post Code .....

Please pay to the account of Wellspring Counselling Limited at HSBC, Nailsea, Sort Code No 40-34-39, Account No 11182307 the sum of

£ ..... on the ..... day of each month commencing ..... until further notice

My/our Account name .....

My/our Account No .....

My/our address .....

Signed ..... Date .....

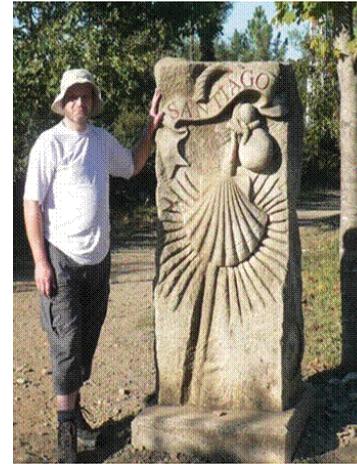
**OR**

I wish to make a one-off donation to Wellspring and enclose a cheque payable to "Wellspring Counselling" for £ .....

*Please write your name and address above.*

<<< Gift Aid Form overleaf

So many people help Wellspring by hosting an online sale, collections, donations and sponsored events. To all of these people who support Wellspring financially we send our grateful thanks. In addition our special thanks goes out to both Dr. Tim Southwood (right) of the Tower House Medical Centre, who set off in October 2007 on a trek along the Camino de Santiago in Spain. Generous Wellspring supporters sponsored Dr. Southwood to complete his journey, raising a total of £1216 for our service. Dr. Southwood is pictured here alongside a monument on the trail. ...



and to Wellspring supporter Jason Muxworthy (left) who raised funds by running in the Cardiff Half-Marathon on 19th October 2008. We are very grateful for their support.



We are also grateful to Tower House Medical Centre and the Nani Huyu Charitable Trust. Sincere thanks to the local churches who have supported our charity, donating 18% of our total funds in 2008. The remaining donations were made up as follows: Local Authorities (Nailsea & Backwell) 6%; Clients 50%; Other grants 9%; Fundraising events 1%; Local GPs 4%; Gift Aid 12%.

**THANK YOU TO ALL  
OUR SUPPORTERS**



Special thanks to DPS for their support in the production of this newsletter

# Wellspring News

WELLSPRING COUNSELLING • PO BOX 1007 • NAILSEA • BS48 2FS  
Tel: (01275) 810879

**Friends of Wellspring**  
Fundraising Appeal Issue  
Autumn 2009

I'm Sorry I Haven't a Clue panellist, Goodie and Wellspring supporter **Tim Brooke-Taylor** joins Wellspring's campaign to raise funds. He says -

*"In these increasingly challenging times, counselling can quite literally save a life and more often help transform one. Wellspring Counselling has been providing support to the local community in Nailsea and around North Somerset for 15 years. Please help this essential work by becoming a "Friend of Wellspring" today and giving whatever you can afford."*



How Can You Help? - see inside for details ...

## Wellspring Counselling: A Professional Service

Demand for our service is still high. In 2008 Wellspring provided 1,869 counselling sessions and saw a total of 198 new clients.

### Wellspring Mission Statement

'Wellspring is a Christian Organisation which exists to provide affordable, professional counselling for the whole community.'



On average, clients attended for 9 sessions. How did they find the experience of counselling at Wellspring?

Here are just some of their comments ...



*“After initial worries and people’s perception of me going, I’m extremely glad I decided to do it. It’s made a big difference.”*

*“It is tough to confront issues but it has been an enormous help. I will take a great deal from this experience.”*

*“Wow, what a positive and dynamic aid to helping me through a difficult time in my life.”*



*“I can’t put into words how grateful I am to feel better.”*

## YOUTH SERVICE SUSPENDED DUE TO LACK OF FUNDS:

### A service in need

We are sorry to announce that in August (2009) our free youth counselling service which has been running at Nailsea Family Practice since 2005 was suspended until further funds can be raised. Applications have already been submitted to trusts and we are seeking additional ways to raise funds for this essential service which reaches people typically between the ages of 12 and 17.

### The current climate

The BBC reported earlier this year that UK charities are feeling the effects of the struggling economy with donations being down on last year and charitable organisations being forced to make cutbacks to conserve existing services. The survey, run by the Charity Commission, questioned 1003 charities in England and Wales and found that over 50% had been affected by the economic downturn. Wellspring is among these vulnerable charities but we are positively mobilising support from the local community and beyond to take us through this challenging time. We are grateful to Tim Brooke-Taylor for publicly supporting Wellspring and helping us to raise awareness of our need for funds.

## BECOME A ‘FRIEND OF WELLSPRING’

Wellspring offers professional and affordable counselling to anyone seeking help regardless of their ability to contribute towards the cost. This way we reach people who otherwise could not afford to access counselling services. To help meet the increasing costs of providing these sessions we are launching **Friends of Wellspring**.

For as little as £2 per month you could become a ‘Friend of Wellspring’. By joining this growing community of Wellspring supporters you will be helping us create regular accessible funds to help secure these services both now and in the future. We invite you to offer us a regular donation, ideally by standing order (please use the attached form) which, if you are a taxpayer, can be gift aided.

## A COUNSELLOR’S VIEW OF WELLSPRING COUNSELLING

When I began my training at Strode College nearly four years ago, quite a few people told me about Wellspring and spoke of it as a very highly regarded agency. One of my early tasks was to present an ‘Overview of an Agency’ to my fellow students. I wanted to find out how a successful agency works so, naturally, I chose Wellspring.

With a long list of questions, I contacted Julie Hession, who was Director at the time, and she patiently explained all aspects of the agency’s work. My fellow students were impressed with how well-organised it was compared to some of the agencies they had studied and I knew I wanted to work at Wellspring. I had to wait another two years to fulfil that ambition but when I set up a counselling service in a local school for my first year placement, I felt confident that I had a very good model on which to base my service.

Now, as a recently qualified counsellor at Wellspring, I am appreciating the benefits for myself. I feel very well supported in my work, both by the organisation and by my supervisor. I have been given a broad range of clients with respect to age, gender and presenting issues. This is providing valuable experience and boosting my confidence as well as my hours for BACP accreditation. I have also enjoyed the opportunity to meet other Wellspring counsellors and exchange ideas. I am learning all the time! In short, I am feeling very well grounded at the start of my new career.

**Zoe Manning** (Wellspring Counsellor)

## GIFT AID

Are you a UK Taxpayer? If so, at no cost to you, Wellspring can benefit by an additional 25p per £1 donated. If you are happy to ‘Gift Aid’ your donation, please sign and date the declaration below:

I am happy for Wellspring Counselling Ltd to reclaim tax on all donations with effect from: .....

Full Name (Mr/Mrs/Miss) .....

Signed .....

Address .....

..... Postcode .....

Date .....

Please notify Wellspring Counselling if you change your name or address.

You must pay an amount of Income Tax and/or Capital Gains Tax for this tax year at least equal to the tax that Wellspring will claim from HM Revenue and Customs on your Gift Aid donation.

The government will pay Wellspring an additional 3p on every £1 you give between 6/4/2008 and 5/4/2011. This transitional relief for Wellspring does not affect your personal tax position.

***Please ensure you have completed all relevant sections overleaf before returning to Wellspring***

*Thank you for your support !*