

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

Email 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

**THANK YOU TO ALL
OUR SUPPORTERS**

An Evening with Tim Brooke-Taylor



On Friday 24th September, Tim Brooke-Taylor – I'm Sorry I Haven't a Clue panellist, Goodie and Wellspring supporter – was put through his conversational paces by Chris Serle. Tim had kindly offered to give his time to raise funds for Wellspring by talking to Chris about his time in showbiz. Chris, a good friend of Wellspring was only too happy to conduct a 'Parkinson' type interview with Tim.

This was held at The Downs School in Wraxall. Rosey Lunn (Trustee) extended a warm welcome to the packed auditorium, explaining about Wellspring's

work, before handing over to Tim and Chris. Chris expertly led Tim through a number of amusing and interesting anecdotes and when Tim asked for any questions hands shot up and there was laughter when someone asked if John Cleese was as grumpy as he seemed!

After leaving everyone wanting more (a true showman!) Tim and Chris stayed to chat with their audience. A great evening was enjoyed by all. Special thanks to Tim and Chris, Rosie Lunn and everyone who helped organise the event which raised in excess of £900.

Afterwards Tim said:

"I really enjoyed my visit to Wellspring and the fundraising evening with Chris (Serle). The work you do at Wellspring is increasingly important in these challenging times as counselling is such a valuable tool for change and support. I wish you all the best with its continued success and with 'Friends of Wellspring'."



WELLSPRING COUNSELLING
PO BOX 1007
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Wellspring News

Spring/Summer 2011

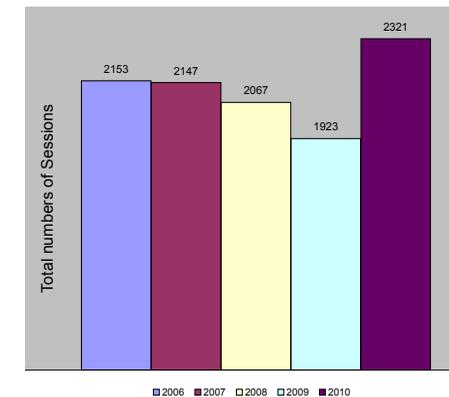
Pudsey to the Rescue!

A little bear has been a big help to young people who come to Wellspring for assistance.

Pudsey Bear is the well known mascot of the BBC Children in Need charity, which has awarded Wellspring three years of funding for its youth counselling service. This had to be temporarily closed in 2010 due to lack of funds so we are delighted that in 2011 this valuable service will restart at Nailsea's 'No Worries' clinic at Towerhouse Medical Centre.

Wellspring's Director, Chris Daniels, said 'We are now secure in the knowledge that this unique local service is safe for a number of years. Now that Children in Need have awarded this grant we can look at increasing the number of hours we provide and reach young people in need in and around Nailsea. We are very grateful for this money. It means that when young people access the service they can be safe in the knowledge that help will be here for as long as they need it. In these increasingly hard financial times Wellspring's youth counselling service offers free professional counselling to young people in Nailsea, Backwell and surrounding villages.'

Record number of counselling sessions in 2010



In 2010 Wellspring Counselling recorded its highest ever number of sessions provided for people seeking professional counselling.

Wellspring has been helping hundreds of people in the area since 1995 and in 2010 provided 2321 counselling sessions, an increase of 20 per cent since 2009. Their ethos is that anyone is welcome to come and ask for counselling sessions, regardless of their ability to pay.



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Wellspring has a team of 18 counsellors including one specialising in youth counselling. Although they are working hard to meet demand there is still an ongoing waiting list for services because demand is so high.

Wellspring Director, Chris Daniels, said: *“One trend which is developing is for longer term support.*

“Clients with complex mental health issues are increasingly being referred to us and require longer term support, therefore our average number of sessions per client has increased from 6-8 to 10.

“This presents us with increasing challenges and our continued income is uncertain as demand for the service rises.”

The charity is currently looking at ways to boost its income as grants become harder to obtain. A successful evening with comedian Tim Brooke-Taylor was held at the Downs School last year (report on back page) and funding for youth counselling has been received from Children in Need but new sources of fundraising are always needed.

‘Hellos and Goodbyes’

The **Reverend Alastair Wheeler**, who had been a long-standing Trustee, and co-founder of Wellspring, moved out of the area. Our grateful thanks go to Alastair for all the hard work he has carried out on behalf of Wellspring over the years. We send him and his wife Bid all our best wishes in their new parish in Wells.

Roger Layet has stepped down from his position as trustee and our thanks go to Roger for his great support.

We extend a warm welcome to the **Reverend Mandy Stevens** who joined our board of Trustees in 2010. Mandy’s enthusiasm for everything to do with Wellspring and her energy have already been evident and we hope her connection with Wellspring will continue well into the future.

In 2010 we also said our farewells to **Christina Crosby**, our receptionist/admin assistant at the Methodist Church. Christina decided to further her long held ambition to become a teacher and is now studying to that end. Christina will be missed and we thank her for all she has done for Wellspring. **Heather Thomas** is now a member of the team: welcome to Wellspring, Heather.



Back: Jim Hobday, Rupert Ridge, Dr Robin Lambert Front: Dr Mary Backhouse, Rev Rosey Lunn, Rev Mandy Stevens

FUNDRAISING : HOW CAN I HELP?

You can become a ‘Friend of Wellspring’ and help by donating as little as £2 per month. It’s easy- just complete the tear-off on the back of this newsletter and return to Wellspring.

Also you can support Wellspring by attending one of our forthcoming fundraising events:

May – Sponsored bike ride

Susan, a supporter of Wellspring, is cycling from Lands End to John O’Groats to fund raise for the charity. Susan is committed to Wellspring’s aim to provide affordable counselling for all, including those who might not usually be able to access it. She is starting her ride in May and hopes to take 3 weeks, punctures allowing! Please contact the Wellspring office to find out how you can sponsor Susan.

May Cabaret – Saturday 14th May

We are delighted to present our May Cabaret fundraiser, an evening of top class musical entertainment at Backwell WI Hall on May 14th at 7.30 pm.

Tim Lewis, a well-known local performer who always plays to full houses, will be entertaining with his own unique brand of music and story telling. Also appearing will be Tony O’Rourke and his folk Band. Tony plays regularly in the Nailsea and Backwell area and has a loyal following.

Backwell’s singing sensations, Las Chicas will be joining the line up – they got together about three years ago and sing with enormous enthusiasm. They have won many festivals and are now in great demand.



Las Chicas

Tickets, priced at £10 (to include a cheese platter) can be obtained from the Wellspring Office or Nailsea Book Shop on the High Street.

Book early to ensure you don’t miss out!

Thank you to all our supporters

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.

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