

Become a friend of Wellspring.

- £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.)

☐ I would like to donate now.

☐ I would like to donate regularly - please send me information about setting up a Standing Order.

I enclose a donation of:

£

☐ GiftAid it.

Are you a UK Taxpayer? If so, at no cost to you, Wellspring can benefit by an additional 25p per £1 donated if you 'Gift Aid' your donation. *

Name
Address
Postcode
Tel
Email
Signed

Please make your cheque payable to:

Wellspring Counselling Ltd

Chapel Precint
74 Silver Street
Nailsea, Bristol
BS48 2DS

Thank you.

* 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 HMRC on your Gift Aid donation.

My experience as a Wellspring Receptionist

Keith shares his experience as a receptionist for Wellspring Counselling

Over the last twenty years I have suffered from periods of depression, similar to bi-polarism, and after a great deal of help and treatment from the mental health services department of the NHS I now lead a normal and healthy life. As a result of this I looked for any way I could help people in a similar position to recover, but was unable to find any voluntary work within this field. About two years ago I attended a performance of the Bath Male Choir, who were raising money for the Wellspring organisation, where an appeal was made for anyone to volunteer to become a receptionist for Wellspring Counselling and I felt this was the ideal opportunity I was looking for.

I volunteered, was interviewed and accepted and attended my first evening's duties at Nailsea Family Practice under supervision.

I now regularly carry out duties once a month on a Tuesday, attending at the surgery at 6p.m. My first task, with the help of the practice receptionist, is to find doctors rooms, which are available

for our use and to get them ready. This involves clearing the doctor's desks, pulling over the blinds or curtains, setting out two chairs, laying out the desk with a basket containing tissues, pen, receipt book, envelops for payment, future appointment cards, glasses of water a and panic alarm and putting an 'in use' notice on the outside of the office door. In the diary I allocate each counsellor their surgery for the night.

One counsellor may already be in situ, having started a session from 5.30 to 6.30p.m. and the rest of the counsellors arrive about 6.15 p.m. and I tell them which surgery they will be using and they go and prepare for the evening. Clients are booked in for one hour sessions, the last session being from 8.30 to 9.30p.m. Clients start arriving about 6.20p.m. and I inform the counsellor, who comes to greet them and takes them to their surgery. I tick off the arrival of each client in the diary. This, to a great extent, is the bulk of my evening work done. I sit back, reading a book or filling in Sudoku books.

At 7p.m. the surgery is closed and from 7.20 the first clients leave and I assist them to leave the building through the front door.

The second set of clients then go for their counselling session and I, once again, settle down with my book.

At 8.20p.m. the same series of events take place and I settle back to my book until about 9.15p.m. when I start to clear up, washing up dirty glasses, removing signs from the surgery doors and as the clients and counsellors leave, clearing up the surgeries and putting them back in order as the doctor left them and locking the surgery doors.

Once the clients and counsellors have left it is my responsibility to make sure that all the surgeries we used, the kitchen and reception area are left as we found them, make sure the building is empty of all staff, doctors and cleaners and then set the alarms.

Thank you to all our receptionists at Wellspring. Without the fantastic job that you do we could not run the service in the way that we do.



Myers Briggs consultant: Emma Lewis

For my presentation to the counsellors I went through a selection of slides explaining the history of MBTI and its applications. The main focus of the session was an introduction to the Myers Briggs Type Indicator for those who haven't worked with it (and a refresher on its application for those who have).

The presentation lasted just over an hour and was an informal explanatory session and in this short space of time could not encompass the rigorous processes of having an 'official' questionnaire and debrief completed but was aimed to be both fun and informative.

A full session for MBTI either needs to be done via questionnaire + 1:1, or questionnaire + full group session

(which takes at least 3 times as long as the time we had available!). Unless they have already completed this elsewhere, it's hard for participants to know what their 'type' is without further exploration: I'm ethically bound to explain that!

I'd be happy to hear from any of your colleagues or readers if they have questions so please contact me on **07710712840**.

It was an enjoyable session with the counsellors and I would like to wish you all the best and I hope that you all continue to enjoy the admirable work that you carry out for Wellspring.

THE NEWSLETTER OF WELLSPRING COUNSELLING

ISSUE NO. 4 / SPRING 2016

Wellspring News

Fundraising special!

Staff connections

In life we seek to balance our challenging roles by engaging in activities that inspire and energise us. Many of the staff and trustees partake in a wide range of pursuits that stretch and fill us. Here are just a few that I am aware of!

Saturday 7th May 2016

City of Bristol Choir: "Celestial Concert"
St George's Bristol - www.cityofbristolchoir.org.uk

Sunday 24th July 2016

Riff Raff Pop and Rock Choir presents: "A Grand Night Out"
Colston Hall Bristol - www.bristolchoir.co.uk

Saturday 17th September 2016

Marianne Fry Lectures
Belinda Harris: "Fear, Love and Loathing"
Armada House - www.mariannefrylectures.co.uk

We are always delighted to hear from readers about your fundraising ideas or newsletter content. Please contact:

Mariza Churchfield

Editor, Wellspring News
admin@wellspringcounselling.org.uk

Our latest supporter...

Wellspring are delighted to announce the latest supporter to our fundraising team, Tesco Community Champion, Deb Bear!

Deb works as Community Champion at the Tesco store in Nailsea. Her role is to find worthy projects within the local community and offer support to those projects.

In 2015 Wellspring held two major fundraising events, The Zip Wire Challenge and a superb Musical Evening with Lucy May and the Backwell Trio. Deb has been invaluable in supporting both these events as a Zipper on the challenge and through Tesco's generosity in helping with some of the food for the Musical Evening. Wellspring could not continue without the support and effort of everyone involved in our fundraising. We are always on the lookout for new ways to raise money and for energised individuals willing to help! Tesco have also offered us the opportunity to do Bag Packing at the store during 2016. Any volunteers would make a big difference to the amount we raise in February, so please do contact us. This edition is a celebration of the fundraising events and the volunteers who support Wellspring, so take a trip to the inside of this latest edition to discover who volunteers and how they help to make us the organisation that we are!

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November Fundraiser with Backwell Trio and friends

Backwell bounced to live rock, country and pop music on Saturday 14 November 2015.

The talented Backwell Trio were ably supported by Take Three - both bands performed a selection of retro and contemporary numbers. Lucy May's captivating vocals rendered an eclectic mix of pop and Les Mis songs which left everyone spell-bound.

A fantastic night which raised over £1500 for Wellspring!

Huge thanks to everyone who planned and helped at the event - it makes such a real difference.

Top left: **Lucy May.**
Bottom left: **Performers at our musical fundraiser.**

Thank you especially to our sponsors Tesco, Nailsea for food and drink, and to everyone who donated raffle prizes:

- Aardman Animation
- Nailsea Centre of Reflexology
- John Brown Hardware
- Gilly's Café & Bistro
- Burchill's greengrocers
- and many kind individuals

also Aimee's Winehouse for loan of the glassware.

Thank you all!

Deb Bear: Community Champion



(C) North Somerset Times

I would like to introduce myself to you. My name is Deb Bear and I am the Community Champion for Tesco, Nailsea.

So what is a 'Community Champion', I hear you ask? Basically, my job role is to get involved in our local community, helping to promote the wishes of the community and projects that are close to your heart. This may involve donations of raffle prizes or refreshments to community events. My role can also involve a more personal involvement: e.g. someone to help organise an event.

In the recent past, and indeed currently, I have been involved with organising events for local people who live alone, and a cooking and social group for gentlemen. I have also taken part in organising fundraising events for local young carers.

Tesco, as part of their National Charity Partnership, have donated raffle prizes to events in schools and other social groups. We have also supported local charities for people with disabilities and health issues.

As part of my role I have enjoyed working with Wellspring Counselling helping to raise funds for continuation of free counselling for young people within Wellspring Youth Service. I continue to seek new events to support people locally and if you are involved in any local events that you feel I can help with then please ask at the customer service desk for Deb Bear or email me at: **nailsea@communityattesco.co.uk**

Another important aspect of my role is creating individual Farm To Fork Trails, in the Nailsea store. Geared towards all primary aged children in the local area this programme involves educating our children about food, where it comes from

and how it grows. Answering all the 'How' questions along the way such as 'How it gets here', 'How it's prepared'. This educational programme also extends to Beavers, Cubs, Brownies, Rainbows, Primary School children and Preschool Groups.

Working creatively with children involves engaging children of all ages with a few food tasting surprises along the way! If any of this work interests you I can always do with an extra pair of hands and you can contact me at the following address: **nailsea@earthhappyproject.com**

It all adds up to a very busy but rewarding role!



>> FUNDRAISING FUN



Who's afraid of the Zip?

by Chris Serle

"How about doing something intrepid? We could do a zip-wire challenge. Go on. Let's." - these the considered thoughts of one of Wellspring's trustees, the Reverend Mandy Briggs. She'd clearly cracked. Besides, the closest most of us had got to a zip wire was to watch toddlers trolleying across a few yards of municipal park three feet above the grass and who's going to pay us to go on that?

The zip-wire Mandy was referring to is in fact one of the longest and scariest zip wires in the world and it's in Chepstow. Stretched across the chasm of a disused quarry is a cable nearly a mile long. The starting end is at the top of a rock-face 70 metres high. Think Clifton Suspension Bridge. The wire plummets to the bottom of the far end of the quarry. Attached to the wire is a small pulley with a bit of harness under it. Below is the icy water that floods the quarry.

The idea, you've guessed, was to get friends and relations to pay us to ride the zip-wire in support of Wellspring. We raise cash so the counsellors can provide their service at a lower cost to the clients than if they paid commercial rates. Everybody wins. Over to our fundraiser Mariza Churchfield to make the arrangements with the zip people. Six daring souls from the Wellspring team rode the wire including Mandy, Mariza and me and if you've ever looked up at a church spire and seen a steeplejack at work and felt a lurch that says rather him than me, that's the feeling as you step up to the edge of space and get strapped on! One second later you're yelling like an idiot and zooming down the wire at 45 miles-an-hour. Not long after that we're all together in the cafe congratulating ourselves on our bravery.

Did we make some money? Yes - more than £1,000. Recommend it? Highly.

Waitrose ongoing support

Shoppers at Waitrose in Nailsea showed their support for Wellspring, recognising us in the ongoing 'Community Matters' initiative.



Above:
Mariza Churchfield, from Wellspring, with a Waitrose store representative.

(C) North Somerset Times

A fantastic
£630
was raised from
Waitrose Nailsea's
green tokens.

A BIG THANK YOU...

The Nani Huyu Trust
Our supportive local Churches
Friends of Wellspring
Nailsea Town Council
Backwell Parish Council
Volunteer counsellors and receptionists
Aardman Animations
Nailsea Community Trust
The Quartet Foundation
Portishead Town Council
Portishead Nautical Trust

and to all of
our supporters.

Get In Touch:

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