

Please support Listening Post by making a donation or volunteering today

You can donate either by going on line to www.justgiving.co.uk/listeningpost or by making a one off donation by post (Cheques to be made payable to Listening Post) or by making a monthly donation: Please complete in block capitals

I would like to make a monthly donation of

£10 £20 Other £ _____

Title: _____

Full name: _____

Address: _____

_____ Postcode: _____

Telephone: _____

Email: _____

On receipt of this form we will send you a monthly standing order form to complete.

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If you pay UK income tax or Capital Gains Tax please complete the Gift Aid declaration below. This will increase your donation at no extra cost to you.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year that is at least equal to the amount of tax that all charities that I donate to will reclaim on my gifts for that tax year.

Signature: _____

Please remember to notify us if you no longer pay an amount of income tax and/or capital gains tax equal to the tax we reclaim on your donations or if you change your name or home address.

Please tick this box if you would like us to contact you about volunteering or raising funds for Listening Post.

We will not share your details with any third party but would like to keep you informed about our activities.

Please tick this box if you do not wish to receive any information.

Contact us

We have counselling centres in Gloucester, Cheltenham and Stroud. If you would like to enquire about counselling please call your local centre. For all other enquires please contact our Gloucester centre.

Gloucester

St. Aldate Church, Finlay Road
Gloucester, GL4 6TN
01452 383820
lpostcounselling@listeningpost.org.uk

Cheltenham

Hester's Way Community Resource Centre,
Cassin Drive, Cheltenham, GL51 7SU
01242 256060
lpostcheltenham@listeningpost.org.uk

Stroud

Northcote House, Middle Street,
Stroud, GL5 1DZ
01453 750123
lpoststroud@listeningpost.org.uk

Our offices are usually open 9.30 am - 4.30 pm and some evenings. Outside office hours, or occasionally during the day, we may be unable to answer the phone. Please leave a message and we will always call you back.

Listening Post does not receive any statutory funding so we are only able to deliver our service through the generosity of individuals, companies, charitable trusts and community groups. Please contact our Gloucester Office if you would like to support our work by making a donation, raising funds or volunteering. As an organisational member of the British Association for Counselling and Psychotherapy (BACP) Listening Post observes the BACP's Ethical Framework for Good Practice in Counselling and is subject to the professional conduct procedure therein. For more information visit www.bacp.org.uk

www.listeningpost.org.uk

Registered Charity Number 1013442

General Information and Support

LISTENING
POST

Counselling
Service

www.listeningpost.org.uk

Who we are • What we do • How we can help

Listening Post provides a counselling service to adults living in Gloucestershire who are suffering emotional and psychological distress. A counselling session with a private practitioner may cost £50, but we do not charge a set fee to clients and never turn anyone away on grounds of income.

We offer our clients the opportunity to talk about their difficulties in a safe, confidential and non-judgemental environment and our service is available to anyone over 18 regardless of gender, religion, sexual orientation or ethnic origin.

“*The counselling and counsellor exceeded my expectations and I feel I have been able to find what life can feel like again, what it feels to really breathe again and smile. Thank you.*”

A Listening Post Client

Helping to bring about positive change

Our clients may be faced with loss, bereavement, depression, relationship difficulties or be struggling to come to terms with traumatic past events. Regular one to one counselling sessions can help them to cope with these difficulties and where necessary make positive and lasting change. The benefits are not confined to Listening Post clients; there is a widespread social ‘ripple’ effect which is felt by members of the family and society at large. Our service can prevent marriage and family breakdown, health problems and difficulties at work along with the associated human cost and financial cost to society.

A donation will enable us to provide counselling to someone in need



Listening Post is Christian in foundation but is non-proselytising and provides counselling to anyone over 18 regardless of financial status, gender, religion, sexual orientation or ethnic origin.

Vital to the health of the community

Listening Post provides a vital healthcare service to the local community. Approximately 50% of people who seek counselling from us are signposted by the medical profession; the majority by their GP but also by health visitors, nurses and mental health teams. In an overstretched healthcare system we provide a safety net for those whose needs cannot otherwise be met.

All of our counsellors are trained or in training and from our centres in Gloucester, Cheltenham and Stroud offer their services on a voluntary basis.

“*During the first few weeks I realised that I was being accepted when I was quiet, when I was in tears, when I was angry with things in my past and even when I told her that life didn't seem worth living. I didn't have to be anything other than who I was. I continued the sessions for about a year and in that time I grew in courage, patience, understanding and love of who I am.*”

A Listening Post Client

Every year Listening Post offers approximately 4,500 hours of counselling to about 500 people

Training in Counselling and Listening skills

Drawing on our longstanding experience, Listening Post runs a range of professionally delivered training courses in counselling and listening skills. We offer training to individuals considering a career in counselling, companies wishing to improve the listening skills of their employees and churches who would like to enhance the pastoral care of their congregations.

We also provide much sort after placements for students working for counselling qualifications, thus helping to secure the next generation of counsellors. Please contact us if you would like to hear more about our training options.

Listening Post needs your support!

Listening Post does not receive any statutory funding so we are only able to deliver our service through the generosity of individuals, companies, charitable trusts and community groups. There are many ways in which you can support our work:

Volunteering... Volunteers are at the heart of our service – we simply could not operate without the support of our volunteers who give their time on a regular basis. We need trained counsellors and also a host of people with a wide range of skills who can help us with office and reception duties. Just two hours per week would make the world of difference.

Hold a fundraising event... wherever your talents lie - baking, gardening, singing, running - then we would love you to use them to raise funds for **Listening Post**. We can supply you with fundraising tips to turn everything from potted plants to pavement pounding into funds for the charity.

At work... If your company holds a regular event - a dress down day, cupcake sale or is looking for its next Charity of the Year then please remember us.

In the community... Perhaps your local club holds a regular event which you could use as a fundraiser - hold an Easter raffle, a Christmas party or an auction.

At church... **Listening Post** is Christian in foundation and many local churches support us by making an annual donation or by donating a Sunday collection or the proceeds from coffee mornings, concerts or other activities. Please get in touch for details of our ‘100 for 100’ Fund and our fundraising ideas leaflet.

Remember us in your will... If you would like to support our work by leaving a gift in your will please contact our Chief Executive at our Gloucester Centre.