



Members Newsletter – October 2014

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.

This year has seen the team here at Vine become stronger and more efficient, thereby effectively managing our tasks, to enable a smooth and professional service to our clients. We are hoping to raise the profile of Vine this year in the community, updating our local GP practices and providing leaflets to local Churches, libraries, surgeries, hospices, chemists, village halls and the Samaritans. Jo was recently asked to speak at St Mary's Church, Langford at "Share the Worship". This takes place once a month on a Sunday evening at 7pm, and is a time of informal, contemporary worship with an invited speaker. Jo talked about her long term involvement with Vine and related this to her previous work, family life and faith and said "I was honoured to have been asked to contribute to this service, and was made to feel very welcome. Thank you for the opportunity to talk about things close to my heart of which Vine is one!"

New Appointments:

Welcome to Di Smart who joins us as a new Trustee.

Welcome to our new Student Counsellors, Lucy and Stewart, both of whom have started seeing clients now. Lucy and Stewart both attended our Open Day in March and were shortlisted from over 10 applicants. It was exciting to see so many Students come to the Open Day as it is testament to our reputation at the local Universities.

We also welcomed 2 new receptionists to the team earlier in the year, Pam and Sue.

Fond Farewells

We would like to say thank you to Bob Mitchell who has stood down as a Trustee after many years of service. We also say goodbye to Dawn Daly, one of our Student Counsellors, who is leaving us to continue her studies and undertake the Honours part of her Degree Course. Goodbye also to our Student Counsellor Laura who continues with her studies in Bristol. Finally, thanks and goodbye to one of our reception team, Sandi. All the best in your new ventures.

Counselling

We are now seeing 21 clients per week and have just 2 on the waiting list. We continue to deal efficiently with new enquiries and place them with Counsellors as quickly as we can, and this has been helped by Jo Lawrance taking on the intake appointments on many occasions.

Study Day:

Vine is committed to providing ongoing training to all members of our team. We are fortunate to have experienced trainers and facilitators who work with us regularly and who have provided us with excellent study days in the past. Our last study day was a huge success and was attended by 18 participants, including 2 Counsellors from Wellspring, a similar charity to Vine, and a number of our Spiritual Companions. Thank you to our Supervisors, Carol Beveridge and Barbara Hacking who provided excellent and thought provoking training. We are in the process of planning our next study day on the subject of Anger Management on 12th November.

Booking Appointments:

Would it help to have a listening ear and somewhere just for you? Do you feel that you are coping on your own with little or no support? Would it help to know that someone cares? Are you 18 years or over? Can you pick up the phone and ask for help?

If so, call us on 01934 876377 or email vine.counselling@hotmail.co.uk to book an appointment. We have a team of experienced Counsellors and Trainee Counsellors who can help you through a difficult time in your life whether it is a long standing problem or something more recent. We tailor our appointments to the individual to ensure that you receive both a professional and personalised service. We do not have a fixed fee for counselling appointments but do ask for a donation towards our costs.

Board of Trustees

We are pleased to say we now have a full complement of Trustees. It has been agreed that the Trustees will meet 4 times each year, with the Chairman meeting with our Vice-Chair, Director and Administrator in the intervening periods. Our next Trustees meeting will be on Monday 12 January 2015 at 10.00am at The Refectory, Congresbury. If there is anything you would like discussed, please let Rosemary West (Secretary to the Board of Trustees) know on 01934 876377 or email us at vine.counselling@hotmail.co.uk We always keep a vacant spot on the agenda for correspondence and as such are happy to add items under this heading right up until the day of the meeting. The Board of Trustees would like to thank all at Vine who contribute to the service we provide – the Counsellors, Supervisors, Receptionists, Spiritual Companions and Student Counsellors.

Thanks to:-

- Congresbury Parish Council for their grant
- St Andrews Church, Banwell for their generous donation
- Anonymous donations via Banwell Church
- St James' Church, Winscombe for their kind donation
- Yatton Parish Council for their grant
- and thank you for other individual anonymous donations

5 year friends:-

Thanks to everyone who supports us in this way. If you would be interested in supporting Vine by becoming either a 1 Year Friend, or indeed a 5 Year Friend please contact David Seabright (Treasurer) on 01934 853600.



Spiritual Accompaniment:

Vine Pastoral Services are still actively working with the Spiritual Accompaniment Team. 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 each month. 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.

Week of Guided Prayer – (23-30 March 2014)

“The week began in the Catholic Church in Cheddar when after a short service we met our guides and arranged times to get together over the coming week. We met for 30 minutes every day, and received a passage of scripture to think about before meeting the following day when we then had the opportunity to explore it a bit further. There was a short service on the 2nd Sunday evening where we were able to share our experiences and thoughts, followed by refreshments and goodbyes at the Refectory. Several people said it was like going on a “retreat without leaving home”. It was a very valuable spiritual experience and one I look forward to repeating. I am pleased to hear that a similar event is planned for next year. Some of the participants have chosen to continue with Spiritual Accompaniment through Vine.”

FUNDRAISING EVENT FOR VINE COUNSELLING

Please support this fantastic band and Vine Counselling Services! Dance the night away to lots of familiar 50's and 60's music – lets rock 'n' roll!

The LOST SHEEP

playing live..!



Winscombe Church Hall

Saturday 22 November, 7.30pm till 10.30pm

Tickets £10 adult, children & students £3

Including a Ploughman's Supper

Tickets available from St Andrews Church Office on 01934 833126

**If you have any ideas for fundraising events, please contact
Liz Linnitt, Vine Administrator, on 01934 876377.**

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.

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