

# PEOPLE NEWS

## Comings and Goings

**Peter Whitfield** resigned from the Council of Management in September, as he found pressure of work and other commitments left him unable to fulfil the role as he would wish. We thank Peter for all he contributed to the Council during his tenure.

**Dilys Warren** retired from the Council of Management at the AGM. We thank her for all her hard work over the years, and are delighted that she remains a co-opted member of our Fund Raising and Strategic Planning Sub-Committee and also produces Connect for us.

**Frank Comstock** has retired as a counsellor in Gloucester, and we thank him for all that he has contributed to Listening Post in this role. We will not be losing touch with him as he is still a member of our Council of Management.

**Michael Williams** was voted on to the Council of Management at the AGM. He is a Reader at St Catharine's Parish Church in Gloucester. He is employed by the Diocese as Diocesan Secretary, so has experience of the financial, legal and business requirements of running a charity.

### New Counsellors and Supervisors

We welcomed two new supervisors, Sue and Marilyn, in Gloucester: this has enabled us to take on six new student counsellors at Gloucester. We also welcomed two well-qualified and experienced counsellors, Mary and Regina, at Cheltenham.

These extra people are helping us with the increase in referrals we have had both in Gloucester and Cheltenham, but we still need more qualified and student counsellors at all our centres. We particularly need women counsellors in Stroud and men in both Cheltenham and Gloucester. If you are qualified, could you offer us even one session a week? More would be even better!

# FUNDRAISING MATTERS



Since the last edition of Connect we have held several fund raising events.

Sheila has held two **coffee mornings**, one with a garage sale, at her house and these have raised over **£460**. Once again we had a stall at the **City Harvest** in September and this raised **£148**. In December we went to **Christ Church, Cheltenham**, where the **Gloster Gallery Quire** performed a concert of seasonal carols, music and readings. The choir and band wear traditional dress, and play both modern and some traditional instruments. Their music repertoire is from the late 17<sup>th</sup> century to about 1840, and includes both the sacred and the secular as the band would have played for services in church, and for the village dance and any occasions when music was needed. There were readings about Christmas, and interesting snippets of information about West Gallery music and traditional instruments. Did you realise you can get either a north-south serpent or an east-west one? Our thanks to the choir for giving us such a good evening, which was both entertaining and informative. We served light refreshments afterwards, and had gifts etc on sale and the evening raised nearly **£500**. A big thank you to all who supported our events.

## Home Listening Service in the Stroud district

*'Listen! All I asked was that you listen, not talk or do just hear me.'*

There are many people who live in the community who would like to talk to someone they can trust, but who are not able to travel or otherwise visit the Stroud Centre. This may include elderly house bound people and/or physically disabled people. Because of this need Listening Post is conducting research into setting up a complementary home listening service, (not a befriending service or pastoral care).

We would like to hear from you if you would be interested in becoming a voluntary trained listener or receptionist to provide this service. We would also like to hear from anyone who in the future might want to refer individuals to this service. This may include GPs, Ministers, Social Workers, Funeral Directors and others.

For further information please phone John Carter (Centre Coordinator) at Stroud Listening Post on 01453 750123 or phone our Head Office on 01452 383820.

# SEMINARS

ARE HELD ON  
**SATURDAYS** from  
**10.00am - 4.30pm**  
at **Hillview Evangelical Church, Hucclecote**

**21<sup>st</sup> February 2004**  
**Attachment, Trauma & Dissociative Disorder - Mike Fisher**

Mike is Director of the Willows Counselling Service, Swindon & an experienced trainer. See his article in Accord, Winter 2002

**3<sup>rd</sup> April 2004**  
**Integrating Cognitive Behavioural Therapy into Counselling Practice - Carol Shergold**

Carol is a Counsellor, Supervisor & Trainer. She will enable us to understand how to use CBT approaches within counselling

**IN AUTUMN 2004**  
**Creative Approaches to counselling Part II - Mary Hopper**

**Integrating Transactional Analysis into Counselling Practice - Christine Ackers**

*The cost is £27.50 (£17.50 for concessions)*

*A bursary fund is available for Listening Post Counsellors*  
**Full details & booking forms (SAE please!)**

**available from: Listening Post, YMCA Building, Sebert St, Gloucester GL1 3BS**  
**Tel: 01452 383820**

## Do you fill in a self-assessment tax return?

When you receive your self-assessment return in April you will have the option to nominate a charity to receive any tax you have overpaid and the Inland Revenue will automatically add 28% so that the payment is 'gift aided'. Please would you consider nominating Listening Post on your return? Our code for this purpose (available on the Inland Revenue website) is UAE19LG. You can then benefit Listening Post without any apparent cost to yourself (you have already made the overpayment of tax, so you won't miss it!).

**Please contact Jane Wood (Asst. Treasurer) at the Gloucester Office for more information.**