

# OFFICE MATTERS

## Could you help for 2-3 hours per week?



Listening Post urgently needs to recruit more Volunteer Receptionists at its Centres in Gloucester, Cheltenham and Stroud. Although voluntary, this is an important role, as counselling can only take place if Reception is manned. The Receptionist meets and greets clients, mans the phone and takes the initial referral details from new clients. Depending on the person's skills, other administration tasks may be offered. Induction training is given and help and advice is always available from Managers and Administrative staff.

If you are able to offer 2-3 hours a week both daytime or evenings please contact our **Head Office** on **01452 383820** or email us at [postcounselling@tesco.net](mailto:postcounselling@tesco.net)

## Recycle Empty Ink Jet Cartridges for a Local Charity

Listening Post has 60 volunteer counsellors working with people with a wide variety of often serious problems in Gloucester, Cheltenham and Stroud. Each year approximately 550 people contact us for help.

Most of the people who we see are on low income or benefits and cannot afford to pay for private counselling. We receive no financial support from the NHS.

Please can you help our charities fundraising effort by simply collecting used Ink Jet Cartridges from friends, families and work colleagues, or ask if your place of work would collect them for us.

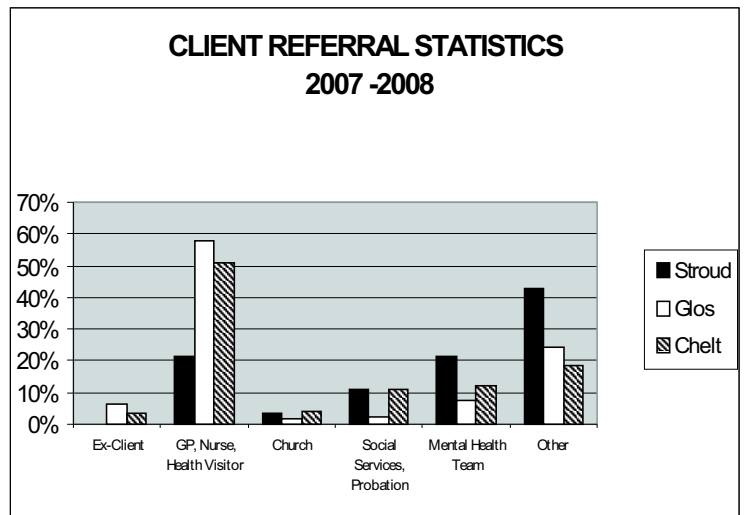
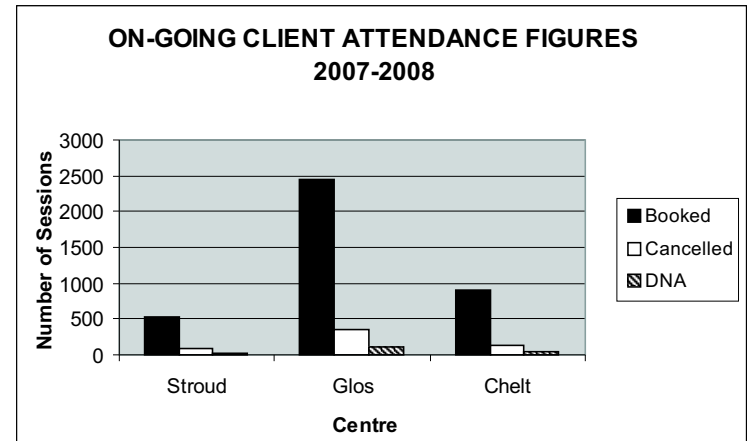
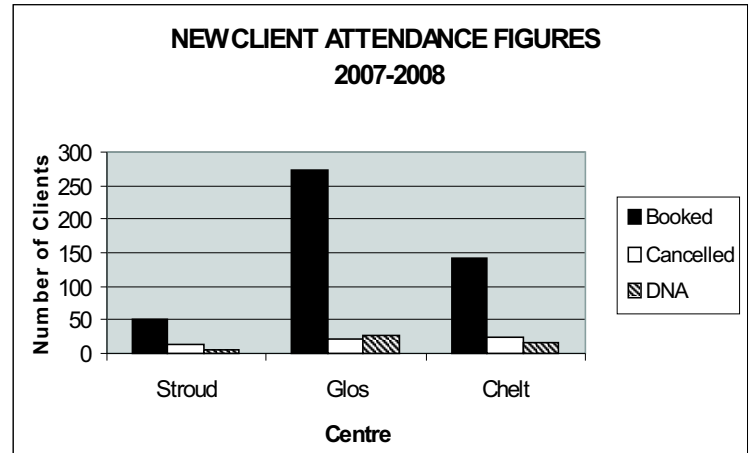
We can provide large collection boxes if required.

It's a great way of helping the environment and helps us to raise much needed funds. Please take them to your nearest Listening Post Centre or if there is a large quantity please phone us to arrange for collection.

For more information, please speak to **Sheila Appleton** on **01452 383820**



# CLIENT STATISTICS



## 19th April 2008 - REGINA SQUICCIMARRO WYNN

### Working In The Cycle Of Change

Regina Squiccimarro Wynn is a BACP accredited CBT therapist, a lecturer in Counselling at Gloucestershire College, and a Supervisor for Listening Post. This workshop will be on the **"Cycle of Change"**, developed to describe the process people go through when they want to change problematic aspects of their own personal lives or lifestyles. It will include addiction.