

THE TURNING POINT



The Turning Point Counselling Service Newsletter

Autumn 2018

Offering a safe place of hope during difficult times

For people looking for a safe, non-judgmental environment to talk about their problems, the Turning Point Counselling Service can offer just that.

TPCS was set up in 2002 and has thrived in those 16 years. It is supported by churches in Brighouse and Rastrick, with the aim of providing affordable counselling, supported by donations and grants. The charity offers help regardless of race, gender or faith.

People come to TPCS battling depression and anxiety, which could be linked with other issues including bereavement, historical abuse and domestic violence.

It's a safe, non-judgmental space just for a someone to say, 'this hour is yours, where do you want to go with it'. Often people will struggle with that, because we are programmed not to talk about our problems. It's about breaking that isolation.



When you're feeling anxious, depressed and isolated, making the first step by picking up the phone, is often the hardest part. But it gets easier from then, and you will get someone at the end of the phone who will be really welcoming. We're not saying it will be easy from that point, but it becomes easier because you have made the first step.

If you are thinking about counselling, or are interested in finding out more about our work we would welcome a conversation with you just call Telephone 01484- 950808

Congratulations Elise and Michelle two of our volunteer counsellors who have passed with a Level 4 Diploma in Therapeutic Counselling from Kirklees College . Best wishes to Sharon, Becky and Stacey are still waiting for results. **Well done Ladies!!**

The Turning Point Counselling Service Brighouse - Serving the Community
www.turningpoint-brighouse.org.uk Email: info@turningpoint-brighouse.org.uk
Registered Charity Number 1105857

Message from the Chair of Trustees

We had a worrying call into the office this week from a client who originally was on the NHS waiting list for 3 years, she was told that they would be seen quicker if they tried to take their own life, this would expedite them to the top of the waiting list.

The demand for our counselling service continues. In the last year we have offered over 1500 counselling hours to 115 different clients. Our team of volunteers counsellors and receptionists continue to give of their time and energy to enable so many people to be helped.

Gill our counselling co-ordinator works hard with the counsellors to keep waiting times as short as possible and if necessary will hold a preliminary session with a client. Dependant on availability our current waiting times are between 4 and 10 weeks

The news has highlighted recently the issue of self harming amongst teenagers. Trustees are currently looking at how we can help to address some of these issues and to see if we can source funding in order to expand our work for young people.

I very much hope that you enjoy reading our newsletter. If you would like to find out more about our work or would like someone to come and speak to your organisation about what we do then please do get in touch with us.

Alan

Rooms available for Hire

Whilst our counselling rooms are well used at certain times of the day and evenings there is availability for room hire. If you are interested in hiring by the hour or having a longer term arrangement then please contract the office.



The Eighth Rastrick Beer Festival

is to be held at St John's Community Hall

(St John Street, Off Gooder Lane, Rastrick HD6 1HN and 200 yds from Brighthouse Railway Station)



Friday 21st Sept.—3pm until 10.30pm

Saturday 22nd Sept. 1pm until 10.30pm

A Selection of Local and Regional Real Ales, Ciders and a Prosecco bar will be available.

Souvenir glass and programme and your first half pint drink - only £5.00

Some of the proceeds will go towards the work of Turning Point so please go along and support.

A Special presentation will be given by Allan Clayton who volunteers at Turning Point at 5:30 on the Saturday (see separate article)

Business Sponsorship

'Recently we have begun approaching local businesses requesting sponsorship. We hope that local business people will be open to sponsoring such a local charity. We are also open to discussions about partnering with them in order to provide any counselling needed for their staff or any training in stress management. So far we have had a positive response to these approaches and hope to see this come to fruition shortly. Please do contact us if this is something you might be interested in'

"Life isn't about waiting for the storm to pass...It's about learning to dance in the rain."

~Vivian Greene

Climbing Everest..... **#EVERISH**

Allan Clayton - One man with a Spinal Cord Injury climbing over the equivalent of Mount Everest in 8 months, to raise money and awareness for the charities; Turning Point Counselling Service Brighouse and Spine U.K.

Allan Explains: "When I was a boy my dad used to call me a Gonna. He used to tell me "you're gonna do this" and "you're gonna be whatever you want to be in life". Well, as it turns out, he may have had a point. In 1999 while studying at Headlands school sixth form college I was involved in a serious road traffic accident leaving me with a broken neck and only 20% chance of walking again...but I decided I was gonna!!! . With the help of my friends and family I did learn to walk again and now my plan is to put something back into the services that have helped me and others with life changing events.



I set myself a challenge; to climb the equivalent of the height of Everest, around the hills and mountains of the UK in just 8 months. I will be walking up some iconic UK peaks including Helvelyn, Skiddaw, Snowdon and finishing by attempting to climb Ben Nevis. The combined peaks will be more than the height of Everest. This is going to be a difficult challenge for me. The accident in 1999 resulted in a spinal cord injury where I broke C4, C5 and C6 leaving me with just 20% chance of being able to use my limbs again. After spending months in rehab and in a wheelchair, I was lucky enough to manage to learn to walk again, however I was told that I would be back in a wheelchair by the time I reach the age of 40. My physical ability now is a day to day struggle. I cannot walk more than 50 yards without a rest and must push through the pain with every footstep. But I want to be able to climb to the views I may not be able to see while I still can. Therefore, I have set myself the challenge of climbing more than the equivalent of 40,000 feet in 8 months as it took me exactly 8 months from my accident to learn to walk again. This really is a mountain of a challenge for me.



My story is one of climbing over the toughest physical and mental challenges, feeling the highest highs and crushing low's. Now is the time to really see what I can do....and give something back.

I will be raising sponsorship money for two important charities along my journey; Turning Point Counselling Service Brighouse and SPINE UK. It's obvious why I chose Spine U.K. however at first glance it may not be as clear why I would choose a local counselling service like Turning Point Counselling Service... after my accident I received excellent physical care but nothing to help me process the life changing trauma I had endured, and although I initially thought everything was fine, as the years passed it became apparent things weren't quite as they should be, to this day I'm still not comfortable as a passenger in a car.

After discussing my situation with friends, I realised not only did I not want to feel this way but that I wanted to help and support others who were suffering, and through a chance recommendation I was pointed in the direction of Turning Point. In Brighouse.

I have now embarked on my journey to becoming a counsellor, I know it's going to be a challenge but the opportunity to support others in the future makes all the midnight oil I'll be burning while studying worth while."

If you are interested Allan will be giving a talk at 5:30 on Saturday 22nd September at the Rastrick beer festival and If you feel able to encourage him by sponsor him then please get in touch by Facebook #EVERISH or by using the Go Fund Me #EVERISH page, There you will find his contact details, challenge information and information on how to donate. Alternatively contact Turning Point Counselling Service for more information 01484 950808





Money Matters

Behind the success of Turning Point since it was founded in 2002 has been the team of volunteers who have given freely of their time and energy. However that goodwill is only possible because of the funding that has allowed the work of Turning Point to continue to grow and expand to meet the demand for its services

We are continually grateful to the churches and individuals who contribute to supporting the service. This voluntary giving has been backed by grant income from a variety of sources. For the past 3 years we have been able to expand our service further with the help of grant funding from Calderdale NHS clinical commissioning group, however we have been told that this funding along with all funding for the voluntary sector in Calderdale has been cut and there seems no likely hood of it being reinstated.

Whilst we do ask our clients to make a contribution towards to cost of their counselling this does need 'topping up' with income from other sources. If you as an individual, organisation or business would like to find out about becoming a partner with Turning Point then please email development@turningpoint-brighthouse or call 01484-950808

Dates for your Diary

- 18th Sept** **Turning Point AGM at Church Lane**
- 21-22nd Sept** **Rastrick Beer Festival shared proceeds to TPCS**
- 6th Oct** **Allan Clayton (and friends) climb Ben Nevis - his final summit !**
- 10th Oct** **World Mental Health Day**
- 10th Nov** **Table Top Sale at St Johns Rastrick 9am - support the TPCS stall**
- 24-25th Nov** **Brighthouse Christmas Market - find us on the barrel organ**
- 15th Dec.** **Coffee Morning at Central Methodist 10am proceeds for TPCS**

The Newsletter has been prepared to inform people about the work and activities of The Turning Point Counselling Service Brighthouse.

If you would like more information about our work or would like to give feedback regarding this newsletter or any other aspects of the service please email admin@turningpoint-brighthouse.org.uk or contact our office on 01484 950808