



March 2010

Counselling Centre

Contact us

Rephael House
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Pamper Day - 27th March 2010

Please come to our Pamper day on Saturday 27th March from 12pm to 4pm. There is a £4 entrance fee which includes tea/coffee and cake. Reflexology, head and shoulder massages and full body massages are available by appointment. Please contact Clair for further information. There will also be a manicurist and therapist doing threading - appointments on the day

Stalls available will be home made cakes, fresh eggs (to order), Jewellery, Phoenix Cards and Forever Aloe Vera.

Please come and make our new fundraiser a real success.

2010 Fundraising events

Please look out for our fundraising events this year - further details will be published nearer the time, but please put these dates in your diary:

Quiz Night

Saturday 2nd October

**Friends of Rephael House Cheese &
Wine Evening
October 2010**

**Christmas Shopping
Afternoon**

Saturday 6th November

Half marathon places

We have also purchased four places for the London Parks Half Marathon in October 2010. If you are interested please contact the Centre.

Statistics and feedback

Rephael House saw a 25% increase in client numbers during 2010. The largest increase was in our domestic violence service where we had 49 contacts from women and children wanting counselling.

Our new drop-in service had 29 people attend.

Over 33% of clients who completed counselling during 2009 said that they were more able to cope with difficulties and setbacks, 31% said they felt more confident and 27% said their relationships with family was better.

New Directors

Following our AGM last November we now have four new Directors, Sunayana Clark, Dave Harvey, Mash Alam and Rohail Alam. Look out for further information in our next newsletter.

Funding - More Good News

Since our last Newsletter we have also been awarded £93,000 over 5 years from the Lottery towards our bereavement counselling service. This will enable us to expand this service to reach more people who have lost a pregnancy, baby or child.

Our Services:

Counselling for young people age 6 - 25
Counselling for those who have faced domestic violence
Counselling for anyone who has lost a pregnancy or child
Support for anyone needing a pregnancy test or space to talk about their situation
Those having emotional difficulties before or after birth