

Chat **NewLife**

The external
Newsletter of

NewLife
counselling



Hello – we're New Life Counselling

New Life Counselling was established in November 1993 in response to the social needs and problems of North Belfast. Since 1995 the project has been registered as a charity, for the purposes on Inland Revenue, and on the 5th March 2001 became a Company Limited by Guarantee. It is governed by a memorandum and articles of association.

We currently deliver 5 projects which provide counselling and therapeutic support to clients from across the life cycle.

- The Child Project delivers specialised therapeutic support to children aged between 5 and 11 years of age in bespoke counselling facilities in our newly refurbished offices at 25 Ardoyne Road, Belfast.
- The Youth Project work with young people between the ages of 12 and 25 who can present with a wide range of issues from drug and alcohol misuse to suicidal ideation. These clients are also seen predominantly in our premises at Ardoyne Road.
- The Adult Project provides support to clients over the age of 25 and there is no upper age limit. This project uses psychodrama tools, amongst others, to assist clients in creating coping mechanisms to deal with presenting issues.
- New Life Counselling also delivers counselling and therapeutic support to families who can access support to help them open the channels of communication and develop strategies for going forward.
- In 2009 New Life Counselling were awarded the contract to deliver the Independent Counselling Service in Schools and we now deliver counselling in 187 post primary schools throughout Northern Ireland.

New Life Counselling receive referrals around a wide ranging set of issues including stress, anxiety, depression, relationship breakdown, drug and alcohol misuse, self harming and suicidal behaviours. Our experience is that for many underlying these presenting issues there still exists a significant relationship to the trauma experienced due to the troubles.

New Life Counselling are very pleased to deliver this, our first external e-zine to you. This e-zine gives information on some important areas of development within the organisation. We hope you find it interesting and informative. If you require any more information please do not hesitate to contact us on the numbers detailed at the bottom of the publication.



The New Face of New Life

Over the last few months members of the New Life Counselling Staff, Board and Volunteer Teams have been working with a graphic design company to review the logo and branding of the organisation. This has been a really successful exercise and New Life Counselling are very proud to have a branding guide for the organisation. In the last week we have gone live with our new logo which we feel encompasses the ethos of the organisation and looks professional clean and business like. This logo will be rolled out across our promotional literature, website and signage over the next few weeks.

For further information or referral, please contact: New Life Counselling,
25 Ardoyne Road, Belfast BT14 7HX

T: 028 9039 1630 E: info@newlifecounselling.net www.newlifecounselling.net

Strategic Plan 2010-2015

Since the beginning of January 2010 a steering group comprising of board members and staff of New Life Counselling have been carrying out the important work of developing New Life Counselling's Strategic Plan for the next 5 years.

Since the last strategic plan was written in 2005 our work has changed and expanded dramatically so this work provided a valuable opportunity to refocus and consider how the organisation should develop in the coming years. This now provides a clear agenda for the staff team to work towards over the next 5 years.

In developing this Strategic Plan New Life Counselling has consulted widely with our partners and key stakeholders.

The Strategic Plan for 2010-15 represents some changes in

emphasis in the organisation's work. Whilst it seeks to continue to deliver the core community counselling services in Belfast upon which it has built its reputation it also seeks to be aware of our responsibility in contributing to the wider agenda for the promotion of emotional health and wellbeing.

To guide us in this we have set out seven long term aims for this period and within each, a series of priorities for action which will determine how we progress our work and the organisational development over the next five years.

Mission

To support people to achieve their personal potential through professional counselling and therapeutic services.

Vision

Our vision of the future is one where society actively promotes positive emotional health and wellbeing, gives everyone the freedom to grow and provides access to excellent counselling and therapeutic support services when needed.

Values

Respect

The rights, needs and aspirations of those we work with are central to everything we do. Every human being has the right to be treated with respect and dignity. We will provide a safe, inclusive, nurturing and confidential environment for clients, staff and volunteers.

Quality

Everyone has the right to receive services that are excellent and meet their needs. We will ensure all our services and activities are of a consistently high standard and will strive for continuous improvement.

Responsive

The needs of the community, those we work with, and what is considered best practice, are continually changing. It is vitally important that services reflect these changes. We will constantly reflect on our work and the needs of clients and develop new services and approaches.

Integrity

We will demonstrate the highest standards of professionalism, honesty and openness in all aspects of our work. We will consistently do what we say we will, be transparent in our communications and promote professional ethical standards.



Official Opening

In September 2009 New Life Counselling vacated its offices at 25 Ardoyne Road, Belfast where we had operated from for over 10 years to allow for the extension and refurbishment of these premises. Thanks to funding from the Department of Social Development the work commenced at the beginning of October to provide our staff and clients with a newly refurbished bespoke counselling environment fitting for delivery of the professional quality service we deliver to clients from across the life spectrum.

During the period of work all staff were operating from premises at North City Business Centre, Duncairn Gardens, Belfast. This proved challenging with so many people squeezed into such a compact space. On the positive side this helped develop strong bonds between staff and volunteers who would normally not have had as much interaction. At the beginning of April Support Services Staff, The Child Project Team and the Youth Project Team were able to move back into our new offices at 25 Ardoyne Road. Our clients now have the use of counselling spaces which are tailored to suit their needs and which offer a comfortable confidential and safe place to meet their counsellor. An official opening of the premises is to take place on Wednesday 23rd June 2010 at 2pm. We are hoping that the building will be officially opened by the Minister for Social Development, Alex Attwood, MLA with other celebrity guests visiting during the afternoon.