



- ▶ What did we receive?
  - ▶ A large grant £2,500
- ▶ What did we do?
  - ▶ Ten families received six counselling sessions. A total 73 counselling sessions were delivered. 13 sessions were accepted by families who did not complete the process
- ▶ How we did it?
  - ▶ The Waves Community Outreach Worker and Family Support Worker referred a family or individuals known to Waves to 'The House' a local Counselling Centre who then identified an appropriate Counsellor

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- ▶ How we did it?
  - ▶ A Counsellor saw the client for 6 sessions with the following understanding:-
    - ▶ Some clients contributed financially to their counselling according to what they could afford. This enabled them to commit to the process. Exceptions were made for some children.
    - ▶ A few clients failed to arrive for two of the six sessions and at that point the process stopped. Usually this meant that the client was not ready for counselling but engaged later.
    - ▶ This explains the difference between 10 families receiving 6 sessions and the 73 sessions reported in total

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### ▶ How we did it?

- ▶ The sessions were confidential
- ▶ Clients understood because they had been referred to 'The House' by Waves that they would be contacted by Waves staff when the counselling sessions had been completed
- ▶ When the six sessions were completed the Counsellor completed a Waves assessment form. This provided a general outline of how the sessions were carried out, without disclosure of personal issues. The forms were returned to Waves and payment was made to 'The House'.

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### ▶ Overview

- ▶ Waves working with Counsellors is an approach which addressed various issues within the family and relieved pressure on family and prevented family conflict escalating. This approach has been shown to improve communication between family members. Children have reported they experienced counselling to be a healing process where there was bereavement or family breakdown.
- ▶ The Trustees, Staff, Volunteers and Clients at Waves thank Seaford Town Council for this Grant.

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