

Promotional and Fund Raising Events

SATURDAY 3rd NOVEMBER 2018

TICKETS : £6 INCLUDES PIE N PEA SUPPER

80's DISCO PARTY

Worksop Cricket Club, Central Avenue, Worksop, S80 1EN

Minds very own
DJ . Mr Mark Monaghan




Tickets Available At The Cricket Ground 01909 472681 & Bassetlaw Mind office, 6 Hardy Street, Worksop, 01909 476075

7.30 Till 11.30
Families Welcome




RACE NIGHT

30th march 2019
Worksop Cricket Club
Central Avenue
Worksop
S80 1EN
01909 472681






£2 Entry, includes chance to WIN a Prize
Doors Open at 7pm, 1st Race at 7.45pm

Families Welcome
under 5's Free



Bassetlaw Mind
6 Hardy Street,
Worksop,
Notts,
S80 1EH
Tel: 01909 476075
Email: hello@bassetlawmind.org.uk



Speed The Plough Pub

mind presents

IGNITION

LIVE AT THE ACACIA CENTRE
7pm 1st DECEMBER 2018 12am

great selection of wines, beers and spirits

charity night

£5.00
pay on door
or pre order ticket

hot food available

WINTER BOP

plus full Rock n Roll / Rockabilly dance party
DJ Mark Monaghan



ACACIA CENTRE, ANNESLEY WOODHOUSE
NG17 9BH
M1 JUNCTION 27

Fund Raising Activities within the Centre



Bassetlaw Mind Counselling Service

Access To the Service

Our service is available to individuals aged 18 and over through self-referral, a GP referral or through other agencies that support you.

All referrals should be emailed to: counsellingbassetlawmind@hotmail.com

Or alternatively, sent via post to the address below.

All referral forms are available on our website- www.bassetlawmind.org.uk



Please do not hesitate to contact Clare Briggs—Counselling Coordinator for more information.

Bassetlaw Mind
6 Hardy Street
Worksop
Notts
S80 1EH
01909 476075
counsellingbassetlawmind@hotmail.com

Counselling service



Counselling at Bassetlaw Mind

At Bassetlaw Mind we aim to provide you with a counselling experience that will support you to understand your psychological and emotional well-being and to find ways of coping.

We provide a highly professional and ethical counselling and psychotherapy service.

Our therapists have all received thorough recognised training and all abide by the Ethical Framework of the British Association for Counselling and Psychotherapy (BACP). This ensures that the service we provide is safe, ethical and confidential.

Assessment

At your first meeting, we will ask about your personal circumstances and what is causing you concern. This will help determine if our service is right for you.

Following this you will be invited to attend a face to face 1 hour assessment to discuss your needs. At assessment you will be asked about your current situation, past experiences, a brief medical history and how you hope to benefit from counselling. If we cannot provide the correct help for you at this time we will do our best to find alternative support.

What Next

After the assessment you will be placed on our waiting list. We will keep you informed regarding a start date for your sessions.

Bassetlaw Mind initially offers up to 8 counselling sessions after which future support will be discussed and there is the possibility of further sessions being accessed, however this will be agreed between you and your counsellor, with regular reviews to understand how your sessions are going.

Counselling sessions will be conducted in our counselling rooms which are comfortable and relaxed surroundings that you will feel supported and safe to share with your counsellor the issues in your life that are causing concern.

Counselling sessions last for 50 minutes and cost £12.50 if you are un-waged and £20 if you are waged.





Charity of the Year



Why volunteer with us?



Roles

- Administration and reception
- Mentoring
- Peer group support
- Fundraising
- Driving



How to become a volunteer
Contact Julie Levers
in the admin team to
express your interest in
applying - 01909 476075
or email

hello@bassetlawmind.org