



**Age Concern
Cardiff & the Vale
Counselling
Service receives
1000th referral**

Age Concern Cardiff & the Vale Counselling Service has just received its 1000th referral.

The free service opened in November 2001 with one part time paid counsellor/co-ordinator and four volunteers and received 32 referrals in its first year.

The service now receives over 150 referrals each year from people living in Cardiff aged over 50 and operates with 12 volunteer counsellors, an administration volunteer, and two part time staff both of whom are counsellors.

The service aims to provide support to people who are experiencing emotional problems including:

Depression
Anxiety
Bereavement
Loneliness
Isolation
Being a carer or cared for
Family and relationship issues

The counselling is provided in peoples homes, in residential homes or in our Cardiff office.

People should be encouraged to refer themselves but a client's

doctor, other health professional; family member or friend may make a referral to the service.

After an initial visit to check that counselling is suitable to the client and it is what they want, sessions are arranged at the mutual, convenience of the client and counsellor.

These sessions are usually on a weekly basis for about an hour at a time. Usually the counsellor will see the client for 8 weeks.

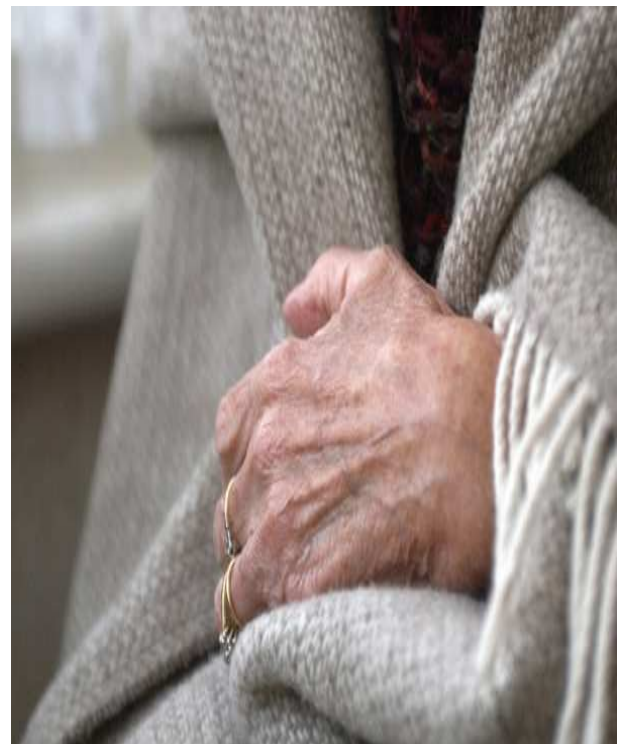
The service gives people the opportunity to talk, in confidence about what is troubling them and to explore their feelings.

Counselling enables problems to be seen in a different light and helps the

client to make the appropriate decisions.

If you are aged 50+ you can access the counselling service.

If you are concerned about an older person please refer them to Age Concern Cardiff and the Vale of Glamorgan Counselling Service.



**If you would like to talk to a counsellor or make a referral, contact us at:
029 2052 1125**

**A confidential answer-machine is available for messages when no-one is in
the office to take your call.**

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