

C A R D I F F Concern

Somewhere to turn

At different times in life we all need somewhere to turn – someone to talk over issues that are affecting us. Sometimes you can't always talk to family and friends – either because they aren't available, or you need someone more anonymous to talk to.

For the last fifteen years, Cardiff Concern has been providing a place for somewhere to turn – last year over 200 people were referred to us for counselling and we spent over 1,000 hours helping them.

www.cardiffconcern.org.uk



Meeting an important need

Those who use the services of Cardiff Concern come to us for many different reasons, which include depression, anxiety and relationship problems. We also help people who are bereaved, or suffering from an eating disorder or domestic abuse. As traditional relationships and structures like the family are breaking down, there are fewer supports for people in difficulty and so we meeting an important need.

Many are referred to us by their local GPs, health-workers or friends and family. Often those who have been helped in the past refer their friends to us.

A professional service

Cardiff Concern started life in 1992 . We now have a team of 35 volunteer counsellors who are also professionally trained to provide a first rate service. Many of the team work as counsellors in their profession and are trained to diploma level. All have received accredited training through the Open College Network. This ensures that our commitment to care is matched by our skills in delivering a quality service to our clients.

In such a large team we have counsellors with specialist experience so we can cover a wide range. We provide counselling in the following areas:

- Depression and anxiety
- Relationship and marriage problems
- Bereavement
- Domestic abuse
- Eating disorders
- Adolescent problems

Making a real difference

Cardiff Concern is making a real difference to individuals, families and our community. Those who receive our support find new confidence, stability and self-reliance – making a major impact on those around them. Here are just some of the comments we receive from those who have been helped:

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“Thank you for your commitment and dedication, I have been very blessed and empowered to get on with my life again”

“I would like to thank you all for your help and care when I needed it most”

“Absolutely fantastic people – would recommend them to anyone”

“We are now back together again and renewing our vows....thank you for your help””

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Our vision for the future

We plan to provide places for people to have somewhere to turn beyond our centre in Cathays by establishing satellite counselling centres around Cardiff and into the valleys. These services will be more accessible to those who need them, in places like: St Mellons, Barry and the Vale, and further afield in Pontypridd, Caerphilly and Maesteg. We aim to strengthen our ties with existing bodies such as GPs to help meet needs when and where they occur in a timely way and relieve the pressure on waiting lists.

We are a charity that receives no direct support from government – which means that we depend on the generosity of clients and individual supporters. Every counselling session costs us £20 to deliver and we believe that our service should be available to all in need and not based on an ability to pay.

Other services

As well as counselling for members of the public we offer counselling within the workplace, within the public health service, counselling for the court service.

For counselling contact us at:

Regal House, Gelligaer Lane, Cathays , Cardiff CF14 3JS

www.cardiffconcern.org.uk

Tel 029 20664410

Email cardiffconcern@btopenworld.com

For other services, including training:

Tel 029 20222557

Email cardiffconcern@btopenworld.com

If you would like to help us provide places for somewhere to turn for people in Cardiff and further afield you can send donations to the address below:

The Treasurer, Cardiff Concern, Regal House, Gelligaer Lane, Cathays, Cardiff CF14 3JS