

SUFFOLK ASSOCIATION FOR COUNSELLING

Newsletter for Winter 2010

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Closing date for inclusion in the next issue is
1st February 2011 for publication in the Spring edition.

N.B. Anything received after this date will not be
included.

Please send all contributions to the SAC Newsletter to
Dena: **Email dena@virgin.net**
34 Vicarage Rd, Felixstowe, Suffolk IP11 2LR

Disclaimer

Please note that articles and advertisements are individual contributions and do not necessarily represent the views or policies of SAC. The Editor's decision is final.

Letter from the Chair.....

Dear Members,

It is that time of year again when membership renewal is due, so I thought I might let you know what the new committee are planning for the next membership year.

We have now had a couple of committee meetings to get to grips with taking over different roles from the retiring committee members. We have also had three more who, due to personal issues, have had to resign too.

We would like to thank Rosemary Gravell, Gabrielle Williams and Jill Feldt for all their hard work and contributions towards making SAC what it is today. They are a hard act to follow. It is amazing the talent that is around.

This however means that we are looking to co-opt a few more members onto the committee. So if you feel that you could join us please contact me. If you want to find out more please don't hesitate to give me a ring on 01449 614099 or e-mail linda.pete.keegan@tesco.net. We meet four times a year, plus the AGM, so this is manageable. What we need is members to help us to debate issues that are effecting the SAC.

At the moment we are looking at getting more information on to our website and to maybe have more online communication. Anyone with knowledge of this would be more than welcome, even if advisory. We would like a group of members that could be called on for advice in various areas of work. This can be counted for your CPD hours. Could you do this? Your SAC needs you.

The committee are keen to make sure that we offer some interesting things for the forthcoming year. The counsellors among us seem to want CPD and networking opportunities. So we have decided to focus on that for this year. Watch out for dates in the Newsletter for these.

Some articles would be great to have in the newsletter so that we can share anything of interest. Maybe some of you students have something to contribute here from your course work or even training issues i.e placement issues. Maybe that could be another forum? Have you read a good book that you would like to recommend? Or a good course/workshop? Let us know.

Mary Hope is taking the lead to start a forum looking at 'money' and what we charge or not for our work. Out of this we're hoping to do some research on 'low cost' counselling. The first forum will take place on Thursday January 20th at 7pm for 7.30 at Raedon House in Stowmarket (see ad for details).

David Warner is going to do a workshop on Gestalt in February, so again watch out for this in the newsletter. If there are any of you that have talents in the field of doing something that could add to our CPD please let us know. We have a lot of experience of putting on these events (as some of you might know from attending ones in the past): we just need the speakers.

Again if you want to talk this over please don't hesitate to contact me.

We will be repeating the New Members open evening next year in February or March. This has been a great success in the past as a way of meeting the committee and giving us your ideas. It is also a great way to network and of course it all goes toward your CPD.

So we are hoping that this year will be a fruitful one for you. It is your association and we are open to ideas as to what you want.

Looking forward to hearing from you.

Linda Keegan
Chair



Dates for your Diary

Next Committee Meeting	9 th December 2010
Forum	20 th January, 2010
Deadline for the Spring Newsletter	1 st February, 2011
2011 S.A.C. A.G.M.	16 th June 2011

Minutes of the Committee Meeting:

Thursday, 9th September 2010

Present: Linda, Mary B, Imma, Jill, Mary H, David, Dena

1. **Apologies:** It was noted that Gabrielle and Rosemary had both resigned from the committee and were therefore not attending. Linda commented that the committee are grateful for the contributions made by Gabrielle and Rosemary.
2. **The minutes of the last meeting** were accepted as a true record and signed by Linda.
3. **Matters Arising:**

It was agreed to deal with all items under the agenda

4. **Correspondence: None**

5. **Finances:**

The approximate total of funds available is £4,400 in the 2 accounts. It was asked whether payments could be received by means other than cheques to save time?

David, in emails, had questioned whether there was a budget and Mary B thought that this was a good idea.

It was agreed to put an enhanced entry into YELL.com at a cost of £365. Linda will sort out details and email them round.

The unusually high level of cost last year for the directory was discussed. This was due to lots extra copies being produced, linked to the Anniversary and the costs should be much reduced this year.

6. Directory Report

Mary H & Linda provided sheets of draft amendments for the directory. These were to the Guidelines for Clients and the Individual Counsellor entries. Discussion included concerns from about losing the helpful feel of the directory towards clients. It was also asked if we as a new committee are ready to make major changes this year when we haven't got much time available to consider them.

It was agreed to email comments to Mary H.

7. Website

Imma had met with Terence (T) and there were no problems in doing what we wanted with the site. Imma provided the following notes of their meeting:

- a. Imma will provide T with a SAC membership application form. He will then make it available on the website as a PDF.
- b. If Imma arranges for SAC to get a PayPal account, T will be able to arrange to make the subscription payable via the website once advised that the account is available.
- c. T agreed that he could update the online version of the Directory if he is provided with the changes in Word format.
- d. T has changed all the page backgrounds to white.
- e. T has asked Dena for the latest newsletter which he can put onto the website.
- f. T has made the home page a little less busy, and compacted the Aims at the bottom of the page.
- g. T has made the About Us page fixed width, so that the committee can decide whether this is preferable.
- h. Imma will arrange for the committee to look at the content on the website and advise T of any changes that have been requested.
- i. Imma will provide T with details of the new committee with photos where needed.
- j. T agreed that it would not be a problem to add a training page.

Imma will also look into the possibility of having a Facebook account and will email round information about this.

8. Newsletter

Dena has dispensed with the PO Box so everyone needs to send post to her home address. Dena is hoping to follow up with the next newsletter in October although she has no current entries. Linda said that she would provide a chair's report for this.

Dena needs help processing cheques and will discuss this with Linda via email.

9. Committee

In addition to the 2 resignations noted under apologies Jill advised of her resignation. Linda asked to be noted that the committee are grateful for the contributions made by Jill who commented that she had loved her time on the committee.

Linda noted that we needed to increase the committee to ensure that it has the minimum number of seven members according to the constitution and will look at co-opting people.

Roles were re-examined and clarified as follows:

- | | |
|---------------------|--|
| a. Chair | Linda |
| b. Secretary | Linda |
| c. Treasurer | Mary B |
| d. Membership Sec | David |
| e. Minutes Sec | David |
| f. Newsletter | LK will speak to Dena regarding her request for help |
| g. Training/Forums | Mary H |
| h. Website | Imma and Terence |
| i. Directory Review | Linda, Mary H. |
| j. Research Group | Mary H. |
| k. Systems | David |

10. Training/events/forums

Mary H spoke to Christine about holding a forum around fees and low cost services and is waiting to hear further. This topic generated a lot of discussion and Mary H will follow up with Christine and email us all.

11. AOB

Linda will contact all the ex-committee members for any papers or information they hold relating to SAC so that it can be kept centrally.

Dena will pass any old secretary information to Linda.

David and Linda will meet to discuss systems

12. Date of next meeting

Thursday 9th December at 7.30pm – venue Linda's house in Stowmarket



WHO PAYS WHAT IN THE CONSULTING ROOM?

- Do we have set fees or do we operate a sliding scale for clients?
- What are our criteria for deciding who pays what?
- Do we advertise our charges and if not, should we?
- If clients are referred from NHS (GP or IAPT) do they expect free counselling and do they get it?
- Can there be 'low-cost' or 'free counselling' in this economic climate and if so, who gets it?

The subject of the charges individual counsellors make is rarely openly discussed amongst us, yet what we charge for this service communicates a message to the public/referrers?

You are invited to a forum to discuss this challenging and 'hidden' subject on

**Thursday 20th January, 2011
7.30pm – 9.00pm
Raedon House,
12, Childer Road,
Stowmarket,
IP14 1PP**

Limited to 15 spaces, so first come, first served. Tea, coffee and biscuits will be available from 7pm. There will be a small charge of £5 towards administrative costs.

I would like to attend the above session on 20 Jan and I enclose a cheque for £5
Name.....
Tel number.....
Address.....
.....

RSVP – Mary Hope, 43 Chapel Road, Old Newton, Stowmarket, IP14 4PP.

On behalf of the SAC Management Committee

Guidance for Newsletter Submissions

All contributions will be reduced to fit onto A5 pages, so if you've composed your contribution in A4 format it will probably look rather different. You can still submit on A4, but remember that it will be reduced by 50% and you therefore need to ensure that the smallest font you use is 14.

If possible please submit in Word, or as free text in an email. I cannot edit PDF files: if you are only able to submit in PDF then I will do my best, but the finished result may be rather different.

I cannot reproduce logos that are embedded in PDF files so if you are submitting an advertisement and you'd like your logo to appear then please send it embedded in a Word document, or as a standard image file (.jpg).

All advertisements will be surrounded by a 'frame' to distinguish them from editorial. You don't need to worry about putting your copy in a frame as I can do that, but do remember that you can't fit as much onto the page when it's going into a frame!

If you'd like to make a submission on good old-fashioned paper that's fine – please do write in with your views or comments. I will be happy to receive and convert paper copy for both editorial submissions and advertisements.

Dena, Editor