

## Area Board Project

### 1. What is the Initiative?

Counselling project at Crosspoint Welcome centre  
This project will provide confidential professional counselling for people in need in the Westbury community area.

### 2. Where is the initiative taking place?

At the Crosspoint Welcome centre in the Market Place, Westbury

### 3. When will the initiative take place?

It will start in February 2014

### 4. What are the Community benefits/evidence of need/links to Community Plan/Community Issue?

In the Westbury Community Area Plan 2011-16, Section 6 under Health and Wellbeing , Changing Lifestyles is identified as a key priority.

### 5. What is the desired outcome of this initiative?

Through the open door work of Crosspoint, volunteer advisers encounter people who are in need of counselling for a variety of personal reasons. While some limited local services are available through the local health centre, this project would offer individuals up to 12 sessions with one of two professionally qualified counsellors, with experience of working locally through the NHS. Research shows that talking therapies such as this can help all sorts of people in many different situations. Talking therapy/counselling is for anyone who's going through a bad time or who has emotional problems they can't sort out on their own.

### 6. Who will Project Manage this initiative?

Crosspoint would manage the project but the actual work will be carried out by professionally qualified counsellors, who are professionally supervised and insured.

### 7. Costs/quotes/ match funding? (total cost £5k require 1 quote, total cost £5k-25k require 3 quotes)

Due to restrictions on revenue spending, the maximum the area board can offer to this project is £3,982 – the remainder will be funded by voluntary contributions, through Crosspoint and by the counsellors providing some of their own time without charge. Crosspoint offers free accommodation and administrative support for this project.

### 8. Additional information