





Walney Extension Community Fund













AN INTRODUCTION TO BIRCHALL

The Birchall Trust empowers people affected by rape, sexual and domestic abuse, sexualised or domestic violence to recover from their trauma so they can lead safe and fulfilling lives irrespective of gender identity, sexuality, ethnicity, culture, or religion.

We believe that we should live in a society that is free of rape, sexual abuse, and sexualised violence and through a trauma informed approach we...

- Realise the potentially damaging consequences of traumatic experiences and the opportunities that exist for healing through safe relationships.
- Recognise the signs of trauma, and seek to address the underlying causes
- Respond with empathy, integrating the knowledge of trauma into our policies and practice.
- Resist retraumatising people and aim to deescalate the deep anxiety that adversity can cause.

..... assisting people to recover from their trauma, by enabling them to live in the present without being overwhelmed by the thoughts and feelings of the past.

OUR CORE TRAUMA INFORMED VALUES

Our values align to the core trauma informed principles around:

Safety	We recognise the impact of shame, we create safe spaces and make people feel safe, by building trusted relationships.
Trusted	We avoid judgement and understand shaming and blaming language can damage people and harm relationships. We are emotionally aware. We avoid blame. We believe and do not judge.
Choice	We ensure that the people using our services have a voice and their choices are important, we understand that everyone's experience matters, and that recovery is an individual experience and will be different for everyone.
Collaboration	We work together to achieve the best possible outcome, we are person centred and see the person's strengths, building upon them, we are reflective and learn together
Empowerment	We seek to make a difference, innovative and be the change we want to see. We make a difference, we are transparent, and take responsibility. We develop resilience enabling people to build on their strengths.



STUDENT PLACEMENTS

We're pleased you're considering a student placement with us. At The Birchall Trust, we offer a limited number of counselling and therapy placements each year across Cumbria and Lancashire, with intakes annually.

A placement with Birchall is far from ordinary. You'll be part of a supportive, collaborative environment where your growth is genuinely valued. We understand that working with individuals during some of the most challenging times in their lives can be tough — but it's also deeply rewarding. The progress our clients make and the journeys they undertake inspire us to continually strive for excellence.

Our placements offer hands-on experience for aspiring therapists who are passionate about trauma-informed work. You'll have the opportunity to develop your skills, gain practical insights, and build empathy in a real-world setting.

We're proud to work with students from a wide range of universities and colleges, including several we're affiliated with. Many of our past placement students have gone on to become fully qualified practitioners — and we're honoured to have been part of their journey.

WHAT WE OFFER

- Client Workload: You'll see between 2 to 4 clients per week.
- Client Diversity: Work with a varied range of adult clients across both Cumbria and Lancashire.
- Flexible Delivery: If your course permits, you'll have the opportunity to work with clients online/remotely from our office base.
- Mentorship: You'll be paired with a qualified counsellor at Birchall who will act as your mentor, offering guidance and support throughout your placement.
- Professional Development: Access to additional CPD (Continuing Professional Development) opportunities to enhance your learning and skills.
- Career Progression: Subject to availability, you may be invited to join our Newly Qualified Development Pathway after completing your placement.

WHAT WE EXPECT FROM YOU

	Essential	Desirable
Working with Adults – Working towards a recognised qualification in counselling or psychotherapy (minimum Diploma level 4 or 5) Working with children – Working towards a recognised professional qualification in CYP counselling, or Play Therapy, (HE Diploma/Degree/MA)	E	
Student membership with a recognised counselling regulatory body, along with a clear understanding of and commitment to their ethical framework	E	
A developed awareness and understanding of the psychological and emotional impact that trauma resulting from rape, sexual abuse, or sexualised violence can have on an individual.		D
A minimum of 40 hours of counselling experience at Level 4, or evidence of other relevant experience.	E	
Personal clinical supervision is in place to support reflective practice and professional development.	E	
An up-to-date Disclosure and Barring Service (DBS) check is in place.	E	
Appropriate insurance cover is in place to support counselling practice.	E	
Endorsed by the university or training provider as competent and fit to practise in a clinical setting.	Е	
Demonstrates a sound understanding of safeguarding and risk, confidentiality and GDPR, professional boundaries, and equal opportunities.		D
Demonstrates IT proficiency, including the capability to navigate and update electronic case management systems accurately and securely.	E	
Prepared to participate in an induction day to support integration into the role and organisation.	Е	

Trauma Informed Values	Essential	Desirable
Able to work in a flexible and responsive manner to meet the gender and cultural needs of individuals accessing our services	E	
Shows strong listening and communication skills when engaging with a wide range of individuals, communities, and professional agencies.	Е	
Acts with integrity and takes personal accountability for professional conduct and decision-making.	E	
Uses reflective practice to continuously improve performance by learning from mistakes and recognising achievements.	E	
Committed to delivering high-quality services, achieving measurable outcomes, working effectively to meet key performance indicators (KPIs), and actively sharing knowledge and learning.	E	
Committed to supporting service users' active involvement through meaningful feedback mechanisms and opportunities to amplify their voices within the organisation.	E	
Committed to raising awareness within the community and challenging broader issues that impact those who use our services	E	
Demonstrates a proactive approach to innovation by challenging the status quo and contributing fresh, creative solutions	E	

HOW TO APPLY

Thank you for your interest in a student placement with Birchall.

To apply, please complete our online Application Form. Alternatively, visit our Vacancies Page on the website and click the 'Apply Here' button.

Top Tip: After submitting the form, please allow up to 20 seconds for it to process. You will then be redirected to complete our Equal Opportunities Form. If you need any further advice or support with your application, please contact us on 01229 820828.

Birchall in Numbers

WHAT WE'VE ACHIEVED

2023-24



2022 people accessed advice and information at our community events.

310 children accessed our schools programme work.





1490 individuals contacted our services for information, advice, support and counselling.

190 people received wellbeing support

371 People received adult counselling.

44 children access play therapy.



To the future people who walk through the doors of the Birchall Trust I would like to say well done, because like me you may well be doing the best thing of your life, because I finally found my self worth and an overwhelming feeling of finally wanting to live. Previous Client

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WHY BIRCHALL?

Being a part of team Birchall is a rewarding and exciting experience. With full time and freelance team members across Cumbria, North Lancs, East Lancs, and the Fylde Coast, With numerous volunteers and people with lived experience, you'll join a strong team dedicated to supporting people affected by rape and sexual abuse.

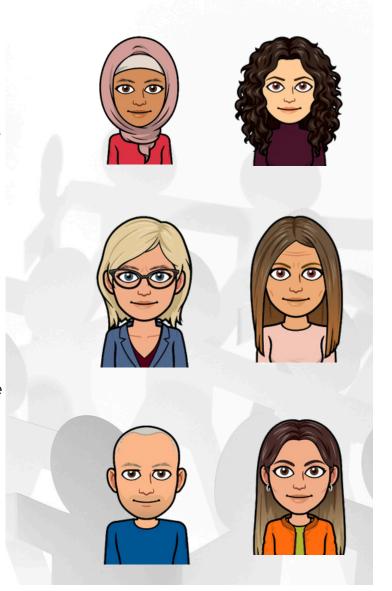
Each year we campaign, fundraise and offer educational programmes as well as wellbeing services and group work activity sessions.

Our Volunteers

We've been incredibly lucky to have some amazing people raise both money and awareness for Birchall this year. From walking the With Her Lancaster Half Marathon (13.1 miles) to joining us for the Keswick to Barrow Walk – we want to say a huge thank you to everyone who has supported us in helping people affected by rape and sexual abuse this year.

What we offer

We recognise that each person using our services is an expert on their own emotional process and we aim to create an environment where people can develop trust in their own intuition and safety in a space where they can begin to explore their feelings and thoughts about their experience.





Cumbria Telephone: 01229 820828 East Lancs Telephone: 01254 919505 North Lancs Telephone: 01524 239595 Fylde Coast Telephone: 01253 201946