



# WINTER NEWSLETTER

## Christmas Closing

- Counselling finishes Wednesday December 18th
- Office Closes Friday December 20th
- Counselling starts back on Thursday 2nd January 2020

## Helpline numbers for the Christmas period:

- Samaritans telephone 116 123 (24-hour helpline)
- SANE Helpline telephone 0300 304 7000 website [www.sane.org.uk](http://www.sane.org.uk)
- NHS telephone: 111 Free 24-hour helpline
- In an emergency always telephone 999

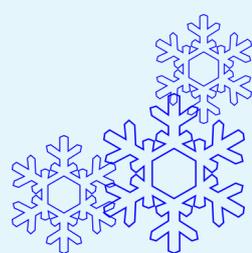
## Self Care Over The Christmas Period:

Self Care is really important especially over the busy Christmas period, here are some self care tips that you can do:

- Make time for yourself—although Christmas socialising can be great you need to make sure you have some time for yourself to relax, you could have a bath or watch a Christmas film.
- Enjoy yourself— don't worry about dieting/being healthy for the New Year, allow yourself to enjoy the little things like food etc.
- Go out for a walk— The scenery this time of year is amazing, get out and enjoy those crisp cold mornings.
- Make lists—if you are stressing about Christmas and buying presents writing a list can help to take the stress from being in your head and clear your mind.
- Scrap perfectionism—at Christmas everyone worries about having everything perfect such as presents, wrapping paper, decorations. Don't put pressure on yourself to make everything 'Perfect'.
- Negative People— don't spend time with people who are negative and bring you down, surround yourself with positive people and don't be afraid to say no to hanging out with people.



Reminder: Self-care looks different for everyone.



## Welcome to our first newsletter.



Within our seasonal newsletters our aim is to provide you with some interesting facts about what The Birchall Trust is up to and any news we want to share within our community of South Cumbria and North Lancashire.

Our first interesting fact is that since April 2019 we have been able to deliver 3338 Trauma Therapy sessions to our clients which is incredible.

As our aim is to help people heal from the sexual abuse or rape that they have experienced, through answering questionnaires on anxiety, depression and PTSD symptoms and we are seeing a remarkable improvement in our clients health and wellbeing and will report further in our annual report next year.

## NATURE HEALS

In November 2019 through receiving a grant from the Suicide Prevention Fund we were able to deliver workshops to three of our clients in our Nature Heals project, South Cumbria.



The three clients attended three days with two of our experienced therapists and spent the connecting with Nature. The first week they spent time at Walney Beach, the second week they experienced spending time grooming and caring for horses at Seaview Riding Stable, Walney. The final week they took part in a varied hill walk on a sunny clear autumn day, which took in wet and uneven ground, a still tarn and a two hill climbs to overlook Coniston Water.

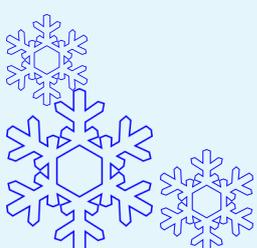
Throughout the three weeks, the clients reflected on their health and wellbeing and the results were amazing, all three of them reported a significant improvement on their health and wellbeing with an average improvement of 118%. We are excited to be able to run this project again in North Lancashire in the Spring.



As well as our exciting news it is also important to inform you that due to the high demand for our service we are saddened to report that our current waiting list for a client to see a Trauma Therapist is approximately 6 months. Our staff team work incredibly hard to ensure that our clients are allocated as soon as possible to their counsellor

I would like to wish you all a Happy Christmas from The Birchall Trust but for those of you who struggle through the festive period please be kind to yourself and seek out any support you may need.

Karen, CEO.





## FUNDRAISING & COMMUNITY NEWS!

### Get on your dancing shoes! Birchall's Summer Ball - Friday 12th June 2020 (7pm to midnight)

We are very excited to announce our first fundraising ball. This will include a 3-course dinner, a raffle and an auction with entertainment provided by the wonderful Victoria High School Swing Band!! More details to follow – but in the meantime keep this date free and please tell your family and friends.

### K2B and C2B Sponsored Walks – 2nd of May 2020

We would love to enter two teams in the Keswick to Barrow and Coniston to Barrow Sponsored Walks next summer. This is an annual event with many local people taking part. There is always a great atmosphere and it's a good way of getting fit and supporting Birchall at the same time!

For more details please take a look at the official website <https://keswick2barrow.co.uk/challenge>. We already have 2 small teams but are looking for more volunteers. We need to register by the 20th of January so if you are interested please get in touch with Debra, our Fundraiser, asap.

### Sponsored Sky Dive

We have a couple of brave volunteers who are planning to do a sponsored Sky Dive in the Spring – are there any more people out there who would like to join them? Please get in touch if you would like to take a jump of a lifetime!!

### A Big Thank You!

Huge thanks to all those who have supported The Birchall Trust over the last year, from a student quiz night to a clay pigeon shoot – people have been getting together to raise money for our fantastic charity!

These are some other easy ways you can help us:

Like Birchall's page on Facebook and follow us on Twitter

Like our posts and tweets – please also comment and share

Set up a Facebook Fundraiser for your birthday or special occasion

Shop online through Amazon Smile and nominate Birchall as your chosen charity

Run a community event in aid of Birchall – big or small every bit helps!

Join our lottery and take part in a weekly draw to win up to £25,000!

Set up a regular donation or leave us a legacy in your will

Please help us today – for more details look at our website:  
[www.birchalltrust.org.uk](http://www.birchalltrust.org.uk)

Or contact our fundraiser, Debra Jessett, at:  
[debra.jessett@birchalltrust.org.uk](mailto:debra.jessett@birchalltrust.org.uk)