



March 2020 Edition

SPRING NEWSLETTER



Hello and welcome to our second newsletter. When we started to plan this newsletter, things looked very different; we were going to be announcing our first ever charity ball and our teams for the K2B and C2B challenge. However, with the recent announcements in relation to COVID-19, which is affecting all our lives, this has changed. These fundraising events have been put on hold for the time being as the country and world deal with the impacts of this virus.

Team work has been extremely important over the last few weeks ; we adapted quickly and changed our service to telephone & online counselling instead of face to face in order to protect our clients, counsellors, staff and community. Although we are all working from home, our service continues as normal as possible and we are still accepting referrals and allocating clients as soon as possible to counsellors. I am sure we all have similar feelings regarding this pandemic which has taken our normal lives away and things feel out of our control. So, I want this newsletter to be uplifting and advise you of ways to calm yourself when thoughts and feelings spiral out of control and how we can survive physical distancing and being in self-isolation.

Anxiety and grounding techniques: Anxiety arises when you worry about things that may happen in the future so keep your thoughts in the moment and what you can control. Breathing correctly is an excellent and free resource that you can use anywhere at anytime to calm you.

Belly Breathing

For comfort, lie down on the floor or bed with pillows beneath your head and knees. Or sit in a comfortable chair with you head, neck and shoulders relaxed and your knees bent.

Place one hand on your chest and one hand on your stomach somewhere above your belly button.

Breathe in through your nose. Noticing your stomach rise. Your chest should remain relatively still.

Purse your lips and exhale through your mouth. Try engaging your stomach muscle to push air out at the end of the breath.



4-2 Breathing

Steadily counting to 4 breaths in

Steadily counting to 2 breath out.

Keep repeating this until you can feel you heart race reducing and you feel calmer



FUNDRAISING NEWS

DID YOU KNOW THAT...

- The Birchall Trust is a registered charity
- It is named after its founder, Christine Birchall, who started the charity in 1991
- It began in Kendal with £300 and a telephone donated by British Telecom
- The charity moved its main base to Hartington Street in Barrow in 2000
- In January 2019 we opened the Community Hub in Morecambe
- Last year we provided regular counselling sessions to 235 adults and 79 children and young people and answered over 4000 telephone calls!
- It costs approximately £350,000 per year to provide our counselling services for free to adults and children across South Cumbria and North Lancashire
- We have to raise all our funding ourselves
- The cost of providing an hour's counselling session is £72
- Next year it will be The Birchall Trust's 30th Birthday!!





On the 22nd and 23rd of February 2020 we had an amazing weekend receiving training from Silva Neves. On the Saturday, our training was 'Working with LGBTQ+ clients' we spent the day talking about different sexualities, genders and different type of relationships that people have. It was a very interesting day learning about all the beautiful and individual people in our world.

On the Sunday, our training was 'Vicarious Trauma— a therapists self care' we learned our to take care of ourselves and how to avoid becoming traumatised from the stuff we hear day to day, as counsellors and office staff, it was a very informative day.

Here is a picture of the team at the Vicarious Trauma Training.



Things to do if you are at home:



- Make a journal— use a nice notebook and use your favourite pens and start journaling, you can draw, write, doodle.
- Learn a new hobby—take up a new hobby, such as painting, drawing, knitting or learning to play an instrument.
- Have a pamper day—have a hot bubble bath, treat yourself to some face masks and have a relaxing day for yourself.
- Have a movie day— spend the day on the couch watching movies, grab some snacks and enjoy some good films.
- Do some colouring—get yourself a colouring book and use some really nice felt tips or fine liners and colour away!
- Cooking— get your old recipes books out or buy some new ones and learn new recipes! You can find loads of free recipes online
- Decluttering—sort your some draw, go through clothes or even just have a spring clean.
- Reading—why not re read some of your old favourites that you have at home or read some e-books online.
- Remember to stay in touch with friends and family by phone, text, skype—it's good to share and talk.