

The Birchall Trust are here to help you.

Contact us in **complete confidence** if you would like counselling.

Head office

60 Hartington Street

Barrow-in-Furness

Cumbria

LA14 5SR

Telephone number : 01229 820828

Text number: 07860025347

E mail: enquiries@birchalltrust.org.uk

Website: www.birchalltrust.org.uk

If you have recently been raped you can contact the following for help,

The Bridgeway, Cumbria on 0808 118 6432

or

SAFE Centre, Lancashire on 01772 523344

Follow us on twitter—[@BirchallTrust](https://twitter.com/BirchallTrust) 

The Birchall Trust agree to support all survivors of sexual abuse unless they are under investigation or have been convicted of any sexual offences.

As a Charity we rely on funding and a list of all our funders, supporters and partnership are available on our website.

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We are a member of the following organisations:-



Serving the community since 1991

Charity no. 1109637 company no 5424196



**PRE-TRIAL
THERAPY
Under 18's**



What is pre-trial therapy?

Our Pre-Trial counselling is free of charge, although as a charity we do welcome donations of any size. The length of counselling we can offer for Pre-Trial work is up to 12 sessions.

To help you, the Counsellor /Play Therapist and The Birchall Trust track your progress and we will ask you to complete simple forms each month. You and your Counsellor /Play Therapist will review your progress at week 6 to discuss your future sessions before completing counselling.

You and your parent/guardian will be provided with an evaluation form at the end of your counselling. We would be extremely grateful if you could complete this as client feedback is vital to the continuation of the service and its development.

All members of The Birchall Trust team have up to date Enhanced Disclosure and Barring Service (DBS) Certification; our counsellors are qualified and experienced. They undertake continuous professional development including safeguarding training and are also members of a relevant professional body, such as the British Association for Counselling and Psychotherapy (BACP) and adhere to their Ethical Framework. Copies available on request.

What can I use it for?

You can talk about what you are thinking and feeling at the moment and work on making changes, for example; to your self-esteem or within your relationships.

You can work on coping strategies for dealing with what happened to you and talk about this has made you feel, as long as you don't talk about the specific memories. You can talk about any worries you have about the police or court process.

Pre-trial counselling is often used to deal with emotional distress in day to day life during the court process. If you reach a point where you feel you cannot make any more progress or feel any better without talking through what happened, if this happens it may be time to end the counselling until after the trial.

Confidentiality

Confidentiality is of the utmost importance to us as an organisation and we have policies and procedures which all members of The Birchall Trust's team adhere to.

However there are times when confidentiality may need to be broken and these include requests under:

- The Prevention of Terrorism Act 2005
- Proceeds of Crime Act 2002
- Children's Act 2004
- If we believe that you or someone else are in danger of harm

Will my notes be used in court?

Because you are involved in an ongoing criminal justice process there are limits to the confidentiality we can offer you in relation to your notes. You or your parent/guardian have already signed a consent form to say you are willing for us to share information relating to your case. Your notes may be requested by the Police at any time. We may also receive a court order requesting your notes which we are legally obliged to act on with or without consent.

Brief notes will be completed by your Counsellor /Play Therapist after each session and you will be asked to sign your notes at the end of every month as part of the pre-trial process. All documentation held on file by The Birchall Trust is kept for 7 years after children have reached the age of 18 years and will then be securely destroyed in line with GDPR after this date. If the child is a looked after child (CLA) notes will be kept longer term.

In any instance we will always seek to discuss sharing of your information with you or your parent/guardian before doing so. Your counsellor or a member of The Birchall Trust office staff will always be happy to discuss these issues with you.

What do we ask of you?

Arrive in time for counselling sessions. Please do not arrive more than 5 minutes before the sessions. As we do not have waiting rooms.

Please cancel your session at least 24 hours before if you can't make it. Your counsellor travels into The Birchall Trust especially for the session. For counselling to be helpful it is important that you attend sessions regularly.

If 2 counselling sessions are not attended and you have not cancelled the session we will assume you no longer wish to attend and close your file. We will write to notify you of this.

As an organisation we adhere to a zero tolerance to alcohol or drugs usage.

If you wish to end your counselling as it is no longer required, please inform the counsellor or the office so this appointment can be offered to someone on the waiting list.

What we offer you

The Birchall Trust is a counselling service only. What we can offer you is a weekly, one-hour session of therapeutic support. Unfortunately we are not able to offer support outside of the counselling sessions.

We understand that some people may sometimes feel like they need to talk to someone outside of your regular session, and that you have developed a good relationship with your counsellor. However our counsellors are not available between sessions and any communication or enquiries about additional support requirements should be made through the office.

In line with standard professional practice our Counsellors/ Play Therapists are not able to communicate with you at any time outside of your weekly session.

Your session will be on the same day, at the same time, in the same place, with the same Counsellor/Play Therapist every week. Only under exceptional circumstances would we expect this to change