



Bright Hope

in North West Leicestershire

Giving support when you need it

Understand
how you
feel



Counselling

Finding new ways to cope

info@brighthope-nwl.org.uk • 01530 648 553

www.brighthope-nwl.org.uk



Counselling

Counselling offers a safe and confidential place for you to talk about how you are feeling, what you have experienced and how it may have affected you.

What is counselling?

Counselling is a contracted, professional relationship between a counsellor and a guest. Receiving counselling allows you time to talk about previous experiences and look at ways to enable you to find new ways of coping. Our counselling sessions offer a safe and non-judgemental environment for you to explore your feelings.

Our counsellors offer an integrative person-centred approach meaning



your experience within the service will be tailored to you. It is important that counsellors build a rapport with you so they can begin to recognise and validate the emotions that are being discussed and can then assist you in making sense of your feelings.

We offer face-to-face counselling as well as video/telephone sessions, should that be a more comfortable approach.

Is counselling for me?

Counselling can be a challenging and powerful process, but it does give you time and space to look at past experiences and how you can grow going forwards. We ask that when you enter our counselling service you are committed to the programme and attend all scheduled sessions to get the best outcomes.

Who can attend?

Our counselling service is open to anyone aged 18 years and over, who is registered to a North West Leicestershire GP surgery and who has a condition that leads to a reduction in the quality of their life or have been diagnosed with a life limiting illness. Carers are also welcome to use this service.

How to access our service

Access to this service is only via a referral made direct to us by a health or social care practitioner.

How the service works

Following your referral, we aim to contact you by telephone within 28 days. We will talk through the service and take some initial details, such as availability, so that you can be placed with the most appropriate counsellor.

Once a place on the counselling service becomes available, you will be contacted with regards to the details of your first appointment.

How often will I be seen?

Upon starting counselling you will have an initial meeting with your counsellor. This will be a very gentle conversation, as you spend time getting to know each other and discussing where you currently are and what outcomes you would like from the service.

Following this initial meeting you will receive eight 50-minute sessions, held once a week on the same day and time.

Will I have to pay?

All services provided by the charity are free to the person receiving them, however they come at a cost to the charity. Bright Hope in North West Leicestershire currently costs in excess of £300,000 a year to run. We would appreciate it if people using our services made a donation for the support they have received.

Mobile Phones

We ask that mobile phones are turned off or set to silent whilst accessing our counselling service.

“It has really helped me to deal with the issues which I couldn’t deal with or even think about at the beginning of my counselling. A real life changer!”

“It’s difficult to put into words the difference counselling has made to me. I now feel much better in myself and more able to cope with the challenges of life going forward. Thank you!”

(names withheld)



Bright Hope

in North West Leicestershire

Giving support when you need it

Our mission and vision:

Bright Hope offers a range of non-clinical, therapeutic and social care services in North West Leicestershire.

The charity supports adults with a life limiting condition, or one that leads to a reduction in quality of life, as well as offering support to their partner, carer or family.

About us:

Bright Hope in North West Leicestershire is a local charity, which prides itself on the existing range of valuable services provided for those over 18 years living with a life limiting illness, or other conditions that significantly limit the quality of life.

We also recognise the vital role of those in caring roles. We strive to ensure support for family members and carers, enabling them to recharge their batteries and take a well-earned break.

It is possible to self-refer to all of our services apart from counselling, which must be made by a health or social care professional.

The full range of our services and online referral form can be found on our website, or please contact us by any of the ways below.

For further details contact us at:
Bright Hope House,
Talbot Lane, Swannington, Leicestershire LE67 8QT

info@brighthope-nwl.org.uk or call **01530 648 553**
www.brighthope-nwl.org.uk



Charitable Incorporated
Organisation No. 1169561