

lancashire Labt



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ABOUT US



WE ARE THE PAN LANCASHIRE CHARITY
SUPPORTING LGBTQ+ PEOPLE AND WE ARE
BASED IN PRESTON. FOUNDED IN 2009 OUR
VISION IS THAT ALL LGBTQ+ PEOPLE IN
LANCASHIRE CAN BE SAFE AND FEEL A
SENSE OF PRIDE AND BELONGING.
OUR MISSION IS TO SUPPORT ALL LGBTQ+
PEOPLE IN LANCASHIRE TO BE HAPPIER,
HEALTHIER AND BETTER CONNECTED.
THE FOCUS OF OUR ACTIVITIES IS
IMPROVING PHYSICAL AND MENTAL
HEALTH AND WELLBEING AND REDUCING
SOCIAL ISOLATION.

OUR VALUES:

WE ARE INCLUSIVE

WE SUPPORT

WE ENGAGE

WE EDUCATE

AND INFORM

CHARITY NUMBER - 1137578







- INFORMATION AND SUPPORT SERVICE
- ONE-TO-ONE SUPPORT FROM A DEDICATED SUPPORT WORKER
- SUPPORT AND ACTIVITY GROUPS
- WEBINARS AND WORKSHOPS PROMOTING WELLBEING AND IMPROVING MENTAL HEALTH
- COUNSELLING SERVICE



Gender Outreach

WE ALSO HAVE A PARTNERSHIP WITH LEEDS AND YORK NHS GENDER IDENTITY SERVICE AND HOST THEIR DEDICATED GENDER OUTREACH WORKERS WHO OFFER 1-2-1 SUPPORT TO TRANS AND NON BINARY PEOPLE AT OUR OFFICE IN PRESTON.

COUNSELLING



WHAT TO EXPECT

COUNSELLING CAN PROVIDE YOU WITH AN OPPORTUNITY TO TALK WITH SOMEONE WHO IS TRAINED TO LISTEN. ALL OUR VOLUNTEER COUNSELLORS HAVE LIVED EXPERIENCE OF BEING LGBTQ+ AND CAN HELP YOU TO UNDERSTAND ALL ASPECTS OF WHO YOU ARE AS AN INDIVIDUAL.

COUNSELLING CAN HELP YOU UNDERSTAND FEELINGS THAT YOU MAY BE EXPERIENCING NOW, OR FROM THE PAST, AND ENABLE YOU TO LOOK AT THEM IN A MORE MANAGEABLE WAY. COUNSELLING CAN HELP YOU DISCOVER YOUR POTENTIAL AND ENABLE YOU TO FIND YOUR OWN SOLUTIONS.

COMMON THEMES

- DEPRESSION AND ANXIETY
- ISOLATION
- GENDER OR SEXUAL IDENTITY ISSUES
- SELF-CONFIDENCE
- SELF-ACCEPTANCE
- SELF-ESTEEM
- COMING OUT
- SEXUAL ISSUES
- RELATIONSHIP DIFFICULTIES
- ABUSE







THE FIRST COUNSELLING SESSION WILL GIVE YOU AN OPPORTUNITY TO MEET YOUR COUNSELLOR REMOTLEY AND GET TO KNOW EACH OTHER. THIS WILL BE A SAFE SPACE FOR YOU TO ASK ANY QUESTIONS THAT YOU MAY HAVE ABOUT THE COUNSELLING PROCESS OR ABOUT YOUR COUNSELLOR.

IT WILL ALSO BE AN OPPORTUNITY TO DISCUSS WHAT BRINGS YOU TO COUNSELLING. THIS TIME WILL ENABLE YOU AND THE COUNSELLOR TO DEVELOP A GOOD IDEA OF WHAT TO WORK ON AND BEGIN TO DEVELOP A PLAN THAT WILL SUPPORT YOU TO REACH YOU AIMS.

AS PART OF THE PROCESS YOUR COUNSELLOR WILL WRITE A CONTRACT WITH YOU, SO THAT YOU UNDERSTAND WHAT IS EXPECTED FROM YOU AND WHAT CAN BE EXPECTED FROM THE COUNSELLOR

THIS MAY INCLUDE:

- THE NUMBER OF SESSIONS THAT YOU HAVE AGREED TO UNDERTAKE
- WHERE AND WHEN SESSIONS WILL BE HELD
- CANCELLATION OF SESSIONS AND RESCHEDULING TERMS
- INFORMATION ABOUT CONFIDENTIALITY
- DETAILS ABOUT WHY COUNSELLING MAY NOT BE ABLE TO CONTINUE (THIS WILL INCLUDE A CODE OF ETHICS)
- BRIEF DETAILS ABOUT NOTE TAKING AND RECORD KEEPING; STEPS TAKEN TO PROTECT YOUR DATA

MEET THE COUNSELLORS





HI, I'M TADGH. AS A COUNSELLOR, I BLEND PERSON-CENTRED AND PSYCHODYNAMIC METHODS. I'VE SUPPORTED CLIENTS THROUGH ADDICTION PHASES, NOTABLY CHEMSEX, AND HAVE TACKLED ISSUES OF ANXIETY, TRAUMA, GENDER, AND SEXUALITY. ROOTED IN PERSON-CENTRED PRACTICES, I ADJUST TO EACH CLIENT'S SPECIFIC NEEDS. WITH MY RECENT MASTER'S IN PSYCHOTHERAPY, I'M POISED TO HELP YOU ACHIEVE YOUR THERAPY OBJECTIVES AND UNEARTH UNDERLYING CAUSES.



HELLO, I'M OWEN, A PERSON-CENTRED COUNSELLOR, AND I'M HERE TO SUPPORT YOU ON YOUR JOURNEY TOWARDS PERSONAL GROWTH AND SELF-DISCOVERY. WITH A DEEP COMMITMENT TO CREATING A SAFE AND EMPATHETIC SPACE, I BELIEVE THAT EVERYONE POSSESSES THE CAPACITY FOR HEALING AND SELF-FULFILMENT. MY APPROACH IS ROOTED IN THE PRINCIPLES OF CARL ROGERS' PERSON-CENTRED THERAPY, WHERE I PRIORITIZE EMPATHY, GENUINENESS, AND UNCONDITIONAL POSITIVE REGARD, WITH ADDITIONAL TRAINING IN OTHER FORMS OF THERAPY.



IMPORTANT INFORMATION



ALL OUR COUNSELLORS ARE REGISTERED WITH BACP AND UKCP AND ABIDE BY THEIR CODE OF ETHICS:

https://www.bacp.co.uk/media/6513/bacp-ethical-framework-caq-gpia038-jul19.pdf.

https://www.psychotherapy.org.uk/media/bkjdm33f/ukcp-code-of-ethics-and-professional-practice-2019.pdf.

THIS SERVICE IS MADE POSSIBLE BY THE NATIONAL LOTTERY
COMMUNITY FUND





IMPORTANT INFORMATION



ACCESSING THE COUNSELLING SERVICE

TO ACCESS THE COUNSELLING SERVICE YOU CAN EITHER FILL OUT OUR SELF REFERRAL FORM OR A THIRD PARTY CAN REFER YOU TO THE SERVICE (SEE PAGE 12). YOU WILL THEN BE CONTACTED TO GO THROUGH A COUNSELLING REFERRAL AND THEN ONE OF OUR VOLUNTEER COUNSELLORS WILL MAKE CONTACT TO BOOK YOUR FIRST COUNSELLING SESSION.

WHAT TO DO IF YOU NEED TO CANCEL, RESCHEDULE OR MISS A SESSION

- YOU NEED TO GIVE AT LEAST 24 HOURS' NOTICE WITH YOUR COUNSELLOR IF YOU CANNOT MAKE A SCHEDULED SESSION. YOUR COUNSELLOR WILL THEN TRY AND OFFER YOU ANOTHER SESSION.
- IF THERE IS ANY LESS THAN 24 HOURS' NOTICE GIVEN, THEN THE SESSION WILL BE DEDUCTED FROM YOUR TOTAL AMOUNT OF SESSIONS.
- IF YOU DO NOT ATTEND A SESSION AND IF YOU FAIL TO MAKE CONTACT WITH YOUR COUNSELLOR WITHIN TWO (2) DAYS OF THE MISSED SESSION, THE SERVICE HAS THE RIGHT TO CLOSE YOUR CASE.



IMPORTANT INFORMATION



CONTACT OUTSIDE OF SESSIONS TIMES

THE EMAIL ADDRESS FOR YOUR COUNSELLOR IS FOR USE IN THE CASE OF CANCELLATIONS, OR ALTERATIONS. MESSAGES WILL NOT BE PICKED UP OUTSIDE OF WORKING HOURS - YOUR COUNSELLOR IS NOT A CRISIS SERVICE. PLEASE SEE EMERGENCY SERVICE CONTACT DETAILS BELOW.

THE COUNSELLING RELATIONSHIP WILL REMAIN A PROFESSIONAL COUNSELLING RELATIONSHIP AT ALL TIMES. THE BOUNDARIES OF COUNSELLING SESSIONS WILL BE CLEARLY DISCUSSED DURING INITIAL CONTACT WITH YOUR COUNSELLOR AND ARE TO BE ENFORCED EQUALLY BY YOU (THE CLIENT) AND BY THE COUNSELLOR.

RIGHT TO REFUSE

PLEASE DO NOT ATTEND YOUR SESSION UNDER THE INFLUENCE OF DRUGS OR DRINK AS YOUR COUNSELLOR MAY NOT BE ABLE TO SPEAK TO YOU AND THEY HAVE THE RIGHT TO CANCEL THE SESSION.

THE SAME APPLIES IF YOUR COUNSELLOR FEELS THAT YOUR BEHAVIOUR (VERBAL COMMUNICATION DURING SESSIONS OR CORRESPONDENCE WITH LANCASHIRE LGBT) IS INAPPROPRIATE IN ANY WAY. YOUR COUNSELLOR HAS THE RIGHT TO CANCEL THE SESSIONS AND LANCASHIRE LGBT RESERVES THE RIGHT TO REFUSE PROVIDING YOU WITH THIS SERVICE.







THE CONTENT OF YOUR SESSIONS ARE CONFIDENTIAL TO YOU AND YOUR COUNSELLOR. HOWEVER THEY WILL NEED TO DISCUSS OUR WORK TOGETHER WITH THEIR SUPERVISOR. THIS IS NORMAL PRACTICE AND HELPS YOUR COUNSELLOR TO WORK AS WELL AS THEY CAN WITH YOU. IN THIS PROCESS YOUR IDENTITY IS NOT SHARED WITH ANYONE.

IN THE CASE OF A DISCLOSURE CONCERNING ACTS OF TERRORISM UNDER THE TERRORISM ACT, OR ACTS SPECIFIC TO THE CHILDREN'S ACT, CONFIDENTIALITY WILL BE BROKEN, AND SUCH DISCLOSURES WILL BE PASSED ONTO THE RELEVANT AUTHORITY WITHOUT DELAY AS YOUR COUNSELLOR WOULD BE LIABLE TO CIVIL OR COURT PROCEDURE IF INFORMATION WAS NOT DISCLOSED.

IN EXCEPTIONAL CIRCUMSTANCES, WHERE YOUR COUNSELLOR IS CONCERNED FOR YOUR SAFETY, OR THAT OF OTHERS, THEY MAY FIND IT NECESSARY TO SEEK HELP OUTSIDE THE COUNSELLING RELATIONSHIP; THEY WOULD ALWAYS AND IN THE FIRST INSTANCE SEEK TO GAIN YOUR AGREEMENT TO THIS.

YOUR COUNSELLOR MAY MAKE BRIEF NOTES AFTER EACH SESSION AND THESE WILL BE KEPT IN ACCORDANCE WITH THE GENERAL DATA PROTECTION REGULATIONS. THESE NOTES WILL BE SECURELY STORED, AND ARE NON-IDENTIFIABLE. THE NOTES MADE ARE PURELY TO HELP THEM IN THEIR WORK WITH YOU. THESE ARE KEPT CONFIDENTIAL, UNLESS IT IS DEEMED NECESSARY TO DISCUSS ANY CONCERNS THEY MAY HAVE REGARDING THINGS SUCH AS SAFEGUARDING, WITH THEIR CLINICAL SUPERVISOR.



WHAT IS WELLBEING?



SOCIAL WELLNESS

Developing a sense of connection, belonging, and a well-developed support system

OCCUPATIONAL WELLNESS

Personal satisfaction and enrichment derived from one's work

FINANCIAL WELLNESS

Satisfaction with current and future financial situations

ENVIRONMENTAL WELLNESS

Good health by occupying pleasant, stimulating environments that support well-being

EMOTIONAL WELLNESS

Coping effectively with life and creating satisfying relationships

SPIRITUAL WELLNESS

Expanding our sense of purpose and meaning in life

INTELLECTUAL WELLNESS

Recognizing creative abilities and finding ways to expand knowledge and skills

PHYSICAL WELLNESS

Recognizing the need for physical activity, diet, sleep, and nutrition

TIPS FOR SELF CARE



Gratitude & Mindfulness

Mindfulness links all self care actions. Recognise what we are grateful for, strategies to manage and when to seek help.

Environment

Whether it's your home, office or another space, nurture an environment that allows you to feel safe and take time out when you need.
Lighting, noise and physical elements should be

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considered.

Set Limits

Say No! Know what you can do and what you can't. Set firm boundaries with boundary violators. Take time out, nurture good sleep and limit exposure to unhealthy environments.

Social Community

Connect with your community, culture and spiritual values. Even better, set a project to contribute to or support your community's growth. Feel good about giving something back.

Exercise, Sleep & Diet

Exercise & sleep are proven to support good mental health, reduce stress and increase problem solving. With a good diet, physical health sets a foundation for wellbeing

Interests, hobbies

& playfulness

Return to old interests, do something new or advance your skills through studies.
Rediscover playfulness through story telling, games or new forms of self expression





Values

Values are the things that we define ourselves by. They may also be beliefs that guide our behaviour. Reflect on the values you hold dear to you and how you can express them in healthy ways



Ask for Help

Many people ask for help when they have hit their limit, are in crisis or feel out of control.

Self care teaches us to acknowledge out limits but importantly, to ask for

help.

Family/ Trusted Others

Connect with people you care about. Prioritise time with people who love you.
Laugh together, cry together but most importantly, be genuine together.







WWW.LANCSLGBT.ORG.UK



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07788 295521

REFERRAL FORMS:

SELF REFERRAL

WWW.SMARTSURVEY.CO.UK/S/SELF-REFER/

SCAN



THIRD PARTY REFERRAL WWW.SMARTSURVEY.CO.UK/S/THPREF2324/





WWW.FACEBOOK.COM/LANCASHIRELGBT



WWW.INSTAGRAM.COM/LANCSLGBT



WWW.TWITTER.COM/LANCSLGBT



WWW.YOUTUBE.COM/@LANCASHIRELGBT9897

EMERGENCY CONTACTS



WE ARE NOT A CRISIS INTERVENTION SERVICE SO IF YOU REQUIRE EMERGENCY OR URGENT SUPPORT PLEASE USE THESE EMERGENCY CONTACTS.

EMERGENCY

IF YOU, OR THE PERSON YOU ARE WITH, IS AT IMMEDIATE RISK OF TAKING THEIR OWN LIFE GO TO YOUR NEAREST A&E OR CALL 999.

URGENT (NON EMERGENCY)

MENTAL HEALTH CRISIS LINE - 08009530110 (OPEN 24 HOURS 7 DAYS A WEEK)

SAMARITANS HELPLINE - 116 123 (OPEN 24 HOURS 7 DAYS A WEEK)

SHOUT (TEXT SUPPORT) - 85258 (OPEN 24 HOURS 7 DAYS A WEEK)



