

Counselling



The Sara Lee Trust provides counselling to people affected by cancer and other life-threatening illnesses. Serious illness can change your life in many ways, including how you see yourself, feel about life, relate to other people, and think about the future. Counselling provides a space in which all of your feelings can be heard without you having to worry about anyone else. Family members and carers can also benefit from the opportunity to explore their thoughts and feelings when a loved one has a life-threatening diagnosis.

How does counselling work?

Your counsellor will draw on a range of techniques and ideas to find a way of working that suits you. Some approaches will take a longer term view, gradually unravelling current problems and tracing them back to past experiences; others are aimed at working in the present and developing tools to help you manage your situation better. Talking through what is troubling you with a trained counsellor can lead to a better understanding of yourself and your problems, and help you to find new and more effective ways of dealing with them.

What training and experience does a counsellor have?

At The Sara Lee Trust all counsellors hold, as a minimum, a Counselling Diploma, and they regularly undertake additional psychotherapeutic training. Trust counsellors belong to the British Association for Counselling and Psychotherapy (BACP) and/or the UK Council for Psychotherapy (UKCP), they receive monthly clinical supervision, and are fully insured.

Getting started

The first appointment is an opportunity for you to have a taste of what counselling might be like and to start to explore your problems. Your counsellor will probably ask you some questions to try to understand what you are experiencing and what you hope to achieve through the counselling process. At the end of the session you might want to book another appointment, or your counsellor might suggest other appropriate therapies or services for you.

Where will this take place?

Appointments can be arranged at Sara Lee therapy rooms at St Michael's Hospice; The Rye, Winchelsea & District Memorial Hospital; and the Sara Lee Therapy Centre in Sidley, Bexhill. We also see people on the wards of St Michael's Hospice and local hospitals, and we provide a home visit service for those unable to travel to us for their therapy.

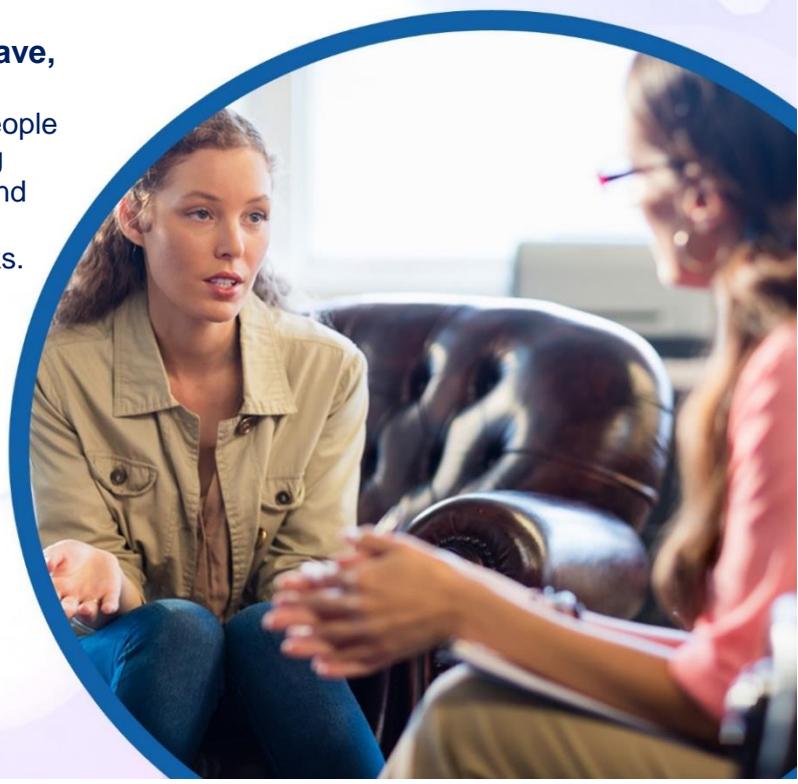
How long does a session last, how many will I have, and how often will they take place?

Counselling sessions last up to 50 minutes. For some people one or two sessions are all they need, for others ongoing weekly sessions might be recommended. The number and frequency of sessions is something that you will decide with your counsellor and review together every few weeks.

Confidentiality

What you discuss with your counsellor is confidential. There are just two exceptions to this rule:

- At least once a month counsellors have 'clinical supervision' during which they discuss their caseload with an experienced professional in confidence, to help them manage their caseload and improve their practice.
- If your counsellor is concerned about risk of harm to yourself or another they may consider it is necessary to involve other professionals. Where this is the case, they would endeavour to discuss this with you first.



Couples and family counselling

If you would like to have counselling with a loved one, instead of on your own, couples and family counselling is available.

Bereavement counselling

For those needing support following the death of a loved one, please contact St Michael's Hospice Bereavement Service on **01424 456361** or by emailing bereavement@stmichaelshospice.com

Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 80 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have treatment rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from July 2017 our Therapy Centre in Sidley, Bexhill will be operational.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

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