



## information

CFC was founded in 1975 in response to a local need for easily accessible support for individuals and families experiencing intolerable stress. Over the years the organisation has changed considerably but we remain responsive to need and flexible in our approach to service delivery – our strap line is 'For Whatever Life Throws at You'.

Our main office and Community Cafe is in Altrincham and our main sites for counselling delivery are Altrincham and Bury.

## Counselling

We offer face to face and remote counselling via telephone or Microsoft Teams for those who prefer this means of accessing support.

We currently offer face to face counselling services from:

- Our Altrincham Centre on Mayors Road (near Stamford Park)
- Our Bury Centre on Parkhills Road
- The Broomwood Community Wellbeing Centre in Timperley
- The Limelight Centre, Old Trafford
- Out There, Old Trafford

and to:

- The CleanStart service in Trafford.
- Users of Gorse Hill Studios, Stretford.
- The charity Pharmacist Support.
- Employees of Bury Council.
- Students in schools and colleges across Trafford, Stockport, Manchester and Bury.

We provide counselling for children and young people between the ages of 5 and 17 years, adult individuals, couples, and families.

We have over 45 counsellors, many of whom are volunteers who see at least three clients a week and are supported by a team of 4 clinical supervisors. We have a large team of reception volunteers and a small salaried staff providing administration and support services. We usually recruit counsellors annually: most are students on placement when they arrive, but we are proud that many stay on after qualification.

We strive to offer a high-quality professional service to all our clients, and our counselling services are accredited by the British Association for Counselling and Psychotherapy (BACP) and covered by organisational professional indemnity insurance.

We receive no funding whatsoever from the government or from the NHS. While this does mean we are more reliant on grants and other charitable funding, it does allow us to be flexible and responsive to need and completely focussed on pursuing 'what works?'

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## Additional support

We offer remote and face to face support groups covering several issues. For the most up to date service information, please look on our website - it is an ever-changing picture as we become aware of gaps in community support that we can fill. We also have a remote weekly Mindfulness group.

Additional to this we have counsellor facilitated Community Allotment, a Centre based 'Friday Club' for older people at risk of isolation, and Friday 'Art Club' – for those interested in experimenting with art and craft techniques.

We are also able to provide space for a wide variety of external support groups such as AA (Women only), ACOA, U3A and Smart Recovery.

## Training programme

### Professional

We run a full training programme for counsellors and related professionals. We are continuously developing post qualification training pathways for both our newly qualified and experienced counsellors to further their learning and are always looking for ways in which we can add to their experience.

In addition, we run a full training programme for reception staff to develop their skills.

### Life skills

We offer courses for the public such as assertiveness, self-esteem, parenting etc.

Many of the courses above are run by our 'in-house' training team made up from our counsellors who either brought these skills in or have acquired them as part of their journey with us.

Where training is compulsory, it is free – all other training is available to all our staff and volunteers at a heavily subsidised rate.

## Café in the Park

We have a community café within our Altrincham Centre. Open 7 days a week, the café provides a focal point for the local community to meet in and offers a varied, healthy and reasonably priced food and drink menu. Alongside a salaried Café manager and part-time assistants, the café is staffed by volunteers. It has a contemporary and welcoming feel where local people can enjoy coffee or lunch and at the same time feel able to ask more about the Centre and the services we offer.

There is a lounge area next to the café for local groups to meet in and we are developing services for local residents to complement and expand what we currently offer.