

'MYND' stands for Me, You and Do. The six weekly sessions will provide small groups of up to 15 participants with (mainly!) fun and interactive training.

EQUAL OPPORTUNITIES POLICY

The Centre is committed to equal opportunities and welcomes everyone without discrimination of race, class, culture, gender, marital status, physical ability or sexual orientation.

COMPLAINTS PROCEDURE

There is a complaints procedure, which may initially be accessed through the Administrator of Catalyst Counselling.

OPEN MYND AWARDS FOR ALL

ONE-TO-ONE COUNSELLING AND GROUP WORKSHOPS IN GREAT YARMOUTH AND LOWESTOFT

OPEN MYND AND THE AWARDS FOR ALL PROGRAMME

Open Mynd is a wellbeing project designed at Catalyst combining ONE-TO-ONE COUNSELLING and GROUP WORKSHOPS.

The project's aim is to support people who are facing difficult circumstances, including those who have been unemployed for over a year and are struggling to manage anxiety and stress.

The programme is being delivered in partnership with DWP as part of the Awards for All Programme and with other local agencies who aim to help people make the most of the employment, volunteering and training opportunities open to them.

Depending on availability, you will be offered the option of counselling and / or attendance at a workshop. Counselling and workshops take place in the Great Yarmouth and Lowestoft areas.

COUNSELLING GUIDELINES

The counsellor with whom you will work is supported and appraised by Catalyst Counselling and works within the Standards and Code of Ethics and Practice of the British Association of Counselling and Psychotherapy (BACP) of which this agency is a member.

You will receive up to eight sessions of counselling free.

CANCELLING APPOINTMENTS

If you do not attend your appointment once it has been arranged, this will be counted as one of your sessions from the total of eight and this session will not be reinstated. Once you have begun your counselling, two missed sessions during the course of the counselling will

lead to termination of the work.

The counsellor will give you as much advance notice of their breaks as is possible. If the counsellor has to cancel, this will not be classed as a missed session.

If you do have to cancel an appointment, please telephone the office and give as much notice as you can. If a member of staff is unable to take your call, please leave a message with the following information:-

- Your full name
- Your counsellor's full name
- Date and time of your session

ENDING COUNSELLING

It is essential that you talk through with your counsellor any thoughts you may have of wishing to end your counselling early. Doubts about you continuing the sessions are very often to do with thoughts, feelings and difficulties that arise during the counselling.

WORKSHOP GUIDELINES

The title 'Open Mynd' summarises structure of the project.

'OPEN': for people who, for various reasons, find that the possibilities of new opportunities in life seem closed, or a sense of optimism may always have seemed distant and unattainable.

The project helps people to think about themselves, their communities and their potential in new ways; and to be open to the possibilities and challenges of change.