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## NEWSLETTER



### THIS YEAR AT VINE (from Director, Liz Linnitt)

### THE VINE TEAM

This has been our 17<sup>th</sup> year as a charity and we continue to offer one to one face to face professional counselling to people in the community who need support with issues such as anxiety, depression, stress, loneliness, bereavement, abuse, trauma, family issues. Vine provides a service that is hard to find these days – offering donation based counselling, subsidising the cost of client sessions through grant and trust applications, one off donations, the 'Friends of Vine' programme and fundraising events. The charity's strong ethos holds firm that counselling should be accessible to all.



Some of the team at our rainy summer BBQ

The charity currently supports around 70 adult clients each week, many from local villages e.g, Congresbury, Wrington, Langford, Churchill, Flax Bourton, Yatton, Winscombe but also from Clevedon, Weston Super Mare and Bristol.

We have provided over 3000 sessions this year and receive around 10-15 new enquiries each week. Our waiting list is relatively short, especially for daytime appointments. We offer short to long term counselling, tailored to the needs of the client subject to reviews every few weeks. To request an appointment, you can self refer but also enquiries are being received through local GPs and other agencies, as well as via our website, personal recommendations and excellent reputation locally for a top class and professional service, in a climate of acceptance, confidentiality and ethical practice.

Our team numbers over 40 comprising Counsellors/Student Counsellors, Receptionists, Trustees, plus myself and Tracy working with Chair Sarah as part of the management team.

We have a 'What is Counselling' sheet which can be found on the website but also sent out to potential clients when they make an enquiry and this is helpful as it explains what counselling actually is to enable them to make an informed decision about whether it is what they are looking for. The GPs also have copies of these to give to patients.

I know I talk about the team a lot and there's a reason for it – Vine would not be able to support so many people without the whole team playing their part.

What a special group of people, with the care and support of our clients in a welcoming, professional, safe and ethical environment at the forefront of all we do.

This client's words really meant so much:-

*"Thank you to my counsellor, and to the whole team at Vine, for the warm welcome you have given me, accepting me for who I am and showing me kindness and respect. My counsellor has given me a lifeline as she has enabled me to find my own way forward – she has respected me and been so patient with me. She has listened and offered suggestions for how I can cope when I feel at my lowest. Before I came to Vine I was lost and my world felt very small and dark. I am looking forward to 2025 with a new sense of positivity and hope. Thank you to her and to you all."*

Thanks to all the Vine staff – for your commitment, time and support. For those who have moved onto new things this year, we wish you all the best with heartfelt thanks.

To all our staff, clients, supervisors, placement coordinators, donors, supporters, I wish you Happy Christmas.

Liz Linnitt, Director



Vine Management Team

## FINANCES AND FUNDRAISING

Around one half of what it costs us to run the charity is met by client donations for sessions. This means we must apply for grants, donations and organise fundraising events for the remainder. We also have a 'Friends of Vine' programme where individuals pay an amount of their choice each month via standing order. If you would like more information about this, or have any other ideas for fundraising, we would love to hear from you.

By raising enough funds, we can continue to provide the maximum number of sessions, without having to increase the amount we ask clients to pay. This is a challenge but a priority.

THANK YOU TO THOSE who have supported our work financially this year. Special mentions to:-

Wrington Parish Council  
Yatton Parish Council  
Congresbury Parish Council  
Wrington Beer Festival  
Yeo Valley Canteen  
The Plough, Congresbury Quiz  
Wrington URC  
Nailsea URC  
Evergreen Chorus (Christmas concert)  
+ our anonymous donors



## COME TO THE CABARET!!

In March we were excited to organise our Cabaret Fundraising evening at Yeo Valley Canteen, and what a fantastic evening it was! With amazing food and the most sublime setting and food and excellent entertainment, it will be one to remember, with us managing to raise well over £3000.

## CHRISTMAS FAIR

Always a very popular fundraiser is our annual Christmas Fair in Wrington and this year we had over 20 stalls and raised around £950. Thanks to all our stallholders and the members of the Vine team who helped on the day!

## EVERGREEN CHORUS CHRISTMAS CONCERT

Last weekend, we were supported by the fabulous Evergreen Chorus at their Christmas concert, alongside another charity, Mothers for Mothers. The evening was set in the beautiful All Saints Church in Wrington and it was sold out.

Vine offices are now closed for the Christmas/New Year break and will reopen on 6<sup>th</sup> January 2025.

Christmas can be a difficult time for many, and it is important to know that there are other organisations which can help throughout the festive period. It is always possible to speak to someone.

## COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...



Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

[Nhs.uk/mental-health](https://www.nhs.uk/mental-health)



Under 35s can Call 0800 068 4141, Text: 88247 or Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) 24/7

[Papyrus-uk.org](https://www.papyrus-uk.org)



Call 116 123 to talk to Samaritans, or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours

[Samaritans.org](https://www.samaritans.org)



Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234

[Mind.org.uk](https://www.Mind.org.uk)



Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

[Giveusashout.org](https://www.Giveusashout.org)



Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858

[Thecalmzone.net](https://www.Thecalmzone.net)