



Newsletter - Winter 2018

Unlocking the past, surviving the present, reclaiming the future...

Dear friends and supporters,

I am delighted to have been asked to become a new Trustee of Lifecentre. I have known of the excellent work that Lifecentre does for some years and hope that I can now offer more active help in supporting and promoting that work. The counselling and therapeutic support that we can give to survivors of rape and sexual trauma is of vital importance as is raising awareness of the incredible difference this can make to their lives.

We are very fortunate and grateful to receive support for our work, both financially and from volunteers, from many organisations and individuals. However we continue to face an increase in referrals and I would therefore like to take this opportunity to ask if you or someone you know might be able to offer some form of support to us to enable our work to continue and grow. Whether it is by fundraising, offering some of your time or by a regular donation we value and appreciate every one of you. If you think that you can help please contact the team. On behalf of all our survivors that come to us we thank you.

I hope to meet some of you at one of our events and look forward to developing my role with Lifecentre.

Clare Scherer
Trustee, Lifecentre



2018 so far...

Between January - October 2018:

- We received 601 referrals for counselling, a 19% increase upon the same period in 2017.
- 27% of these referrals were from those aged 18 and under.
- 42% of individuals referred themselves for counselling whilst 10% were referred by Mental Health Services.
- We delivered 3,934 counselling sessions.
- At the end of October, 116 people were on our waiting list.
- October was our busiest month of the year so far, as we received 81 referrals, 50% more than October 2017.

“You have completely changed my life and made me a happier, healthier person. I will be forever grateful for our time together”

Giving Tuesday!

Tuesday 27th November 2018 is this year's Giving Tuesday. Following the Black Friday weekend, this is a wonderful way to give back and support local charities. It's also a great way to start our countdown to Christmas! To celebrate this day, Lifecentre's mission is to raise as much money as possible in a single day and see how many counselling sessions we can give to survivors of rape and sexual abuse this Christmas. Every donation, big or small, makes such a difference to the work we do and the people we meet. Follow along on Facebook and Twitter to see how we're doing or join our mission and donate at www.justgiving.com/lifecentre to start changing lives!

Lifecentre is on the move!

We caught up with Kim Gomes, our Operations Manager to find out more about Lifecentre's new building in Chichester, why we're moving and what this will mean for survivors.

This December, Lifecentre is moving into a new building in Chichester. We have been exploring the possibility of moving to bigger premises for the past few years, due to the continual increase in referrals we receive for counselling and our need for more office space for our office staff and fundraisers.

Our new building will give us additional counselling and play therapy rooms to accommodate our growing waiting list in the Chichester area. Of our four counselling centres, Chichester remains our busiest and also serves as our head office. The more counselling rooms we have available, the more sessions we can offer each week. We will also have enough office space for all of our office team, fundraisers and Clinical Director to be on site on a daily basis when needed. This additional space will allow us to host our monthly team meetings, training events and give more space for our wonderful helpline volunteers.

Finding a new building proved a challenge, due to the needs of Lifecentre's buildings. We need to be accessible by public transport, on a safe but discreet road, with enough space to accommodate the growth of our service. We believe that this new building will provide great benefits to the survivors and supporters who turn to us for help, giving them a comfortable, welcoming environment and shorter waiting times.

Throughout this process we have been overwhelmed by the kindness and support we have received from our local contractors. Upon hearing about Lifecentre's work, and what this building will mean to so many people, all of our contractors have stepped up to help. They have shown extreme generosity, offering fantastic discounts and putting in extra time to meet our deadlines. We would like to take this opportunity to say a huge thank you to Luv Carpets, Quality First Decorators Ltd., Shannan Sykes at Inspire Gardens, Runcton Cleaning Services, Sun-X, SCIP IT Services and United Fire Extinguishers. We couldn't have done this without them!

Alison's Challenge

I celebrated my 70th birthday this summer and I've just retired as a counsellor at Lifecentre. During my time there, I've seen first hand the dramatic difference that counselling can have on the lives of those who've been subject to the horror of sexual abuse.

As I love walking, I've challenged myself to walk the last 115kms (71 miles) of the Camino de Santiago in Spain over 9 days in April 2019. Being sponsored to do it seems like a really good way of continuing to contribute to Lifecentre's work while also celebrating my retirement.



If you would like to support Alison in her challenge, you can donate to her JustGiving page here: www.justgiving.com/fundraising/alison-balaam



“It [counselling] has been an amazing space to be able to start putting words to something I have never discussed before. It's been a gift of a start towards healing and it will take time. Keep up your amazing work and know that you make a life changing difference to people.”



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