

PF Counselling Service Key Facts

The PF is a generic counselling service for clients aged 18+ from Edinburgh and the Lothians. A registered charity, the PF sees clients with a wide range of issues, irrespective of their circumstances or ability to pay.

The PF is currently working on a programme of continuous improvement in every aspect of its service. It is our vision to become a centre of excellence for counselling in the voluntary sector – and, indeed, to be the best service of its kind in Scotland. Some of the specific actions we are taking in this respect are:

- **Renewal of COSCA Recognition:** COSCA originally confirmed our Recognition in October 2007. This required us to meet and be formally assessed on a comprehensive range of quality standards. The process will be repeated in 2010.
- **COSCA / BACP Counsellor Accreditation:** We are actively supporting all of our counsellors to work towards full accreditation as individuals.
- **Client Protection:** All counsellors, staff and voluntary receptionists are (or are in the process of being) cleared through the Central Registered Body in Scotland.
- **Training & Development:** We have doubled the number of workshops and CPD opportunities for counsellors in recent years, linking in with other organisations where possible. For example, other voluntary agencies in counselling and mental health across Lothian, the NHS Mental Health training, etc.
- **Recruitment:** We continue to recruit new volunteer counsellors (diploma qualified or final stage trainees), and new volunteer receptionists, to help meet ever-increasing demand. We are now probably the most sought-after provider of voluntary counselling placements in Edinburgh.
- We are actively seeking new premises, to allow us to extend the service and to include other complimentary initiatives such as Therapy / Personal development Groups, Art and other Creative Therapies.
- We are a member of the Edinburgh Voluntary Sector Counselling Services Forum and are working towards developing closer relationships with other key services and individuals, to reinforce our aim to be a fully integrated part of mental health service delivery across Lothian.
- We are contributing to the achievement of the Scottish Government's 'Delivering for Mental Health' HEAT targets: to reduce the use of anti-depressants, increase treatment choices in psychological therapies, reduce suicides, and reduce hospital re-admissions; and to many of the objectives of NHS Lothian's 'Joint Mental Health & Well-being Strategy'.

CPD, Training and Supervision

Supervision – we provide 1 hour of 1:1 monthly supervision for each counsellor
Group Supervision – Groups of 6 meet for 2 hours monthly
Extensive CPD / training programme every year
Psychiatric Consultancy Support

Premises

We are currently based in the Eric Liddell community centre in Morningside, but are actively seeking better accommodation: 4 counselling rooms, 2 offices, a counsellors room, waiting room, meeting/supervision room.
Total annual budget: around £25,000 – **can you help?**

Funding

It costs around £180K per year to run the PF Counselling Service. There is currently little guaranteed funding from any source, although in 2008/09 we received over £80k in voluntary donations made by clients, and £30k from NHS Lothian.

The Numbers

161,000	pounds is the annual cost of running the Service
100,000	pounds received in total client donations and fees
15,000	pounds received in Gift Aid tax reclaim
6,947	counselling sessions offered over 12 months, to end March 08
418	individuals supported to address problems and explore issues – average of 20 sessions per client
194	women requesting counselling, 88 Men, and 6 couples
138	referrals by GPs, about 48% of the total
63	qualified and committed counsellors volunteering every week
55	hours professional development & training provided for counsellors
40	pounds the typical cost of a single counselling session in private practice
20	volunteer receptionists providing a warm welcome
18	sessions attended by clients, on average
14	pounds per session is the average amount our clients donate
7	experienced supervisors supporting and maintaining high standards (annual cost £30K)
3	professional and hard-working staff keeping it all running smoothly (annual cost £80K)

(all 2008/09 financial year)

Established 20 years ago, The Pastoral Foundation (known as The PF Counselling Service) is a registered Scottish charity (SC008875) and a company limited by guarantee SC122762.