



Didcot Town Council Grant Aid Report October 2022

Grant award: £2,500
Award date: 4th April 2022

Riverside Counselling Service is very grateful for the grant received from Didcot Town Council. This grant has funded room hire for counselling and group therapy sessions at Didcot Civic Hall. This grant has now been fully spent.

Since receiving the grant in May 2022, we have offered 438 counselling sessions at the Didcot Civic Hall reaching 46 people (40 adults, 6 young people). A further 18 therapeutic support group sessions have taken place with 3-5 attendees at each session.

Clients can self-refer to us, be referred by their physician or signposted from other professionals or organisations in the community. We have supported people with 22 issues that have affected their mental health and wellbeing. The most common concern is anxiety (18.65%), followed by (lack of) self-esteem/self-worth (8.33%) and then depression (6.25%).

Counselling services can be helpful as they provide clients with a safe space, to reflect on their own problems. Therapists can also support clients to move forward in life by providing a non-judgemental and respectful environment to people in suffering. RCS being a charity, most of our population of clients can come from less privileged backgrounds who otherwise wouldn't have access to private services or would have to end up in a long waiting list (at times, higher than 12 months) to access talking therapies in the NHS.

Feedback from clients has been very positive:

"I had a very positive experience with Riverside. The counsellor was right for me and was able to listen to my story with compassion which was really important. The counsellor helped me to find my voice which is important for anyone going through therapy, to help see the truth about themselves and understand themselves. Thank you very much Riverside."