

Wellspring Counselling – ‘Training and Retaining Volunteer Counsellors’



Wellspring Counselling provides professional counselling for adults and young people aged 11-18. They were founded to meet the needs of the local community by providing a professional, yet low-cost and accessible counselling service. Wellspring works to the ethical framework of the British Association for Counselling and Psychotherapy (BACP) and consists of trained counsellors and students who provide 1:1 sessions and specialist therapists who run mental wellbeing courses

Wellspring used their Community Grant to recruit and train new volunteer counsellors (in particular to focus on young people) and to retain a number of newly qualified counsellors by offering them paid work on a part-time basis.

UKSPF Achievements

- 7** new trainee counsellors enrolled
- 3** newly qualified counsellors retained
- 39** clients supported by the counsellors over the project period

Wider impact

Wellspring received some really lovely feedback from clients who had a positive experience. For example:

“One client said “I have accessed counselling several times throughout my life and my counsellor is the best counsellor I have ever had. My circumstances mean that I still have challenges, but my counsellor was with me through a very difficult time, and they offered me a safe space to share and to help me process my very difficult feelings. They were kind, warm and empathetic, offering a professional counselling environment where I felt safe and heard. I am extremely grateful to them for their help and while I still feel I have some way to go in my healing, I feel much better equipped to move forward.”

By funding additional counsellors with their UKSPF grant, Wellspring were able to ensure such a positive service could be accessible to more local people.