

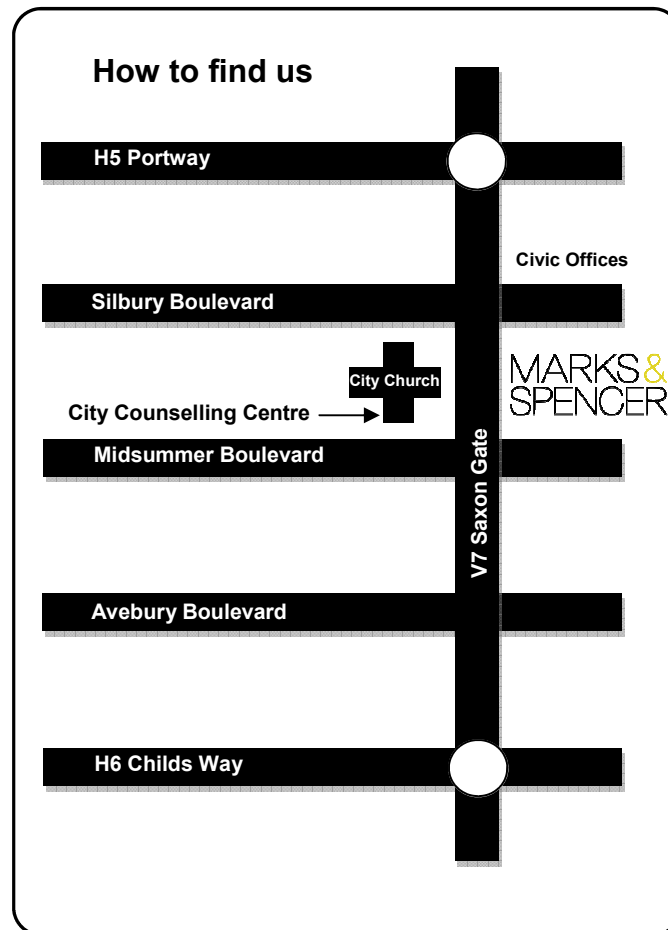
Member Organisations of the City Counselling Centre

MK Bereavement Service	01908 231292
BalancED MK (Eating Disorders Service)	01908 231131
Carers MK	01908 231703
MK Family Mediation Service	01908 231293
Marriage Care	0800 389 3801
MK-ACT	08443 754307
Miscarriage Support Group	01908 231131
N.Y.A.S. (National Youth Advocacy Service)	01908 241931
OCD Support Group	01908 231131
Octagon Counsellors	01908 696677
Phoenix Counselling	01908 200443
Samaritans MK	08457 909090

Each of these organisations have their own management committees with their own codes of practice and confidentiality standards.

Some have their offices at the City Counselling Centre, and others use our premises on a sessional basis.

If you wish to know more about their work, you may contact them on their direct numbers.



The City Counselling Centre is based in the Church opposite Marks and Spencer in Central Milton Keynes. As you face the main doors to the Church, walk down the left hand side of the building where you will find the entrance to the City Counselling Centre.

Although operated within the Church building, the City Counselling Centre has no religious associations.

Milton Keynes City Counselling Centre
Registered in England 05049781
Registered Charity No. 1104017



Counselling For Carers



Counselling Centre Times of Opening

Monday – Thursday 9.00am – 9.30pm
Friday 9.00am – 4.30pm

Telephone 01908 231131

Counselling

People sometimes feel unable to cope with aspects of their life such as memories from the past, painful events in the present or worries about the future. They may feel the need to talk to someone to explore their thoughts and feelings in a confidential setting.

Counselling is a process, over a period of time, by which a person can sometimes discover their own answers and feel comfortable with their life and their relationships.

Confidentiality

All that takes place within the counselling relationship is confidential. Only when the client or another person is at serious risk would the counsellor, with the client's full knowledge, refer the matter to another agency.

A minimum of personal information is requested from clients, which is subject to the Data Protection and Freedom of Information Acts and is kept securely and only used to compile anonymous statistics. This enables the **CCC** to support its bids for funding and show that the service is being widely used by the caring community.

Counselling for Carers

The Counselling for Carers service offers counselling by experienced counsellors. The service is open to women and men over the age of 17, who live in Milton Keynes, and are either

- caring for a partner, sibling, parent or adult relative, or
- A parent who is caring for a child or children with a physical disability or mental health issues e.g. ADHD, Bipolar Disorder etc

Referral to this service can be made either by the carer themselves, or by a key professional. To make an initial appointment please contact the Carers Counselling Project Coordinator based at the City Counselling Centre.
Tel: 01908 231131

Carers are entitled to up to 7 sessions of counselling in order to help and support them in their caring role. The first session will be to explore your specific needs and if appropriate you will be offered a further 6 sessions with one of our team of counsellors.



Funding

The City Counselling Centre is a registered charity. We receive some funding from Milton Keynes Council, Charitable Trusts and donations.

Milton Keynes Council funds the Counselling for Carers Service.

City Counselling Centre
320 Saxon Gate West
Central Milton Keynes
MK9 2ES
Tel: 01908 231131

Email: ccc.carers@btconnect.com
(Carers service)

Email: cccmk@btinternet.com
(Other enquiries)

Web: www.citycounsellingcentre.org.uk

Supported by

