



## Funders Update - 2019

So far 2019 has proven to be a very busy year. As always we've seen an increase in the number of people who have come to us for help and support.

Local NHS agencies continue to refer their more complex cases to us, but unfortunately do not fund us for this work. We continue to rely on a Big Lottery "Reaching Communities" grant which expires in 2021, client payments, the generosity of grant giving trusts, local organisations and members of the public. We genuinely could not continue with our work without your support.

So in numbers what have we done in the last 12 months

- Since the last update we've had contact with **214** people
- We currently have **58** individuals in counselling
- Another **34** individuals completed their counselling sessions
- A further **31** are waiting for either an initial assessment or the start of their counselling sessions

---

*"H2H has changed my life completely. Before, I felt lost, confused, like everything was still my fault. I now feel like I have taken control of my life again, I believe in myself and decisions made. I have confidence in myself and everything that I do. I even have a better relationship with my family and finally feel they believe me. H2H has helped me deal with all of the flashbacks, panic attacks, anxiety etc. Ive learned how to ride out all the stress and fear and cope with it all; to be calm. Thank you could never be enough to show my appreciation for everything they have done for me " - Claire*

---

- We've increased our social media presence and now have **205** Facebook followers
- Our website continues to be an excellent source of information and we've have over **2,800** hits and have **200** active users
- We had another successful charity evening with Swing Unlimited

## Funders Update - 2019

- We've reorganised the staffing structure which has given us a stronger base for future development
- We've launched a H2H Community scheme for people to register their desire to help us in some way. To date we have **42** members
- We've continued to raise funds by writing to local grant giving Trusts, by registering with Easyfundraising, and by taking donations via PayPal and Facebook
- We held a charity auction for the very first time and thanks to the sterling efforts of 2 volunteers we raised over **£1,800**.

***"Just to say that without Hurting to Healing I would not be alive today!" P***

- We have **9** collecting tins out in the community
- We had a collection day outside our local Tesco Superstore
- We've conducted **6** hours CDP training for **22** counsellors within and external to H2H. We have another **9** hours scheduled for the autumn

- We've recruited another new Trustee.

***'After living 56 years of anger ... guilt ... nightmares .. tears and self doubt, having someone to talk too really helped me come to terms that I'm ok ... I survived ... I'm strong ... I can deal with this ... thank you so much " Diana***

Hurting to Healing would not have managed to achieve these successes without YOUR support. We've continued to request funding for ongoing running costs, and for specific projects and you; our funders, have once again continued to support us.



**LOTTERY FUNDED**

**Hurting to Healing**  
**hurting2healing.org.uk**  
**CIO No: 1172465**

Address: Seaforth House, 176 Bournemouth Road,  
 Parkstone. Dorset BH14 9HA  
 Tel: 01202 732424  
 info@hurting2healing.org.uk