



from

hurting  healing

Supporting adult survivors of childhood abuse



Funders Update - 2018

So far 2018 has been a busy year for all involved with Hurting to Healing. We've seen referrals hit new highs, we've seen experienced counsellors leave and we've seen new counsellors and supervisors join us.

The NHS continue to refer many of their more complex clients to us as it is widely accepted that H2H is better placed to help them over a longer period of time. Unfortunately they still do not offer any funding support for these referrals.



client artwork from one of the creative therapy groups

As a result of us changing our name and charitable status at the end of last year we have focused on publicising the new name to make sure that clients and

funders know who we are, how to find us and how to access our services.

We regularly use Facebook and Twitter to make sure that we keep people up to date with our activities. Since this time last year the number of Facebook followers has increased from 75 to 153; a terrific result!

We've also launched our new website www.hurting2healing.org.uk. It focuses on providing information to clients, potential clients and potential volunteer counsellors; as well as making sure people who look at it know who we are, what we do and who we do it for.

Funding is as challenging as ever and as well as YOUR support we've also looked at ways people can support us without it costing them money. As a result we are registered with Ebay, Facebook, Paypal, easyfundraising.co.uk and ChariTable bookings; all in an effort to increase our profile and to raise funds.

We've also had some very successful community events; one with Swing Unlimited Jazz Band; a local music band and another with The Fayrewood Singers who both very kindly donated the evenings profit to H2H. We can't thank these local groups enough for their support. Both evenings were a terrific success both in terms of fundraising and publicising the organisation. We were also selected as one of Waitrose and Tesco's charities for their token schemes; thank

you Waitrose in Parkstone and several local Tesco stores!

So, what have we actually achieved since January. We've

- successfully completed the second year of our lottery funding
- received more than 131 referrals
- completed 55 assessments
- held over 1,500 counselling sessions
- * recruited 9 additional counsellors
- run a very successful psychotherapy group with another planned in September
- run, for the first time, a Holistic Healing through body, mind and breath course. Kate Howe, a Trustee of H2H and Zoë Pool, the Service Director, prepared this course and due to very positive outcomes will be running it again in the autumn



Newly decorated offices thanks to a grant from the Talbot Village Trust

- participated in a local heavy horse show, and collected used stamps!
- recruited new Trustees

And we're in the process of ...

- developing a trauma-sensitive yoga group

- facilitating training for practitioners in holistic, body-mind therapeutic approaches

“After 6 months of counselling with H2H it is just now that I feel able to start to change my relationships. I believe my quality of life is improving because I trust in those who have shown me, that despite my negative feelings and thoughts about myself, they see worth in me” anon

Hurting to Healing would not be where it is today without YOUR support. Funding has been requested for specific projects, for core running costs, for capital costs and you, our funders and supporters have believed in us, have supported us and have helped to finance us.

More people are coming forward looking for help and without any central government or NHS funding we will need to continue to “rattle tins” and be as creative as possible in raising what we need to continue to support the adult survivors of childhood abuse in Dorset.

From all at Hurting to Healing ... and from every survivor who has come through our door and has achieved a better quality of life ...

*funders -
thank you
very much!*



LOTTERY FUNDED

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