

havco

© Havering Association of Voluntary and Community Organisations 2006

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Charity Number: 1088267

Company Number: 4225297

The information contained in this directory was supplied by the counselling services themselves. Havco does not warrant or assume any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, within this directory.

HAVCO exists to support, promote and empower the voluntary and community sector in Havering.

COUNSELLING SERVICES IN HAVERING



JUNE 2007 DIRECTORY

A HAVCO PUBLICATION

Useful Phone Numbers

National Osteoporosis Society	01761 472 721
National Phobics Society	0870 1222 325
NHS Direct	0845 4647
NSPCC	0808 800 5000
Parentline Plus	0808 8000 222
Rape and Sexual Abuse Support Centre	0845 1221 331
Saneline	0845 7678 000
Sickle Cell Society	020 8961 7795
Stillbirth & Neonatal Death Society (SANDS)	020 7436 5881
The Haemophilia Society	0800 018 6068
The Samaritans	0845 790 90 90
Victim Supportline	0845 30 30 900
Who Cares Linkline	0500 564 570

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AD

INTRODUCTION

Through the work and contact Havco has had with voluntary groups and the statutory sector, a need was highlighted for a comprehensive means of identifying the range of counselling services in Havering.

All of the organisations we knew about were invited to a meeting to discuss and share ideas of any services they needed. It was clear that a counselling directory of existing services, containing contact details of all groups offering counselling would be a useful resource. Hence this booklet has been compiled.

We are keen to keep the information in this directory as up to date as possible in order that it is a resource to your group. If any of the information contained in this Directory changes it would assist us if you could let us know.

An electronic copy of this Directory can be downloaded from our website www.havco.org.uk


















We hope you find this information useful; please use as appropriate. For further information about this directory or any other health and social care issues please contact:

Lynn Morris
Health and Social Care Co-ordinator
01708 742881
lynn.morris@havco.org.uk

To add your details to this directory or amend any entries please contact:

Dan Farmer
Directory Administrator
01708 742881
dan.farmer@havco.org.uk

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Useful Phone Numbers

Age Concern Information Line	0800 00 99 66
Alcoholics Anonymous	020 7833 0022
Arthritis Care	0808 8004 050
Asthma Helpline	0845 7010 203
British Deaf Association Health & Counselling Service	01925652520
Cancare (Redbridge) Cancer Helpline	020 8551 4646
Cerebral Palsy Helpline	0808 800 3333
Child Death Helpline	0800 167 167
ChildLine	0800 1111
Contact a Family	0808 808 355
Deafblind UK	0800 132 320
Depression Alliance	020 7633 0101
Diabetes UK - Careline	020 7636 6112
Dial UK-Disablement Information & Advice Lines	0130 2310 123
Disabled Living Foundation HelpLine	0845 1309 177
London Nightline	020 7631 0101
Men's Health Line	020 8994 9874
Migraine Trust	020 7436 1336
MS Society	0808 800 8000
Muslim Women's Helpline	020 8904 8193
National Debtline	0808 808 4000
National Drugs Helpline	0800 77 66 00
National Missing Persons Helpline	0500 700 700

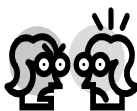
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Woman's Trust East

Woman's Trust Counselling and Support Services – helping women affected by domestic violence



Woman's Trust offers independent confidential free services to women who have been or are affected by domestic violence. We use various locations in Havering. Daytime & evening slots are available. We offer eighteen one-to-one counselling sessions. We can offer sessions in other languages where we can and in some cases we can help with travel costs. We offer weekly support groups facilitated by a group worker and self-development workshops covering a range of topics such as anger, personal safety and self-esteem, at varying accessible locations within east London. Woman's Trust services are confidential. A free crèche is available for the support groups, Self development workshops and at some of the counselling venues.



Woman's Trust accepts self referrals or through agencies with the woman's consent.

Opening Hours: Mon - Fri 9am - 5pm

Contact Tel No: 020 8522 7856/7455

Fax: 020 8522 0125

Email: coordinator@wtrusteast.entadsl.com

Web: www.womanstrust.org.uk

Location: Stratford Advice Arcade
107-109 The Grove
Stratford
London
E15 1HP



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*These icons are a guide only.
Some charges may be negotiable.
For complete clarification please
contact the service concerned.*

Icon **Denotes**

F **Free**

C **Charge**



*All services are **DDA**
compliant, unless otherwise
stated.*

D **Donation**

Havco Who We Are

Havering Association of Voluntary and Community Organisations

Havco was formed to assist the work of voluntary and community organisations in the London Borough of Havering. In Summer 2001 we registered as a company and as a charity, Havco is currently encouraging local community and voluntary organisations to become members. Its Board of Trustees is made up of representatives of local organisations.

Access to facilities, such as meeting rooms, photocopier and ICT equipment or more detailed support such as community accountancy and business planning are available.

Havco also supports local voluntary and community groups through regular newsletters, training, funding advice and specialist services.

Voluntary and Community groups are important in shaping and delivering local services to their community. **Havco** supports the work of local groups by enabling their views to be heard. **Havco** works with the local Havering Strategic Partnership (HSP) to co-ordinate Voluntary and Community Sector Forum events. These events open to all voluntary and community groups take the form of breakfasts, lunches or afternoon teas and are an opportunity for individuals to network with each other, hear from a topical speaker and gather information. The four HSP representatives (3 elected bi-annually) support the events and give attendees the chance to ask questions and get feedback on issues relating to the voluntary sector.

Havco plays a key role in empowering local groups to engage in partnerships that are directly involved in regeneration, neighbourhood renewal, health and social care, learning and other government initiatives. Strategic partnerships may be across London, London East or Havering. They may cover several issues or have a particular focus.

Victim Support Havering

Victim Support Havering provides emotional support and practical help to victims of crime in Havering. These crimes can range from criminal damage, theft, burglary and robbery through to more serious crimes such as GBH, rape, sexual assault and murder. Our services are free and confidential and are available to all regardless of age, ethnicity, religion, sexuality, gender or faith. If anyone has been physically hurt we can help with a Criminal Injuries Compensation claim assisting all the way through the process to ease the claim. We have two schemes to aid with security, firstly the HandyVan where any elderly person can have their security enhanced i.e. door chains, locks etc and secondly any vulnerable person there is Safe as Houses offering locks, door chains etc. Both these are free to anyone who has been a victim of crime. We also support victims of domestic violence offering a dedicated advocate worker and a young person's project worker.



Opening Hours: Mon - Fri 9am - 5pm

Contact Tel No: 01708 451 000

(Phone lines open from 11am but there is a 24 hour answerphone.)

Email: info@victimsupport-havering.co.uk

Fax: 01708 452266

Location: 74b Station Lane

Hornchurch

RM12 6NA



Trinity eating disorder service



A specialist counselling service providing treatment for sufferers of anorexia, bulimia, binge eating disorders, and obesity.

Counselling for family members affected by eating disorders.

Training in the understanding and treatment of eating disorders.

Age: 10 years and over.

Eating Disorders clients must agree to being monitored physically by their GP.

Opening Hours: Flexible, appointments available during the daytime or evening.

Contact Tel No: 01708 341 569
 0795 6245 518

Email: 1celia.badley@tiscali.co.uk

Web Address: www.trinityeds.co.uk

Location: The Ingrebourne Centre
 Gubbins Lane
 Harold Wood
 RM3 OQA



Counselling service provided

Accredited and or Qualified

Alcohol

Bereavement

Bullying

Depression

Domestic Violence

Drugs/Medication

Financial

Health/Medical

Relationship

Sexual Health

Youth Specific

Icon



These icons are a guide only.

For a complete clarification of the counselling service provided, please contact the counselling service concerned.

Anita Coplestone Counsellor

I am a member of the British Association for Counselling & Psychotherapy and I work within their ethical framework for Good Practice in Counselling and Psychotherapy. My particular areas of interest and experience include abuse, childhood trauma, relationships, addiction, depression, lack of direction in life, low self esteem, anxiety and all general counselling. My working style is warm, supportive and holistic. Sometimes it is reflective and insight orientated. At other times it is more practical, working towards specific goals. Both approaches reflect my broad experience of life and counselling; If any further information is needed, please do not hesitate to contact me for an informal chat.

My aim is to meet the needs of each person as an individual.

A private practice offering counselling to the community.



Opening Hours: Days and Evenings

Contact Tel No: 01708 780 671
07905 579 924

Email: knightstone@ntlworld.com

Location: Balgores Natural Therapy Centre
142 Balgores Lane
Gidea Park
RM2 6BP



Addiction Treatment • Training • Consultancy

We are a charitable organisation, with experienced staff qualified to Advanced Diploma level, offering a wide range of services to meet the needs of people with alcohol and/or substance addiction, anxiety, depression, stress, panic attacks, emotional and/or relationship problems and abuse; together with other forms of addiction such as, eating disorders and smoking. We are accredited with both BACP and FDAP. In addition we also offer complementary therapy services, such as Shiatsu, Tai chi, Meditation and Relaxation.

Synergy, with over 25yrs experience in this field, provides confidential assessments, one to one counselling and specific women only and relatives groups.

Opening Hours: Mon 9.30am - 5pm

Tues - Fri 9am - 5pm

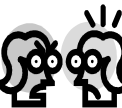
(24hr Answer phone)

Contact Tel No: 01708 740 072

Fax: 01708 735 756

Email: admin@aasromford.demon.co.uk

Location: The Victoria Centre
Pettits Lane
Romford
RM1 4HP



Susan Bailey Counselling Service

This service offers confidential counselling to individuals and couples who wish to work through their issues. These may include relationship issues, stress, anxiety or depression; childhood difficulties like abuse or bullying; loss of direction or purpose in life; low self esteem or confidence; sexual or health issues, and so on...

You will be given the opportunity to talk things through with a professional counsellor in a non judgemental and accepting environment. My hours of working are flexible and can include Saturdays. I do not have wheelchair access but I am happy to make other arrangements including home visits and telephone counselling.

As a member of BACP, I am bound by its ethical framework for good practice.

Other specific areas of work: I work closely with people who have diabetes in Havering and also run small lower cost therapy groups.

Opening Hours: Any time for enquiries.
 Counselling sessions by appointment, Saturdays available

Contact Tel No: 01708 348 588
 0708 3822238

Email: susan.bailey @toucansurf.com

Location: 2 Mimosa Close
 Harold Hill
 Romford
 RM3 8JJ



MISSION STATEMENT

- To provide a confidential, empathetic and supportive crisis telephone counselling service to children, young people and adults.
- Our aim is to listen and offer support and help at the moment of crisis or concern, to be non-judgmental and to assist clients to make decisions for themselves. The Careline is based on a Person Centred Counselling approach.
- To provide a comprehensive information system of the other agencies and support groups throughout the country.
- To provide a subsidized face-to-face counselling service for adults.
- To provide outreach services to the local community.
- To offer continuous training, supervision and development for volunteer counsellors.
- To extend publicity on a wider scale throughout the country to enable our service to become more available.
- To continuously monitor and develop as an agency.

Our telephone helpline service is free, it is just the cost of a local rate call. It is only our face to face counselling where there is a charge and this is on a sliding scale, depending on circumstances.

Opening Hours: 10am-1pm & 7pm-10pm Mon to Fri

Contact Tel No: 0845 122 8622

Fax: 020 8478 7943

Email: info@carelineuk.org

Web Address: www.carelineuk.org

Location: Careline
 The Cardinal Heenan Centre
 326-328 High Road
 Iford
 IG1 1QP



Chrysalis Counselling Service

The Chrysalis Counselling Service offers free, confidential counselling to young people aged between 13-19 who are living, being educated or working in Havering. Clients can self refer or be referred by an agency. Once a referral has been made, we will arrange an initial appointment with the client usually within two weeks. At this appointment, some information will be gathered and there will be a discussion about how and if counselling may be of help to them. The client will then be placed on a waiting list and allocated to a counsellor once a vacancy arises.

We will cover most issues that young people may bring, helping them to find their own answers and to understand and accept themselves more.

Chrysalis Counselling Service is part of the Havering Youth Support Service.

Opening Hours: Opening times are flexible and varied. Counselling sessions are by appointment only.

Contact Tel No: 01708 768 512

Mob: 07930 908 965

Email: lara.leaver@haverling.gov.uk

Website: www.haverlingyouth.co.uk

Location: Youth Zone
10 Hedley Close
High Street
Romford
RM1 1AH



Sassy (Sex Advice & Support - a counselling Service for You)



This is a counselling/support service that runs alongside a sexual health clinic based at the Youth Zone on a Wednesday between 3.30pm and 6.15pm.

We are here to support young people under the age of 25 who are concerned about their sexual health. They could be distressed following a termination of pregnancy, or about contracting a sexually transmitted disease; they could be or have been in a sexually abusive relationship or they could be pregnant and unsure what to do. They can call and make an appointment or just drop in. Opening times are flexible and varied.

Opening Hours: Wednesday 3.30pm - 6.15pm

Contact Tel No: 01708 768 512

Email: infoshop@youthzone.info

Location: Youth Zone
10 Hedley Close
Romford
RM1 1AH



Samaritans of Havering

The Samaritans' Mission

The Samaritans are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

The Samaritans' vision

The Samaritans' vision is for a society in which:
Fewer people die by suicide
People are able to explore their feelings
People are able to acknowledge and respect the feelings of others

The Samaritans' values

The Samaritans' values are based on these beliefs:
The importance of having the opportunity to explore difficult feelings
That being listened to, in confidence and accepted without prejudice, can alleviate despair and suicidal feelings
That everyone has the right to make fundamental decisions about their own life, including the decision to die by suicide

Opening Hours: Visitors 10.30am -10pm
7 Days a week. Please ring before visiting.

Contact Tel No: 01708 740 000

Email: jo@samaritans.org

Location: 107 North Street
Romford
RM1 1ER

Elaine Fermor Counsellor Psychotherapist

Need the courage to move on with your life?

I am qualified confidential and experienced in a wide range of issues, including:-

- SELF-ESTEEM
- DEPRESSION
- STRESS
- ANXIETY
- LOSS
- ABUSE
- PANIC-ATTACKS
- RELATIONSHIPS
- DIVORCE

I work within the ethical practice of BACP. My work is supportive and empathetic, my working style is collaborative and goal oriented.

I have a wide experience of life and many years experience of counselling therapy.

Opening Hours: Mon - Fri 8.30am - 7.30pm

Contact Tel No: 01708 720686

Email:

Web Address:

Location: 3 Merlin Close
Chase Cross
Romford
RM5 3YB



Firm - Foundation Counselling Centre



Firm-foundation Counselling Centre [FCC] is a professional counselling organisation with Christian ethos. We are members of the British Association of Counsellors and Psychotherapists [BACP] and the Association of Christian Counsellors [ACC]. We offer counselling services in;

- Relationship matters (pre-marital, marriage and family issues).
- Emotional and psychological difficulties (Phobia, Panic Attacks, Anxiety, Depression, Post Traumatic Stress, Low Self Esteem, Bereavement).
- Pastoral Care, Mentoring & Life Coaching
- Educational Services (Health & Nutrition, Parenting Skills, Post surgical and Medical adjustments)
- Supervision for qualified and trainee counsellors.
- We employ the following approaches; Cognitive Behavioural Therapy, Reality Therapy, Brief Therapy and Nouthetic/Biblical.
- **Motto:** *Restoring your balance, Realising your potentials.*

Opening Hours: 9am - 8pm Tuesday - Friday,
9am - 6pm Saturday.

Contact Tel No: 01708 341992

Mob : 07986790615/07931588351

Fax: 01708 341 992

Email: fccentre@hotmail.co.uk

Location: St George's Centre
Chippenham Road
Harold Hill
Romford RM3 8HX



RSD Counselling Services Ltd

*Sexual and relationship
Psychotherapist working in statutory,
voluntary, and private practice.*



PHILOSOPHY OF WORK

Sexuality between a couple may be seen as an emotional, psychological and physical event.

The model of working I use integrates the sexual and relationship issues.

Symptoms such as sexual dysfunction, loss of interest, jealousy, affairs, or problems with communication are addressed as aspects of the relationship and as affecting each partner.

Shifting the onus of the problem from the symptomatic partner into the relationship challenges both partners to make changes as each can be offered an investment in the process.

Changes may include individual treatment of a sexual dysfunction supported by the partner e.g. drugs and physical treatments.

Help for the couple to adjust to a symptom that cannot be changed e.g. illness, loss of sexual function, infertility.

Long term outcome may well be positively indicated if the process of change is shared and aspects of the relationship addressed.

Opening Hours: Appointments are flexible -
am/pm/eve

Contact Tel No: 07754773676

Email: r_sahota_dhillon@hotmail.com

Location: 30 Hog Hill Road
Collier Row
Romford
RM5 2DH



Romford Counselling Service

No matter how big or how small a problem may be, it always helps to have someone to talk to. Our team of professional and trainee counsellors offer weekly counselling sessions for individuals aged from 16 to 116. Our counsellors have different types of training and their way of working will vary. They are trained to listen without judging or criticising. They will help you make your own decisions and find your own answers. We offer low cost counselling and aim for the highest standards in client care. As an Organisational member of BACP, we are bound by its ethical framework for good practice.

Opening Hours: Office hours Mon - Fri 9am - 4pm

Contact Tel No: 01708 766 211
 (24hr Answer Phone)

Email: counselling@romfordymca.org

Web Address: www.romfordymca.org

Location: Romford Y.M.C.A.
 Rush Green Road
 Romford
 RM7 0PH



First Step Counselling Service

"The First Step Counselling Service offers free therapeutic counselling to adult (18+) family members of children with special needs living in Havering."

The counselling is provided to offer support to individuals or couples in any area of their life, and does not have to be specific to the child/children. Priority is given to families where there is a child of pre-school age with special needs.

All counselling is confidential and abides by the BACP's ethical framework for good practice. Referrals and enquiries by individuals or professionals are welcome.

A group is also available for siblings aged 8 - 13, who have a brother or sister with special needs living in Havering. This group is called the 'Sib Club' and provides a fun and supportive environment for siblings.

Opening Hours: 9.30am - 4.30pm Mon - Fri, term time.

Contact Tel No: 01708 557243

Fax: 01708 557029

Email: andi.talley@firststep.org.uk

Web Address: www.firststep.org.uk

Location: Tangmere Crescent
 Hornchurch
 RM12 5PP



First Stop (A Rugby House Project for Havering)

Funded by Havering DAAT, we offer advice, information, assessments, referral into treatment and counselling for up to 6 sessions for anyone over 18 who lives in Havering with a drug problem. This includes heroin, cocaine, crack, cannabis, tranquillisers, party drugs, hallucinogens and over the counter drugs. There is a women's group and a support group for on-going support.

Satellite services are held in Harold Hill and Rainham for those who would rather be seen there. Ring for more information.

The service is confidential and free. We work closely with other agencies to provide an individual package of care for each individual. Drop-in between 1-4 Mon-Thurs or call for an appointment

Late night on Tuesdays for appointments for people who work during the day

We are the first point of contact for people with drug issues.

Opening Hours: Opening hours 9-5 Mon-Fri and until 7.30pm on Tuesdays

Contact Tel No: 01708 747 614

Fax: 01708 745 395

Email: first.stop@rugbyhouse.org.uk

Web Address: www.drugsinhavering.org.uk

Location: Ballards Chambers
26 High Street
Romford
RM1 1HR



Relate North East London

Relate is a BACP accredited organisation, and provides relationship, family and youth counselling, as well as sex therapy. We are the largest provider of relationship and sex therapy in the UK. Our youth counselling service, Relateen, has been running since 2000, and is a free service for young people aged 11-19 in the boroughs of Havering and Barking & Dagenham. In addition to our counselling services, we offer life-skills courses to the general public, the private and the statutory sector, and we have a mediation service for people who are separating and divorcing.



Opening Hours: For appointment

9.30am - 12.30pm, 1.30pm - 4.30pm

Counselling is offered from 9am to 9pm Monday to Friday. Saturday morning in Hornchurch.

Contact No: 01708 441 722

Email: enquiries@relatenelondon.org.uk

Web Address: www.relatenelondon.org.uk

Location: Head Office
Langtons
Billet Lane
Hornchurch
RM11 1XL



Phoenix Counselling Services

A general counselling service offering one-to-one counselling or therapy, group therapy and couples counselling, to individuals, organisations and companies. Here you will be able to find a counsellor or psychotherapist for counselling, therapy, treating anxiety, addictions, bereavement, loss, stress, low self worth, anger management and other issues, centres in Camden, across East London and South Essex

We are a BACP and Matrix accredited organisation

Opening Hours: Mon - Fri - 9am - 9pm

Sat 9am - 1pm

Contact Tel No: 020 8984 9887

(24hr Answer Phone)

Email: info@phoenix-counselling.co.uk

Web Address: www.phoenix-counselling.co.uk

Location: 494 Heathway

Dagenham

RM10 7SH



Focus Counselling Service

Our counsellors are BACP and UK registered. The service offers one-to-one counselling for individuals or couples.



The setting is quiet, tranquil and peaceful which offers a relaxing atmosphere for clientele.

Counselling offers the opportunity to explore difficulties you may be experiencing, distress, loss of direction, or feelings you may not understand.

Your counsellor offers patience, understanding and empathy to help a client's own self-worth; allowing them to be creative in their own understanding of themselves.

Issues may include:

Anxiety, low self-esteem, relationships, panic attacks, stress, bereavement, eating disorders and obsessions.

Also offering : Equine Assisted psychotherapy, for people who would like to experience therapy using horses. NO riding involved. Please look at web site. (Not DDA compliant at this time)

Opening Hours: 8am - 9.15pm Monday to Friday

Contact Tel No: 01708 782 324

Email: alison@focus-counselling.co.uk

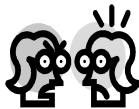
Web Address: www.focus-counselling.co.uk

Location: 40 The Chase

Marshalls Park

Romford

RM1 4BE



Harman House Counselling Centre

Harman House Counselling Centre was launched in 1995 to make professional counselling available to local people in the London Boroughs of Barking & Dagenham, Redbridge and Havering.

We provide counselling services to individual adults and couples who may present issues such as:

Depression	Bereavement
Divorce	Redundancy
Anxiety	Panic Attacks
Stress	Sexuality
All forms of Abuse	Eating Disorders

We receive referrals from GPs, local family centres, Community Mental Health Teams, Voluntary Organisations, as well as direct from clients. We also provide counselling for the staff of the London Borough of Barking & Dagenham and the Barking & Dagenham Primary Care Trust.

Opening Hours: Mon - Fri, 10am - 9pm

Contact Tel No: 020 8597 7686

Email: harman.house@btconnect.com

Location: 3 Harman House
 341 Valence Avenue
 Dagenham
 RM8 3RA



Pathway Counselling

We are a group of trained Christian counsellors who offer short and long term work with adults from any ethnic group or faith basis. We are happy to work with individuals or couples. We have been established 6 years and employ an integrative model of whole person counselling. We aim to make counselling services available to those in need and to this end offer negotiable session fees.

We abide by the BACP and ACC ethical codes for good practice.

Our counsellors receive a minimum of 200 hours training with many trained to Advanced Diploma level and accredited by the Association of Christian Counsellors.

Office Open : Mon - Tues - Thurs - Fri
 9am - 12pm

Appointments by arrangement - daytime or evenings

(Answer phone out of office hours.)

Contact Tel No: 020 8590 8556

Email: pathwaycounselling@yahoo.co.uk

Location: Oasis House
 Essex Road
 Chadwell Heath
 Romford
 RM6 4JA



Open Doors Pregnancy Advice

Our trained advisors offer a free service to those who find themselves unexpectedly pregnant.



We can provide:

Free pregnancy test

A trained advisor to talk to confidentially

A place of safety to share concerns and reach an informed decision

Help and advice when the only solution seems to be an abortion

Support for families and partners to listen to their concerns

Someone to talk to if they chose an abortion, recently or in the past.

Opening Hours: Tuesday 5.30pm - 8pm
 (Clockhouse Lane Collier Row North Romford)

Saturday 10.30am - 2pm
 (The Centre, Redriff Road, Collier Row, Romford)

Contact Tel No: 0845 8900 089 (24 hour voicemail)

Email: info@romfordpregnancyadvice.com

Web Address:
 www.romfordpregnancyadvice.com

Location: Early Years Centre
 Clockhouse Lane
 Collier Row
 North Romford
 RM5 3QJ



Havering & Brentwood Bereavement Service

Founded in 1989, the service is a registered charity providing counselling to people over the age of 18 in the Havering and Brentwood area, who are experiencing difficulty in day to day life either through emotional, physical, well being or bereavement and loss.

We aim to assist individuals to cope with bereavement and loss and to help them live more satisfying and resourceful lives. Although our expertise is in bereavement, we are able to offer counselling on other issues. We work within the British Association of Counselling and Psychotherapy Codes of Ethics and Practice (BACP) and all our counsellors are qualified with a Diploma in counselling or equivalent, and members of the BACP.

The service is provided equally to people regardless of their gender, disability, marital status, sexual orientation, creed/religion, ethnic or national origin. As a registered charity, we aim to make our service available to anyone in need and rely on donations where possible.

Clients can be referred via their GP, Community Mental Health Teams, or self referrals. Our office hours are Monday to Thursday 9am to 1pm, counselling is offered during these times, as well as additional evening and weekend appointments. We use accommodation both within Havering and Brentwood.

Opening Hours: Mon - Thur 9am - 1pm

Contact Tel No: 01708 370 001

Email: kim@hbbs.wanadoo.co.uk

Location: Unit 12 Essex Court
 Ashton Gate
 Ashton Road
 Harold Hill
 RM3 8UF



Havering Counselling Services

“Making a small change today will ensure a different tomorrow”



Here at One Life our trained counsellors are able to provide a safe confidential space, providing counselling for Individuals, Couples and Self Help Groups. Our aim is to offer counselling without judgement or criticism, offering opportunities to explore your feelings and your choices.

All our counsellors are either qualified to Advanced Diploma level or working towards it.

Opening Hours: Negotiable

Contact Tel No: 01708 702 038

(24 Hour Voicemail)

Email: help@haveringcounselling.co.uk

Web Address: www.haveringcounselling.co.uk

Location: Fairkytes Arts Centre
 51-53 Billet Lane
 Hornchurch
 RM11 1AX



NCH - The Havering Stepping Stones Project

The NCH - Havering Stepping Stones Project is an early intervention and prevention project which receives funding from the London Borough of Havering Social Services Department and the London Borough of Havering Children's Fund. The project works with children aged 5 to 13 and their families in the Nth Romford/Rainham/Harold Hill Locality Group and for the 8 feeder schools of Brittons School in South Havering, where there are risks of family breakdown and where families are in crisis. The work is usually completed within the family home. The project staff are all trained social workers who have received extensive training in solution focused brief therapy.

The service accepts self referrals and referrals from schools in the above three catchment areas.

Children's Rights Services are also available

Opening Hours: Mon - Fri 9am - 5pm

Contact Tel No: 01708 554 694

Email: havering.practice@nch.org.uk

Fax: 01708 554 694

Web Address: www.nch.org.uk

Location: The BEST Centre
 Brittons School and
 Technology College
 Ford Lane
 South Hornchurch
 RM13 7BB



Key Counselling Services Limited

Unlocking the pain of the past could be the KEY to your future.

Key Counselling Services is a small, but well established Christian counselling service mainly covering east London and west Essex, but we have helped people from further afield. Our trained counsellors offer a wide range of counselling, irrespective of ethnic background, gender or faith. In particular we endeavour to help adult survivors of sexual and other abuse.

As a registered charity we aim to make counselling available to anyone in need, and therefore are able to offer reduced fees for those in financial difficulties.

Being affiliated to the Association of Christian Counsellors we are bound by their rules and practices.

Opening Hours: By appointment, including some evenings and weekends.

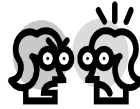
Contact Tel No: 01708 559410 (with 24 hour answering service)
 01708 553965
 01708 522293

Fax: 01708 551 547

Email: admin@keycounselling.org.uk

Website: www.keycounselling.org.uk

Location: 74 Farm Road
 Rainham
 RM13 9LQ



Jacque Baines Counselling Service

M.B.A.C.P.



A professional trained counsellor who can provide confidential one to one sessions on a weekly basis. A place that offers an opportunity to explore and work through difficulties and to help you cope more effectively with living. Counselling is for anyone from all walks of life, regardless of age, sex, social class, ethnic group and disability. No matter how big or how small a problem is it helps to have someone to talk to who will not judge you and is a special relationship and one you can trust.

Not DDA compliant as yet.

Opening Hours: Flexible

Contact Tel No: 07947416492

Email: Jacquiebaines@yahoo.co.uk

Location: Warren Drive
 Hornchurch
 RM12 4QX

Havering

