

## Get involved

For more info on how you can get involved just fill in your details and post this leaflet in the box at reception.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tel No: \_\_\_\_\_

Email: \_\_\_\_\_

How are you interested in getting involved with New Life Counselling?  
\_\_\_\_\_  
\_\_\_\_\_

How did you hear about New Life Counselling?  
\_\_\_\_\_  
\_\_\_\_\_

Did you have counselling with us?  
\_\_\_\_\_

When did your counselling end?  
\_\_\_\_\_  
\_\_\_\_\_



# "we're listening"

### Contact Details

For further information or to make a referral, please contact:

25 Ardoyne Road Belfast BT14 7HX  
**Tel: 028 9039 1630**

Unit 20 North City Business Centre  
2 Duncairn Gardens Belfast BT15 2GG  
**Tel: 028 9074 6184**

[www.newlifecounselling.net](http://www.newlifecounselling.net)

We trust that  
the counselling you  
received has been  
helpful to you

Would you like  
to help us?

Counselling is a very important experience which can really help you make changes in your life. We hope the counselling you received at New Life Counselling has been useful to you.

Having used our services would you like to help us to improve our services and help others?

If you would then there are a number of ways in which you can be involved with us...

### Evaluation

We like to know what we do well and also what we don't do so well so we can make sure you get the best service possible. Would you complete an evaluation form with your counsellor, or on your own, to tell us what you liked or didn't like? We will improve our services from what you tell us.

### Client Forum

Would you like to meet up with others who have had counselling? Could you let others know about counselling and how it could help them?

Do you have good ideas on how we can make counselling better? You could join our client forum. This group will meet around 4 times a year. We'll tell you what we're thinking of doing and you can tell us if you think it would work.

### Mailing List

Maybe you'd like to know what we're doing. You can sign up for information from New Life Counselling. Just complete your details and we'll send you email information to let you know what we're doing. You could pass this information onto others who might need our help!

### Donate

We don't charge for counselling but it does cost us. We rely on organisations and individuals giving to support our work. If you can help you can place a donation of any size in the box at reception or you can donate on our website

[www.newlifecounselling.net](http://www.newlifecounselling.net)

Would you like to write a short piece about how counselling has helped you?

### Your Story

Those organisations that fund our work are interested to hear how counselling benefits you. We will not give out information about you or the things you have discussed in counselling. If you would like to share your story why not write a few sentences which New Life Counselling could use in our leaflets.

Alternatively you may want to share a poem you have written or a piece of your artwork which you feel would help others understand what you have been through.

We would encourage you to discuss this with your counsellor as part of your therapy to make sure you feel ok with others seeing what you have created.

*We will not use anything without your permission. Your counselling material remains confidential at all times.*

You don't need to use your real name - this can be completely anonymous. You can just drop this into the box at reception at any time.