

## **News from D.L.J. Counselling Services September 2007**

It hardly seems possible that another year has passed by, using the choir vestry as a counselling base. Everything has been running so smoothly, and I am really enjoying being part of the community services offered in Ingatestone. On that theme, the year has involved strengthening links within the area. I have dropped in to visit the funeral directors and the Bereavement Support group. This group meets monthly in the village hall and provides invaluable contact and help for people experiencing loss. I received a friendly welcome and a piece of cake, and I intend to visit again soon!! (the cake was delicious!) Continuing with the theme of bereavement, I met with the staff of Ingatestone Infant school to conduct a staff training session, providing expertise and support, and again I was made to feel very welcome.

I have also renewed contact with the Child and Family Consultation Service (based in Norton Road Ingatestone), and was very interested to meet the whole team. They send referrals regularly, as their waiting list can be very long, and many people just cannot wait. I also receive referrals from doctor's surgeries, schools and parents. It is really pleasing that most referrals come from personal recommendation by other parents. Anyone who needs to contact me can ring on 07867 982058.

Owing to the confidential nature of my work, I cannot reveal details of individuals and the help that has been given, but this year I have seen children and adults struggling with difficulties including divorce, bereavement, bullying, anxiety and fear, school related and relationship problems. I also work in two primary schools in Harlow, and I supervise other professional counsellors who work with children. This work can be very rewarding, but also sad at times, and I would appreciate any prayers for the very brave people who come for counselling, and for continued strength and support in my role.

Thank you all once again,

Diane Jarvis,  
MBACP accredited counsellor.



# **DLJ Counselling Services**

**Counselling - Children, Teenagers and Adults**

**Play Therapy**

**Creative Therapy**

**Supervision**

**Parent / Family Support**

**Telephone Number for an Appointment: 07867-982058**