

“helping you make sense of your individual circumstances”



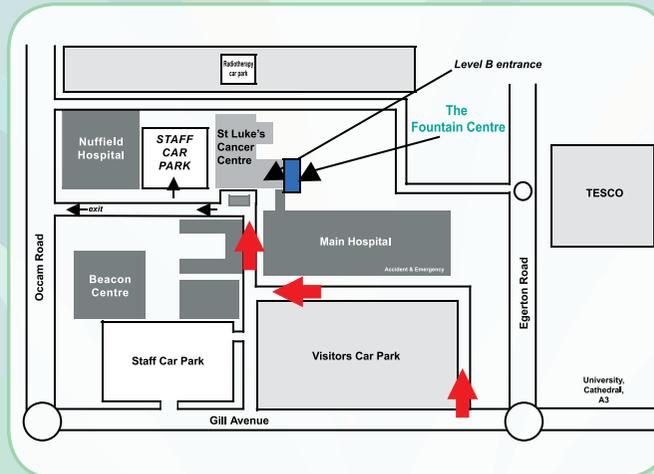
## Making an appointment

To arrange an initial assessment, or request further information call in, telephone or write to Gail Maguire at The Fountain Centre on:

**01483 406618**

The Fountain Centre  
St Luke's Cancer Centre Royal Surrey County  
Hospital Egerton Road Guildford  
Surrey GU2 7XX

The Fountain Centre is situated on Level B of St Luke's Cancer Centre.



Royal Surrey County Hospital **NHS**  
NHS Foundation Trust

**The Fountain Centre, St Luke's Cancer Centre**  
Royal Surrey County Hospital NHS Trust Foundation  
Egerton Road, Surrey GU2 7XX

Open Monday to Friday 9am-5pm

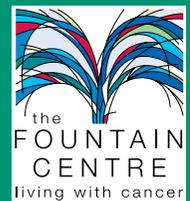
Telephone: 01483 406618 • Fax: 01483 408321  
Email: [rsc-tr.fountaincentre@nhs.net](mailto:rsc-tr.fountaincentre@nhs.net)  
Website: [www.fountaincentre.org](http://www.fountaincentre.org)

P&G 06011831 (revB)  
PIG No 100-0206  
Registered Charity Number: 1089086

FRSB *give with confidence*



# How Counselling Can Help You



## What does the Fountain Centre offer?

The Fountain Centre offers one-to-one counselling to:

- cancer patients past and present under the care of a Royal Surrey County Hospital consultant
- their relatives, friends and carers
- those who have been bereaved
- all staff

Emotions and needs experienced by people faced with cancer are diverse and individual. Issues that could be discussed may include:

- loss
- relationship difficulties
- alterations of body image
- fear
- inability to cope

The Fountain Centre offers counselling to help meet these needs by giving care and support at what can often be a very difficult time. The counsellor will not give advice but will encourage you to identify and to use your own inner resources to approach concerns with a clearer understanding. Counselling may address specific problems, enable you to make decisions, help you to develop personal insight and knowledge and resolve relationship difficulties.

## What is counselling?

Counsellors at the Fountain Centre work confidentially with clients over a short or long term period. To establish a non-judgemental working relationship, they enable the client to talk freely and to be heard within a safe environment. The aim of counselling is to support the client to bring about effective change and enhance their wellbeing. Counselling might include talking about life events, (past and present), feelings, emotions, relationships, ways of thinking, patterns of behaviour and to make sense of the alternatives available to them; it helps clients to understand their role in their own situation.

## How to start the counselling process

Call or visit the Fountain Centre and a volunteer will take down your contact details, you will then be contacted and an information pack will be sent to you. This includes a questionnaire and referral form. Once you complete the information and return it to the Fountain Centre you will be contacted again and an assessment will be completed either over the phone or face to face if you prefer.

After the assessment is completed you will be allocated to a counsellor when they have availability.

## How much does counselling cost?

The Fountain Centre is an independent charity and relies entirely on donated funds. You can receive your first six counselling sessions entirely free of charge. Beyond this, we ask that those receiving counselling make a donation of between £10 and £20 per session. We are grateful for the support we receive from all those that use the service and could not continue without it.

## Who are the counsellors?

The Fountain Centre has a team of counsellors, including students, who use a variety of counselling methods. They come from a range of backgrounds both within and outside the hospital. Please feel free to ask your counsellors some of whom are psychotherapists about his/her training qualifications, supervision arrangements and approach they use.

All Fountain Centre counsellors are members of one or more of the following professional organisations; BACP, UKCP or BPS.

Some of our counsellors also work in private practice. If you would prefer to see a counsellor/psychotherapist privately this could be either in the Fountain Centre or in a variety of locations.