

Derwent Rural Counselling Service (DRCS)

BACKGROUND INFORMATION

- DRCS was founded in 1989 in response to a very real concern for the many people affected by 'rural deprivation' without any accessible sources of support
- Now, 18 years later, DRCS is firmly established as a well-respected, thoroughly professional counselling service, fulfilling a vital role locally, much relied upon by GPs and other health professionals, and playing a significant role in promoting the emotional well being of our communities

Where is DRCS?

- DRCS is based in Bakewell but has also offered counselling in Matlock

Who is it for?

- DRCS was established to provide counselling for people regardless of age, background, status or gender
- It is available for people experiencing a range of issues including bereavement, relationship or family problems, work or school-related problems, depression, anxiety, stress, low self-esteem
- Currently our service area is limited to the northern part of Derbyshire Dales and the Hope Valley. In the past DRCS also served Buxton and the High Peak but is unable to do so on a charitable basis at present due to a lack of funding

How do people access the service?

- Self-referral, by telephoning 01629 812710
- GP referrals, but clients still personally make the initial approach to the DRCS deciding for themselves whether they want an appointment or not

The counsellors

- DRCS uses the services of a team of professionally qualified experienced counsellors who provide a broad base of skills, experience and personality

How much counselling is provided at present?

- Over 2,000 hours of one-to-one counselling were provided last year, serving over 400 clients

Is there a charge?

- For clients living within our service area:
 - DRCS does not charge a fee for appointments starting before 5 PM but clients are asked to consider making a donation. The ability to make a donation has no bearing on the quality of counselling offered
 - DRCS also offers an evening service with appointments starting at 5 PM or later. The fee for this service is £30 per session but there is no charge for the initial appointment
- DRCS offers counselling to clients outside our area for a fee of £38 per session

How is DRCS funded?

- About 40% comes from the Primary Care Trust (PCT) Joint Working Fund, 25% from clients, 10 to 15% from the Friends of DRCS Fundraising Committee, and the balance from other grants and donations. DRCS is continually trying to find additional funding.

Benefits the DRCS offers for clients:

Confidentiality

Autonomy

Choice

Flexibility