

FUNDERS WHO HAVE HELPED US MAKE A DIFFERENCE

The Hope Trust

Todhill Windfarm

Thomas Cuthell & Sons

Magic Little Grants

Falkirk Round Table

Asda Stenhousemuir

Making a difference

In the last year we have a number of our volunteers move on from Quiet Waters as life seasons alter for many and so we want to acknowledge the work of those who have left the counselling service of Quiet Waters in the last year, Carolyn McEwan, Carolyn Barr, and those longer term volunteers, Jack Beath, George & Sadie Abercrombie. Without such volunteers our free service would be unable to continue. We are so thankful for the time given, the commitment, the care, love and concern shown for those accessing our services.

At the same time we wish to thank the existing volunteers, the time you set aside and your heart of compassion for those in need – we appreciate all you do, as do our clients.

We have seen an increase in bereavement support volunteers, with 2 new volunteers joining the bereavement team. A new clerical volunteer who is already making an impact on the backlog of data input and a new gardening volunteer who is helping maintain order in the front and rear green spaces. We are still looking for someone who has a heart for those in the community and would be willing to lead the small team here at Quiet Waters in the position of Chair of the Board of Trustees. Please see role description below.

WELCOME TO THE BOARD

We would like to welcome Dan Rous to the Board of Trustees.

Dan has vast experience in community development, funding, business planning, strategy, marketing & public speaking and we are thrilled to have him on board.



Hazel Culbert, Community Champion at **Asda Stenhousemuir** presented our Chair, **Tom Brown**, with a cheque for £300.00 as part of the Green Token Giving Scheme.



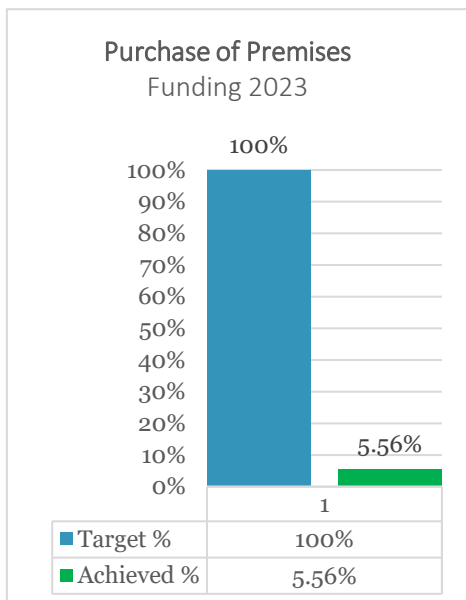
“Was fantastic hearing from Tom last night all about Quiet Waters and the amazing services you provide”

Jamie Sime, Falkirk Round Table

PURCHASING THE PREMISES

Our Chair, Tom Brown, dropped by **Falkirk Round Table** to give a talk on Quiet Waters work and was presented with a cheque for £1300.

We have been so very fortunate over the years to have had use of the building in Camleon free of charge thanks to the Church of the Nazarene. Since 1995 we have been based here and in 2020 we were advised of the intent to sell the property but with an opportunity for Quiet Waters to buy the building. Lockdown soon followed and delayed any further action until now. Raising capital funding in the current climate is a challenge and we hope with raising awareness with you, our Supporters, as well as through social media, that word will spread and we can raise the necessary funds by these means as well as applying for capital funding so we can maintain our presence in the local community and continue to provide this much need service.



We need to raise £45,000.

2023 so far has seen us raise approximately 5% and so we are asking for your help in spreading the word, donating whatever small or large amount you can or undertake fundraising activity such as the Kiltwalk where match funding is provided. If you are willing and/or able to help in any of these ways please contact office@quiet-waters.org for more information.

Quiet Waters Chair of the Board of Trustees Vacancy

Do you have a desire to make a difference in the lives of those suffering from mental health issues? Could you give a few hours a week to lead the small team at Quiet Waters?

We need a new Chair of the Board of trustees as the current post holder's tenure comes to an end. Experience within counselling context would be helpful but is not necessary to fulfil this role. As you may know Quiet Waters is a small charitable organisation, registered with OSCR, based in Falkirk which provides a counselling and bereavement service to the disadvantaged and those unable to access the support they need. Professional counsellors volunteer their time so that clients, who would not otherwise be able to access such services, receive counselling and/or bereavement support without worry of costs or restricted session limits. We start and finish the client journey according to their need. Our service provides support at local prisons and run training workshops in active listening and bereavement support for volunteer groups/services and other professional bodies. Quiet Waters is a non-denominational, faith-based Christian charity providing a non-discriminatory service to all people aged 18 and over. Our aim is to meet all clients at their point of need and assist them in a non-judgmental and compassionate way. All of our counsellors are trained and as an organisation we are affiliated to the British Association for Counselling & Psychotherapy (BACP) and work within it's ethical framework.

Please email office@quiet-waters.org for further information and/or an application form.