# SUPPORTERS NEWSLETTER

SUMMER 2023



### FUNDERS WHO HAVE HELPED US MAKE A DIFFERENCE

The Hope Trust

Todhill Windfarm

Thomas Cuthell & Sons

Magic Little Grants

Falkirk Round Table

Asda Stenhousemuir

Falkirk Vineyard Church

Miss E C Hendry CT

## One life at a time

Many of you may have heard the story of the starfish and we recognise that our service may not be changing the world but it is changing the client's world, one life at a time. To make the difference for the one, that allows them to face this life with renewed hope and optimism is the key reason we do what we do. Who knows the impact that the one will have, creating a ripple effect that reaches many.

#### The Starfish Story An old man was walking on the beach one morning after a storm. In the distance, he could see someone moving like a dancer. As he came closer, he saw that it was a young woman picking up starfish and gently throwing them into the ocean. "Young lady, why are you throwing starfish into the ocean?' "The sun is up, and the tide is going out, and if I do not throw them in they will die," she said. "But young lady, do you not realize that there are many miles of beach and thousands of starfish? You cannot possibly make a difference." The young woman listened politely, then bent do picked up another starfish and threw it into the se "It made a difference for that one." ~Adapted from the original by Loren Eiseley LIFE'S A DANCE

#### Quiet Waters Chair of the Board of Trustees Vacancy

Could you give a few hours a week to lead the small team at Quiet Waters?

Experience within counselling context would be helpful but is not necessary to fulfil this role.

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 your note of interest with a CV to office@quiet-waters.org or for further information please call Tom Brown on 07808 069280

## **CHAIR OF BOARD - QUIET WATERS**

We have still been unable to fill the post of Chair of the Board.

This has now become a matter of urgency as the current Chair,

Tom Brown, having already exceeded his term of office by two

years, demits after this year's AGM in November.

Please pray about this and think if you, or anyone you know, may be interested. A job description is available (<u>click here</u>) and Tom is happy to discuss the post with anyone (Mobile 07808069280)..

The organisation would struggle significantly without a Chair.



Tom Brown, Chair of the Board "Being Chair of Quiet Waters has been an exceptionally interesting post. The organisation has excellent staff and a wonderful team of trained volunteers providing counselling and bereavement listening services. Being involved in the recruitment of volunteers has been delightful and I am impressed by people's willingness to give freely of their time and their level of commitment. We have a very diverse group of volunteers which enhances the quality of service we can deliver. Another highlight has been the level of involvement with local schools via a program called the Youth Philanthropy Initiative in which each school is responsible for directing a grant of £3000 to a local charity championed by its students through a unique program of teamwork, research, and competition.

There is a very able Board of Trustees with a range of professional backgrounds bringing their skills to the running of Quiet Waters."

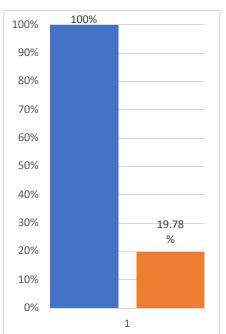


#### LEAP OF FAITH



Last newsletter, we welcomed Dan Rous to the Board of Trustees. This season he is featuring again as he plans to take a leap of faith. Approaching his 50<sup>th</sup> birthday, Dan has opted to leap out of a plane and raise funds in the process. Quiet Waters are delighted that we will be among the recipients of funds raised. Please encourage Dan by donating to the cause and making his leap worthwhile.

# PURCHASING THE PREMISES



We need to raise £45,000. Our efforts to raise the necessary funds to purchase the premises from the Church of the Nazarene continue. For those who do not know our story, 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. It is a challenge to raise funds in the current climate with funders telling us they are receiving triple the number of applications now which highlights the great needs there are across our country. We hope in 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 are delighted that The Baird Trust and The Claremont Trust have provided funding towards this project as well as a generous donation from one of our clients - we are so very thankful for their provision. Since our Spring newsletter, we

have manage to increase from 5% of funds to nearly 20%. Please help in spreading the word, donating whatever small or large amount you can or undertake fundraising activity. If you are willing and/or able to help in any of these ways please contact office@quiet-waters.org for more information.

