

## Acorn news in a nutshell



The Covid 19 pandemic continues to affect us at Acorn, but things are improving!

- \* We have moved into our new premises—an office and counselling room at Pilgrim House, St Dunstan's Road, Worthing BN13 1AA.
- \* We have received a generous Covid resettlement grant from the government
- \* Our school visits have recommenced

Entrance here



Counselling room



We are continuing to support a steady stream of clients approaching us for counselling

*This opportunity to say my thoughts out loud exposed me to how I truly felt, has helped me to process and work through my feelings and helped me to build back my emotional resilience and ability to move forward, whereas when I started I could not see beyond my loss, or ever going back to work. (Client)*

I love the patience of all the team members. They are all so positive with our students. (Teacher)

*Really good session – I learned things too! (Teacher)*

This means:-

- \* We will be able to offer face to face counselling very soon
- \* We have developed Covid protocols to keep everyone safe
- \* Clients can choose to have counselling here or by phone

All our counselling is provided FREE by specially trained and supervised counselling volunteers. Many of our clients like to make a donation to our work. We are always happy to receive these. To make a donation, see the [Support](#) page on our website.

Our schools team have visited Angmering school and have other visits booked in the Spring.

Follow this link to see two of our volunteers taking part in Worthing Mental Health Awareness Week

<https://www.facebook.com/worthingmentalhealthawarenessweek/videos/358949998582397/>