

Ask for Betty/Joan

Are you feeling the strain of affording toiletries or sanitary products?

For toiletries, ask for Betty
For sanitary products, ask for Joan

"Can I speak to Betty please?"

"Can I speak to Joan please?"

Volunteers

All the volunteers have an extensive knowledge of the Centre and they offer a warm, friendly, approachable, and safe environment to help women find solutions to their problems in the hope that they will be able to implement the necessary changes that will hopefully enhance their lives. All volunteers are trained in supportive listening skills and can provide information on many topics

Would you like to volunteer for us? Could you offer a couple of hours per week to help women help themselves? We are on the lookout for caring and committed volunteers to join our team! Full training and support will be given!

For more details, email
chorleywomenscentre@outlook.com, call
01257 265342 or pop down and ask one of the
volunteers!

Get in contact:



chorleywomenscentre@outlook.com



www.chorleywomenscentre.com



01257 265342 or 07483 400998

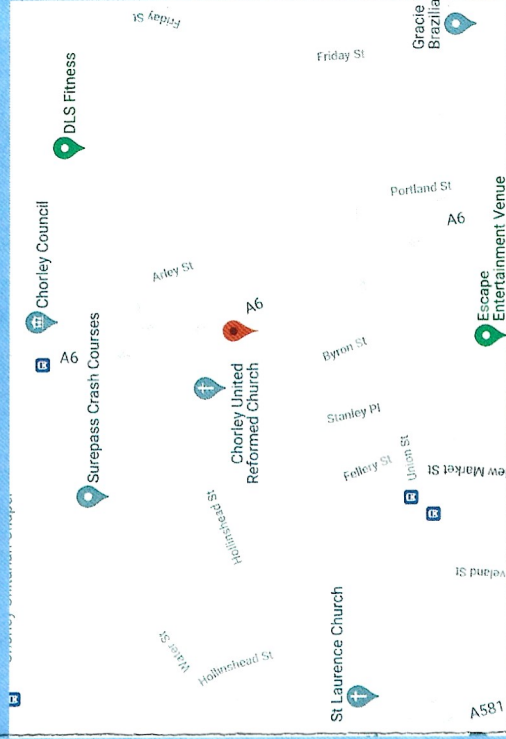
24hr answer phone outside operating hours



@chorleywomenscentre



55 Clifford Street, Chorley PR7 1SE



"Helping women to help themselves"



Opening Times:
Tues 10am-3pm
Fri 10am-3pm

Registered Charity 700446

Who are we?

We are an independent organisation run by volunteers, who are dedicated to supporting women of all ages and regardless of circumstances.

Our volunteers are warm, friendly, approachable, and fully trained in supportive listening and can provide information on many topics.

For over 30 years Chorley women's centre has been supporting and helping women find solutions to their problems, so that they can feel empowered to help themselves. We promote the mental health and wellbeing of all women, not only in Chorley, but in surrounding areas too.

We provide a listening ear either on a one-to-one for more personal issues or we have a communal area where ladies can chat amongst themselves and discuss many topics from childcare to different coping skills, share ideas, engage in the centre activities or just to seek help or advise others on many issues or just sit and have a coffee or tea and a natter.

The centre offers numerous weekly, monthly, and daily activities. We offer a variety of informal and formal courses on different subjects when available. We offer relaxation sessions, colouring books, relaxing music, knit and natter sessions, crafty chat afternoons once a month, as well as free Yoga, healing, and massage sessions.

We offer a secure, confidential environment where confidentiality and privacy are always respected.

We can't help you if you can't help yourself.

Counselling Services

General Counselling

General Counselling offers clients the opportunity to explore difficulties around a diverse range of issues such as: bereavement, low self-esteem, anxiety, depression.

For more information please contact:
01257 265342
chorleywomenscentre@outlook.com

Release Counselling

Release Counselling specialises in offering counselling to women, men & children over 16 years old affected by sexual abuse, rape, or sexual assault. Whether this is historic or current experience

For more information please contact:
07786 829126
Releasecounselling@protonmail.com

Circle Counselling

Circle Counselling specialises in offering counselling to women, men, and children over the age of 13 affected by domestic violence or abuse recently or in the past. Circle work in conjunction with the Women's Centre and operate throughout the week, a range of flexible appointments are available

For more information please contact:
07810 308966
circlecounsellingservice@gmail.com

Support Us!

Donations we can accept:
Toiletries & Sanitary Products

We are currently unable to accept donations of clothes/furniture/toys due to limited storage

Where to donate other products

River of Hope Food & Baby Bank
Chapel Street, Chorley

Living Waters Food Bank
Bolton Street, Chorley

Your Local Refuge

British Heat Foundation & Charity Shops

Lets make a change!

Ways you can donate:

Online

www.paypal.me/chorleywomenscentre

By Phone

01257 265342

In Person

55 Clifford Street, Chorley

What is counselling?

Counselling is an opportunity for you to explore your own feelings and make your own choices. In counselling you will not be judged or told what to do. Counselling can help you gain a better understanding of who you are and what you want from life. It does not matter whether issues are in the past or present - You can use the sessions to talk about whatever you need to.

Working safely and ethically

Counsellors at Chorley Women's Centre are bound by the British Association for Counselling and Psychotherapy Ethical Framework for Good Practice in Counselling and Psychotherapy and Professional Conduct Procedure.

Police or Court involvement

Counselling can take place if there are ongoing Police or Court proceedings but we must be made aware of this prior to sessions starting.

Confidentiality

Counselling is confidential, however there are some exceptions for your safety and the safety of others. These will be discussed with you in your first counselling session.

What counselling does Chorley Women's Centre offer?

Chorley Women's centre offer three, free of charge counselling services for those in the Chorley and South Ribblesdale area to assist people with a range of issues. Counselling is by appointment only and carried out by our team of experienced counsellors. Some of our counselling services are available to both Women and Men. All of our services offer Trauma Informed Person Centred Counselling. This means you will not be told what to do or be given advice. Your counsellor will assist you to find your own way through thoughts and feelings in a safe and non-judgmental way.

Sessions are 50 minutes and can be held face to face, online or via telephone.

Get in contact:



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01257 265342 or 07483 400998

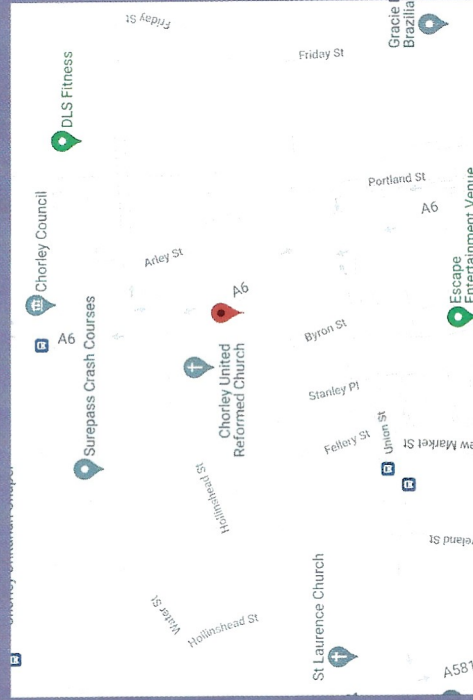
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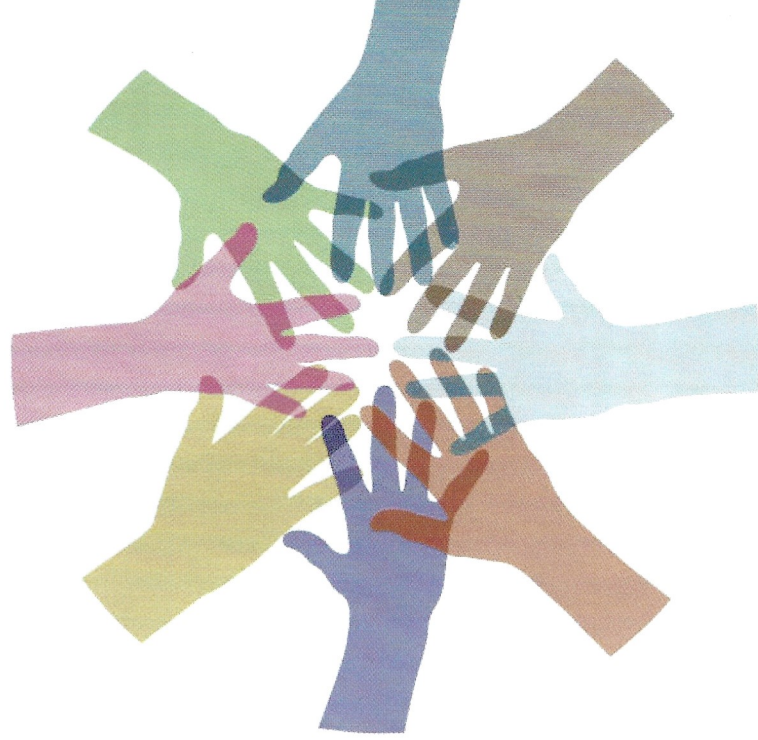
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55 Clifford Street, Chorley PR7 1SE



Counselling Services



Chorley Women's Centre
Opening Times:
Tues 10am - 3pm
Fri 10am - 3pm

Counselling is available outside of the centre hours

Registered Charity 700446

Availability

Following an initial assessment you will be placed on our waiting list. The time you will wait varies depending on the level of demand for the service but we aim to start your sessions as soon as possible. A variety of session days and times are available and we endeavor to accommodate a time that suits you.

Our services are offered in conjunction with Chorley Women's Centre, Chorley Borough Council, NHS and Ministry of Justice

General Counselling

General Counselling offers women the opportunity to explore difficulties around a diverse range of issues such as:

- Bereavement
- Low self-esteem
- Anxiety
- Depression
- Health issues
- Family/relationship difficulties

Issues can be current difficulties or things that have happened in the past that are still impacting your life.

For more information or to access our service, please contact the Womens Centre directly on 01257 265342 or chorleywomenscentre@outlook.com



Circle Counselling

Circle is our specialist Domestic Abuse Counselling Service offering counselling to men, women and children over the age of 13 affected by domestic abuse either directly or indirectly.

What is Domestic Abuse?

- Being physically beaten
- Being degraded, intimidated or humiliated
- Threats of any kind
- Being sexually abused
- Not being allowed to see family and friends
- Being treated without any respect
- Not being allowed any control over money, withholding it or threats to do so.
- Verbal abuse, such as shouting, mocking, name calling, accusing
- Being followed or constantly checked upon
- Breaking trust, such as constant lying, breaking shared agreements, withholding information
- Constant and destructive criticism, putting you down or finding fault.

For more information or access our service please the Counselling

Co-ordinator on:

Mobile: 07810308966

Email: Circlecounselling@outlook.com



Release

Release is our specialist counselling service for anyone over 16 years who has experienced or been affected by rape, sexual abuse or sexual assault. This includes partners, family and friends who have been impacted. Whether it is recent or it happened a long time ago, your feelings are important.

What is Sexual Abuse?

Sexual violence or sexual abuse are ways of describing any unwanted sexual act or activity. Regardless of who commits it, where or when it happened, or under what circumstances, it is never okay, and no one ever deserves for it to happen.

If you have experienced sexual violence or abuse there is confidential support available to help you.

Contact Release

For more information or to access our service, please contact the Counselling Co-ordinator.

Mobile: 07786829126

Email: releasecounselling@protonmail.com

When you call or email for an appointment, please leave your name and contact details including whether it is safe to leave a voice message or send a text.

