

# One to One Project

Nelson House  
Bergen way  
North Lynn Industrial Estate  
King's Lynn  
Norfolk  
PE30 2DE

## Service hours:

Monday 9am – 5pm

Tuesday 9am – 8pm

Wednesday 9am – 6pm

Thursday 9am – 8pm

Friday 9am- 3pm

## Contact:

Tel: 01553 770770

Email: [onetoneproject@aol.com](mailto:onetoneproject@aol.com)



# One to One Project

Counselling • Mentoring • Group Work

Registered charity no. 299052

# Fundraising Booklet



*By fundraising for the One to One Project, you help us continue to be there to provide mental health support for those in your community who need us.*

All support is free of charge, a referral form can be found on our website

Commissioned by OPCCN





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The One to One Project was established with charitable status in 1984 to provide free, long-term professional mental health support to adults (18years+) in West and North Norfolk, who are experiencing emotional/social and/or mental health difficulties.

The Project has evolved over the years to meet increased demand and to meet the needs of its diverse local community. The Project is now able to provide free counselling (face to face), remote counselling (via video link or telephone), mentor befriending and group work to the communities it serves.

The counselling services are delivered at our premises in King's Lynn or at one of our outreach venues across the county. The aim of the One to One Project is to provide a non-judgemental space in which to explore the difficulties being faced.

Our services will provide the opportunity to talk in confidence and work towards a clearer understanding of the clients needs. We do not provide answers or advice but offer support in finding the way forward.

The One to One Project is part funded by the Organisations displayed at the foot of our web page. The remainder of funding is made up of charitable donations, fundraising and the generosity of our supporters and service users.

Although we are committed to providing a free service for our clients, we encourage those who are able, to make a donation, however small, towards the free service they receive.

[www.onetooneproject.com](http://www.onetooneproject.com)



## Why fundraise for the One to One Project

The One to One Project only receives approximately half the running costs of the Charity from grants, the remainder of the funding is made up from donations and fundraising.

The One to One Project often supports individuals who have been signposted from 'statutory services', G.P.'s and larger charities that are unable to offer the level of support the One to One Project can provide.

As the One to One Project does not receive statutory funding, we rely on donations and fundraising. This is why fundraising is so vital, in order to help to continue to provide this valuable and much needed service within the community.

By ticking the Gift Aid box, every £1.00 you sponsor can be worth £1.26. This does not cost you any more than your donation. By ticking the Gift Aid box you are agreeing that the One to One Project can reclaim tax on the detailed above, given on the date shown. You confirm that you are a UK tax payer and understand that if you pay less income tax or capital gains tax in the current tax year than the amount of Gift Aid claimed on all donations, it is your responsibility to pay any difference.

*I have raised:*

£

*A Big  
Thank you!*

*From all of us at the  
One to One Project*

## *What is counselling?*

Counselling offers a safe, confidential and non-judgemental space in which to explore any difficulties you are currently experiencing with one of our friendly and understanding counsellors.

The One to One Project is affiliated to the BACP (British Association for Counselling and Psychotherapy) ethical framework that informs our practice and provides ongoing training to all volunteers in order to ensure safe, ethical and informed practice.

Our counsellors are regularly supervised by independent practitioners to ensure they are working ethically.

Taking the first step to seek counselling can be challenging. Here at the One to One Project we understand the difficulties you may be facing, so we try to make the process of seeking counselling as simple as possible.

The One to One project is a multidisciplinary service. This means that we are able to offer different types of support to clients depending on their individual needs.

