

## How does the service work?

We are able to offer low cost counselling by using student counsellors in their final study year. Our counsellors are all DBS checked, insured and are members of a professional counselling body. They have been assessed by their tutors as competent and proficient to be counselling.

## How much does it cost?

We rely on grants and donations to run the service and ask people to pay a minimum of £15 per session. If you are in receipt of means tested benefits, we are able to offer the service for £10 per session.

## Where does it take place?

We use venues throughout Devon, however, we are unable to see people in their own homes.

## How many sessions can I have?

We can offer up to 12 sessions for each client with the possibility of additional sessions if needed.

## What do I need to do next?

For an informal chat or to find out more about the service

☎ Telephone: 01404 549045

✉ Email: [c4cinfo@actioneastdevon.org.uk](mailto:c4cinfo@actioneastdevon.org.uk)

💻 Website: [www.c4cdevon.org.uk](http://www.c4cdevon.org.uk)

Counselling for Carers (C4C) is an Action East Devon Service



**Registered Office:**  
Action East Devon  
Younghayes Centre  
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Devon EX5 7DR

Registered Charity No. 1134611

**C4C Counselling  
for Carers**

*An Action East Devon Service*

Counselling for Carers (C4C) is a low cost, non profit counselling service which provides emotional support for adult carers throughout Devon.



***‘Because sometimes we just need someone to talk to’***

## Who is a carer?

A carer could be a family member, a friend or a neighbour, and is someone whose normal day to day life is limited due to their responsibility to look after someone else, without pay, because the cared for person cannot manage alone.

The person being looked after may suffer from illness, a disability, mental illness, frailty or have difficulty with the use of prescribed or illegal drugs or alcohol.

If you feel it would be helpful for you to talk through emotional concerns with one of our counsellors, then this service may be the answer for you.

***‘Making time for yourself occasionally is not selfish, it’s necessary’***

## How might counselling help you?

Counselling gives you an opportunity to talk about any of your thoughts and feelings ***whether they relate to your role as a carer or not.***

Unlike friends and family, a counsellor has no other involvement in your life, which means you have the freedom to speak to them openly.



We also run a Facebook group which is only open to current and former users of our service and those on our waiting list. The group provides a 24/7 opportunity for mutual support and sharing of information between carers.

If you are interested in using this group please email us on:

[c4cinfo@actioneastdevon.org.uk](mailto:c4cinfo@actioneastdevon.org.uk)

## What our clients say:

*“A great service. Mother is my only living relative, so I had no one else to turn to. Caring is a lonely job, so your Facebook page made a huge difference.”*

*“Talking things through made me think about new coping strategies and look at problems differently.”*

*“It helped me to focus on my own needs and emotional responses to events.”*

*“Just to speak to someone who understands is so good! Not to be judged, and you couldn't have chosen a better lady for me. I was so happy when Tuesdays came around to be able to tell someone everything!”*

*“I would just like to thank C4C for finding the most amazingly right person for me.”*

*“The counselling sessions enabled me to talk through problems and their solutions in a non-judgmental way. It enabled me to see answers with better clarity.”*