

Brief Report on 2006/07

The University Counselling Service has a reputation for excellence and innovation, and during this year we have continued to develop the range of our work. This includes consultancy to those in the front line of student support, providing self-help materials and resources to students and staff, offering workshops and training sessions in Colleges, running a peer support scheme in Colleges, and offering individual and group counselling and psychiatric consultations in the Service.

Over 1100 students used the Service during the year. Alongside the individual counselling, which remains the core of our work, we have continued to offer a broad and varied range of counselling groups and workshops. The Peer Support project which has been piloted by the Service, reached the end of its three-year 'pump-priming' funding this year, and we are delighted that this is now being taken forward in an increasing number of Colleges with funding from those Colleges running the scheme.

A few facts from 2006/07 puts our work into scale:

- The UCS offered counselling to over 1,100 students
- Between 25 - 45 students seeking counselling for the first time approached or were referred to the UCS each week during term
- We moved to a secure on-line method for arranging counselling □
- In addition to the individual counselling, the Service offered up to 15 workshops or counselling groups per week during term
- Around 160 - 200 individual counselling sessions were offered each week, with a further 40 - 60 group attendances per week
- In addition to direct work with students, we responded to numerous requests for support and guidance from tutors and others in Colleges or Departments, as well as from GPs and others in the mental health field.
- We published several articles on group counselling in national professional journals.
- We worked within the Strategic Plan agreed with the Colleges which sets out the development of the Service, in particular changing our management structures and

counsellors' clinical supervision arrangements

The Service has recently relocated to new premises at 2-3 Bene't Place, Lensfield Road. We are very grateful to the University for the allocation and refurbishment of these premises which are very suitable for our work. This move marks a significant new chapter in the life of the Counselling Service, which has been in Trumpington Street since the founding of the Service in 1969. □

We work closely with those in Colleges, Departments and the local community who are in the front line of student support, and are very grateful for the ongoing support of our Executive Committee, under the Chairmanship of Prof. Robert Mair, Master of Jesus College. □

Mark Phippen, Head of Service, November 2007