



CASSS

NEWSLETTER

July 2025

Welcome!

Hello and welcome to the latest CASSS Newsletter. This newsletter aims to provide monthly updates on counselling and therapeutic activities in and around Southend and relating to the sector nationally. It is a chance for organisations to share information and highlight all the positive work that is going on, in the area.

CASSS stand for Counselling and Support Services Southend. It is a registered charity (No 1184892) which works with local organisations to coordinate and improve community counselling and therapy services, in and around Southend.

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In this Issue

In this edition we have news of The Feel Good Festival at Garons Park. There is volunteer work available at Havens Hospices. There are CPD workshops and training at the Counsellor Training Hub and ReKindle Relationship Counselling. Finishing are the awareness days 2024 calendar and news articles.

Future network meetings

Network meetings dates for 2025 are: 28/7/25, 29/9/25 and 24/11/25, all on Zoom. Organisations are invited to attend.

Service Updates

Southend Feelgood Festival

On Saturday 26th July there will be the next Feelgood festival at Garon Park, run by everyone Health. This is a free, large health and wellbeing festival, with lots of agencies present. They are available to give advice and support on a variety of health matters, including mental health. This is a great opportunity for both the public and professionals to connect and see what services are available in the community. See the website <https://www.visitsouthend.co.uk/event/feel-good-festival-2025/> for more information.



The logo for the Feel Good Festival 2025 is circular with a rainbow gradient. It features the website 'feelgoodsouthend.co.uk' at the top, a beach scene with a lifeguard stand, and the text 'Southend-on-Sea FREE Entry Feel Good Festival'. It is presented by 'everyonehealth' and 'Southend-on-Sea City Council'. The number '25' is shown in large, colorful balloons. The bottom of the circle says 'Join us... for a Free fun packed family day out'.

Supporting

THE ONE LOVE PROJECT

10.30AM - 4PM
Saturday 26th July
Garon Park

Scan to donate



A QR code is located in the bottom right corner of the poster, intended for scanning to donate to The One Love Project.

Volunteer Role available

Havens Hospices

Volunteer Adult Counsellor Role Available



Havens Hospices currently have an advert for volunteer qualified counsellors so that they can expand their service. Please note they cannot accept students.

You will primarily be working with those who have been bereaved, but at times you may be asked to work with a client who is living with an incurable condition or a family member of someone living with an incurable condition.

Please see the link below, to enquire further:

<https://havenshospices.goassemble.com/opportunities/68198-volunteer-adult-counsellor-2024-06-20>

Upcoming CPD/Training



Upcoming events at the Counselling Training Hub/ReKindle Counselling

Certificate in Counselling Skills

Starting in September 2025, running on Thursday Evenings

Link to apply: [Counselling Skills Certificate Application Form](#)

Higher Diploma in Counselling

Starting in September 2025, running on Wednesday Evenings

Link to apply: [Higher Diploma Application Form \(SM\)](#)

Certificate in Counselling Supervision Application - Available to all Qualified Counsellors

Group starting Friday 9th January 2026 10am - 2.15pm and will run each week on Fridays excluding school term holidays until April 2026

Link to apply: <https://form.jotform.com/221705590684359>

Supporting Clients with Pornography Addiction, A practitioner's experience

1 day workshop Sunday 12th October 2025. Link [CPD Workshop - Supporting Clients with Pornography Addiction](#)

Couples & Relationship Course - become a ReKindle specialist - September 2025, enrol now

Link: <https://www.rekindlecounselling.co.uk/training>

National Mental Health Awareness Days Calendar

July

3rd - National Bereaved Parents Day 2025

25th - National Schizophrenia Awareness Day

September

1st – 30th - World Alzheimer's Month 2025

23rd – 29th - Black Maternal Mental Health Week

October

10th - World Mental Health Day 2025

26th – 2nd - International Brain Tumour Awareness Week 2025

November

1st – 30th - Movember 2025 – Men's Health Awareness Month

December

2nd – 8th - National Grief Awareness Week 2025

<https://www.awarenessdays.com/>

News Articles

Shared from BBC: Capaldi says therapy played 'massive part' in comeback

<https://bbc.com/news/articles/ckg3m0vg5y3o>

Young people in England's coastal towns three times more likely to have a mental health condition

<https://www.theguardian.com/environment/2025/jul/07/young-people-england-coastal-towns-more-likely-mental-health-condition>

Mental health conditions rising across England, finds study

<https://www.research-live.com/article/news/mental-health-conditions-rising-across-england-finds-study/id/5140636>

Therapist had sex in a car with a patient he had treated for a driving phobia - but wins High Court bid to save his career

<https://www.dailymail.co.uk/news/article-14871155/Therapist-sex-car-patient-driving-phobia-High-Court.html>

Government announces plans to put 'digital front doors' on mental health care

<https://www.independent.co.uk/news/uk/home-news/government-wes-streeting-department-of-health-and-social-care-nhs-england-b2777952.html>

Domestic violence has long-term impact on mental health

<https://www.nursinginpractice.com/clinical/mental-health-and-addiction/domestic-violence-has-long-term-impact-on-mental-health/>

'Summer SAD': How hotter temperatures can affect your mental health

<https://www.independent.co.uk/life-style/health-and-families/summer-seasonal-affective-disorder-depression-symptoms-b2767730.html>

I'll pick up Disclaimer: The content of this newsletter contains information from external sources and websites. The articles do not represent the views or opinions of the charity. This newsletter is purely for information purposes and CASSS is not responsible for any upset or distress caused, by the content of the articles.

CASSS is not responsible for the administration, organisation, cost or quality of any courses/CPD/supervision advertised. Any issues or concerns about the activities listed including quality, cancellations, refunds and amendments, must be claimed through the providers themselves.