



# CASSS

## NEWSLETTER

September 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 project launch for the Connect and Create service, previously known as Netpark wellbeing. CASSS has its AGM, at the end of September. There are CPD workshops and training at the Counsellor Training Hub and ReKindle Relationship Counselling. There is info on some Podcasts. Finishing are the awareness days 2024 calendar and news articles.

#### Future network meetings

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

## Service Updates

### Connect and Create Project Launch



## Connect and Create Project Launch

### EVENT REMINDER

Thursday 25 September 2025  
6:00 – 8:00pm

**Metal Chalkwell Hall, Southend-on-Sea SS0 8NB**

We are delighted to invite you to the official launch and celebration of Connect & Create – Metal's newly reimagined creative wellbeing project, delivered in partnership with Southend City Council.

Be among the first to discover our refreshed programme of art-based wellbeing sessions, meet the team behind the project, and connect with others who share a passion for how creativity can support mental health. For more information, please see media release attached or visit the Connect & Create webpage ]

Please reply by Monday 15 September to [emma.mills@metalculture.com](mailto:emma.mills@metalculture.com)

### CASSS AGM

CASSS's next AGM is Tuesday 23<sup>rd</sup> September, 6pm at Room 5, Leigh Community Centre. This is a chance to hear about how the charity has been progressing, over the last year. Members of the public and other agencies are invited to attend. Please email [cass.southend@gmail.com](mailto:cass.southend@gmail.com) or [info@casss.co.uk](mailto:info@casss.co.uk), to book a place.



## Upcoming CPD/Training



Upcoming events at the Counselling Training Hub/ReKindle Counselling

### **At the Counselling Training Hub:**

Higher Diploma for January 2026: <https://form.jotform.com/221897170649366>

The Supervision in Counselling Course for January 2026:

<https://form.jotform.com/221705590684359>

The Diploma L4 April 2026: <https://form.jotform.com/241376990467368>

A Skills Course May 2026: <https://form.jotform.com/221157068551353>

The ReKindle training course for Qualified Counsellors and newly qualified to become a Couples Counsellor leading to potentially becoming a 'ReKindle Couples Specialist', is enrolling for January 2026. See: <https://www.rekindlecounselling.co.uk/training>

The Counselling on Sea 'Affordable scheme' can now help a few online clients at £16.50 per session. Face to face sessions available in Southend: <https://www.counsellingonsea.co.uk/>

## **CPD podcasts**

The Systemic Way Podcasts

<https://thesystemicway.buzzsprout.com/>

These podcasts come from the systemic model often used in family therapy. The latest one is on accents and identity in therapy, please feel free share with other therapists and supervisors.

## **National Mental Health Awareness Days Calendar**

### **September**

1<sup>st</sup> – 30<sup>th</sup> - World Alzheimer's Month 2025

23<sup>rd</sup> – 29<sup>th</sup> - Black Maternal Mental Health Week

### **October**

10<sup>th</sup> - World Mental Health Day 2025

26<sup>th</sup> – 2<sup>nd</sup> - International Brain Tumour Awareness Week 2025

### **November**

1<sup>st</sup> – 30<sup>th</sup> - Movember 2025 – Men's Health Awareness Month

### **December**

2<sup>nd</sup> – 8<sup>th</sup> - National Grief Awareness Week 2025

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

## News Articles

Missing school linked to higher risk of poor mental health, study finds

<https://www.lboro.ac.uk/media-centre/press-releases/2025/september/school-absence-linked-to-poor-mental-health/>

Dementia risk rises sharply with multiple psychiatric disorders

<https://www.news-medical.net/news/20250909/Dementia-risk-rises-sharply-with-multiple-psychiatric-disorders.aspx>

WHO demands countries step up mental health spending

<https://www.politico.eu/article/who-demands-countries-step-up-mental-health-spending-wellbeing/>

Not drinking enough water? Study reveals dehydration spikes stress levels

<https://www.indiatvnews.com/health/study-reveals-dehydration-spikes-stress-levels-2025-08-31-1005991>

New Mental Health Foundation study shows 32-hour work week boosts staff wellbeing without harming productivity

<https://hrnews.co.uk/new-mental-health-foundation-study-shows-32-hour-work-week-boosts-staff-wellbeing-without-harming-productivity/>

Mental health impact of childhood verbal abuse explained in new study

<https://www.independent.co.uk/news/health/childhood-verbal-abuse-physical-abuse-mental-health-b2802345.html>

ChatGPT is fuelling psychosis, doctors warn

<https://www.independent.co.uk/tech/chatgpt-psychosis-nhs-doctors-ai-b2797174.html>

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.