



CASSS

NEWSLETTER

September 2026

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.

Contents:

Page 2	Service Updates
Page 3	Upcoming CPD/Training
Page 5	Mental Health Awareness Days and National News Articles

In this Issue

In this edition we have news of CASSS AGM in September, some counselling placements available for students and qualified counsellors at OACS and some research funding. There is a variety of training/CPD available from University Centre, South Essex, Olive tree Centre, Counselling on Sea, ReKindle Relationship Counselling and Trust links. Finishing are the Awareness Days 2026 calendar and News Articles.

Future network meetings

The virtual network meetings date for 2026 are 28/9/26, 30/11/26, all at 4pm on Zoom. Organisations are invited to attend.

Service Updates

CASSS AGM

CASSS's next AGTM is Thursday 24rd 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 or info@casss.co.uk, to book a place.



OACS Counselling Placement available

OACS are interviewing for new counsellors at the end of this month.

There are application forms for students and experienced counsellors on our website. See link below to apply:

<https://oacs.org.uk/work-with-us/>



**Open Adult
Counselling Service**

South East Essex Trauma Alliance Research opportunity

Please see below for an opportunity to take part in research about the mental health of 16 – 25 year olds in Southend or Tendring. For more details on how young people can take part, please see that attached poster and their website below:



<https://www.essex.ac.uk/research-projects/nihr-mental-health-research>

This is a significant NIHR research programme led by the University of Essex. This ambitious five-year project, led by Professor Victoria Bird, aims to explore loneliness, mental health, and inequalities among young people across Greater Essex. If you'd like to read more about the initiative, you can find further details here:

<https://www.essex.ac.uk/news/2025/09/04/professor-victoria-bird-joins-iphw>

Training/CPD Available

University Centre South Essex

The University Centre South Essex has a new HTQ Counselling qualification beginning September 2027. Funding is available for course fees and maintenance loans, due to being classed more under a degree programme. However it still meets one day and week for two years of training. See below link to the website with necessary information:

<https://www.southessex.ac.uk/course/humanistic-counselling-level-4-htq>



Counselling Training Hub

A graphic announcement for a workshop. It has a dark blue top section and a light blue bottom section. The top section contains logos for 'Hart Coaching' (a yellow flower-like logo with the text 'Hart Coaching' and 'Association for Coaching' below it), the text 'In Association With', and the 'COUNSELLING TRAINING HUB' logo (a circular logo divided into four colored quadrants: green, orange, white, and pink, with the text 'COUNSELLING TRAINING HUB' below it). The bottom section contains the text 'WORKSHOP' in bold, 'Spotting and Responding to ADHD in the Therapy Room' in white, 'Saturday 28th November 2026' in bold, and '9.30am - 4.30pm' in white.

<https://mailchi.mp/813d23ad7b44/workshop-spotting-and-responding-to-adhd-in-the-therapy-room>

Qualified Counsellors - Train to be a Couples Counsellor

The course in total is 6 days long, from 9.45am – 4.45pm.

It takes place fortnightly on Saturdays starting in 2027:

30th January

13th February

6th and 20th March

10th and 24th April



Opportunity to apply to be a ReKindle Specialist - see details:

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

Trust Links

Free funded places are still available under the Community Investment Fund for these trainings until the end of October, for public and professionals.

MHFA - 2-day Adult

Weds 23rd + Tues 29th September 2026 (both days required) - Trust Links Rochford - 9am-4pm

Mondays 12th + 19th October 2026 (both days required) - Trust Links Rochford - 9am-4pm

SFA - Suicide First Aid

Monday 26th October 2026 - Trust Links Rochford - 9am-4pm (SFA - USI - Understanding Suicide Intervention)



National Mental Health Awareness Days

October

10th October - World Mental Health Day

12th - 18th - October 2026 OCD Awareness Week

November

November 2026 Men's Mental Health Awareness Month

4th - November 2026 National Stress Awareness Day

13th - 17th - November 2026 Anti-Bullying Week

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days>

National News Articles

Prince William launches sport mental health toolkit

<https://www.bbc.co.uk/sport/football/articles/cp84m835vm2o>

Children as young as six going to A&E in mental health crisis

<https://www.bbc.co.uk/news/articles/cn5d2r0zqvdo>

Essex NHS Trust appoints new chair

<https://www.essexmagazine.co.uk/2026/08/essex-trust-appoints-new-chair/>

How one of the 'most powerful hacks' to control stress actually works

<https://www.bbc.co.uk/news/articles/c5y5jqly153o>

Therapy help for intensive care patients with PTSD

<https://www.bbc.co.uk/news/articles/ckg9d9nz300o>

Walk-in mental health centres to open in banks and libraries across England

<https://www.bbc.co.uk/news/articles/cpd76e737ljo>

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.