



CASSS

NEWSLETTER

May 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.

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In this Issue

In this edition we have news of a number of events coming up and recently been. There is info on the CASSS event on the weekend. There are also events with Abacus Counselling and Support, the Feel Good Festival and an event at Hamlet Court Road. There is news of some CPD at Trust links and the Counselling Training Hub/Renew Counselling. Finishing are the awareness days 2026 calendar and news articles.

Future network meetings

The virtual network meetings date for 2026 are 1/6/26, 27/7/26, 28/9/26, 30/11/26, all at 4pm on Zoom. Organisations are invited to attend.

Recent and Upcoming Events

CASSS Mental Health Awareness Week Event

Last weekend CASSS ran a Mini-Expo at the Victoria Shopping Centre, as part of Mental health Awareness Week last week.

Several agencies had a table with information and spoke to the public about mental health matters and offer support. There were over a 100 contact with the public, on the day. Many thanks to all the agencies and workers who helped to run the event and offer support.



Feelgood Festival 2026

On Saturday 8th August
Everyone Health will be running
the next Feel Good Festival at
Garons Park again.



Agencies are invited to have a stand on the day, to talk to the public and offer support.
Agencies need to complete the link below, to apply for a space:

<https://forms.office.com/e/9CS3yQji55>

A vibrant 'Save the Date' poster for the 'Feel Good Festival 2026'. The poster has a background of green, blue, and orange wavy shapes. At the top, a dark blue banner with white, distressed text reads 'SAVE THE DATE...'. Below this is a large circular graphic. The top arc of the circle contains the website 'feelgoodsouthend.co.uk'. Inside the circle, there's an illustration of a beach scene with a lifeguard stand, beach chairs, and a sun. Text within the circle includes 'Southend-on-Sea', 'FREE Entry' in a red banner, 'Feel Good Festival 26' in large, colorful letters, and 'Presented by everyonehealth' and 'Southend-on-Sea City Council'. The bottom arc of the circle says 'Join us... Garon Park • Saturday 8th August • 10am - 4pm'. To the right of the circle, yellow text says 'Join us...' followed by 'come along on Saturday 8th August and join in the FREE fun!' in dark blue. At the bottom, an orange banner with white, distressed text reads '#FEELGOODSOUTHEND26'.

Abacus Counselling and Support

Abacus has a charity fundraising quiz on Thursday 28th May. This will be at Leigh Con Club, from 7pm. Pay for tickets on the night.

Abacus also has it's AGM on Thursday 21st May, 7-8pm at Avenue Baptist Church. All welcome.

"We're pleased to share a positive update from Abacus  We have recently welcomed two additional volunteer counsellors to our team along side a volunteer admin position, helping us strengthen the support we can offer to our community. Alongside this, we've moved into new premises in Westcliff, allowing us to provide more accessible and comfortable counselling sessions. Self-referrals are now open, with a limited wait time, so we can support people more quickly when they need it most. All of our volunteers also recently took part in a safeguarding training day, refreshing our knowledge and reinforcing the importance of keeping both our clients and our team safe. Thank you to everyone who continues to support our work."



Charity Quiz Night

Snacks & Drinks available from bar
 ★ Raffle Prizes up for Grabs
 All money goes to Abacus

THURSDAY 28th MAY
 No need to Book JUST TURN UP! 7:30 PM

£3^{pp}

 Leigh-on-Sea Constitutional Club
 Elm Road
 Email: info@abacuscounsellingandsupport.co.uk





www.abacuscounsellingandsupport.co.uk

Referrals: 07843 387879 Enquires: 07910 261780

Affordable counselling from ages 13+

#talkingforchange

Hamlet Court Road Festival

There is a festival at Hamlet Court Road on Sunday 24th May. See on Social Media for more information:

<https://www.facebook.com/Hamletcourtroadinharmony/>

<https://www.instagram.com/hcrinharmony>



Training/CPD Available

Trust Links Training

Trustlinks have some funded places on these 2-day Adult MHFA and SFA trainings for counsellors, students and anyone working in Southend City.

MHFA

Sat 23.5.26 + Sat 30.5.26- Trust Links Westcliff – 9am-4pm

Mon 8.6.26 + Weds 10.6.26 - Trust Links Rochford South Wing - 9am-4pm

SFA

Weds 27.5.26 - SFA USI (Understanding Suicide Intervention) Trust Links Rochford 9am-4.30pm - They have 3 spaces spare

Mon 22.6.26 - SFA Lite - Trust Links Rochford 9am-12.30pm



Counselling Training Hub

They are enrolling for September Counselling Skills Training now

There's a Tuesday morning and a Friday evening class.

Link: <https://form.jotform.com/221157068551353>

They also have some spaces on their ReKindle Couples counselling on the Affordable Scheme - £45 each for 6 sessions.

Link to self

refer: <https://www.rekindlecounselling.co.uk/self-referral-affordable>



They are enrolling for the ReKindle 'Working with Couples' Course in October 2026.

They have counsellors join us, but also other mental health professionals that want the skills in their roles, such as social workers, anyone that deals with families.

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

National and Local Mental Health Awareness Days

July

25th July - National Schizophrenia Awareness Day

September

10th September - World Suicide Prevention Day

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

People who are blind from birth never develop schizophrenia—what this tells us about the psychiatric condition

<https://medicalxpress.com/news/2026-05-people-birth-schizophrenia-psychiatric-condition.html>

Two-thirds of teachers working almost an extra day a week

<https://www.tes.com/magazine/news/general/two-thirds-teachers-working-almost-extra-day-week>

Shortfalls in safety at mental health ward - CQC

<https://www.bbc.co.uk/news/articles/ceqw0w2p021o>

Geckos and snakes help calm mental health patients

<https://www.bbc.co.uk/news/articles/cz67gl7ee45o>

People encouraged to speak out about bipolar disorder

<https://www.rte.ie/news/ireland/2026/0330/1565577-bipolar-day/>

Instagram worse for mental health than WhatsApp, global study finds

<https://www.theguardian.com/media/2026/mar/19/instagram-worse-mental-health-whatsapp-global-study-finds>

'I had no idea': The hidden mental health struggles many women face during menopause

<https://www.euronews.com/health/2026/03/15/i-had-no-idea-the-hidden-mental-health-struggles-many-women-face-during-menopause>

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