

Lothians Counselling Scheme launches today

✖ Scotland's largest voluntary social care organisation is launching an innovative new counselling scheme in the Lothians today.

The ABBA project, run by the Church of Scotland's social care arm CrossReach, is a holistic approach to the treatment of anger, bullying, bereavement and abuse (ABBA).

And this morning there will be a grand launch of the service at the St Andrew's Centre in Dunbar.

ABBA complements the existing generic counselling service in East Lothian.

The creative therapeutic scheme aims to assist individuals and families suffering from these issues and support the communities in which they live. The project is free to use, but people are encouraged to make a donation as means allow.

CrossReach's Lothians counselling manager, Jacqui Lindsay, said: "We are really excited about the opportunities that this new project will give us.

"Abuse, bullying, bereavement and anger are four huge issues facing adults and young people today.

"It will enable us to reach those most in need of our services in a creative and flexible way, whilst striving to support other professionals and individuals working alongside those struggling with these life affecting problems."

The project has been part financed by the Scottish Government and the European Community Tyne Esk Leader 2007-13 programme.

Ms. Lindsay continued: "Without that financial support, we

would not have been able to offer this extension to the counselling services already provided by CrossReach in the Lothians.”