June 14th 2023

Dear Mrs Thomson,

Allow me to re-introduce Alton Counselling Service to you.

You may be aware of this small, local, independent charity. We offer high quality yet affordable counselling in a safe and confidential setting. Our clients are local residents of Alton and the surrounding parishes. Many clients are either referred by their GPs, or contact us direct and we offer counselling to young people, couples and adults of all ages.

We offer the chance to talk through difficulties such as major life changes or losses, either face-to-face or by telephone or online, depending on our clients’ availability and preference. We received council grants after the pandemic to enable us to help clients who were faced with the added burdens of financial problems. At this point in time, we are still finding many clients in need of help who are also struggling financially. We never refuse counselling on financial grounds alone so that, despite our counsellors being volunteers, we still need to raise funds in order to meet the demand for counselling.

We are always grateful for occasional support from parish councils, organisations and businesses operating locally, for instance we received £250 from the Masons recently. It is in this context that I am appealing for a donation towards our work. These sums are significant receipts for us and will allow us to continue to be able to help all who come to us. At the other end of the scale £2,000 would enable us to expand the service and decrease the current waiting list. All donations are gratefully received and publicised on our website and facebook pages as well as mentioned in our annual reports.

Not only clients but also their families and friends express gratitude for affordable counselling services;

Yours Sincerely



Anne Bothwell

Chair of Board of Trustees

chair@altoncounselling.org.uk