

How to contact and find us

Please contact the Health and Wellbeing Projects Coordinator via the reception desk to make an appointment or for further information:

Plymouth Healthy Futures Service
Jan Cutting Healthy Living Centre
Scott Business Park
Beacon Park Road
Plymouth
PL2 2PQ

Tel: 01752 203673



Healthy Futures Counselling



Your Questions Answered



Wolseley Trust

What Counselling is

Counselling is a talking therapy and an opportunity to explore any worries or issues you may have with in a safe confidential space with someone who is trained to listen.

Your counsellor will offer you warmth and acceptance and use empathy to understand how things are for you. They will help you to focus on your issues, respect your choices and values and work with you towards making any changes that are right for you.

Talking through your issues in this way may offer a new perspective on something you may be stuck with and simply talking through your thoughts and feelings with someone who is trained to listen may bring relief.

What Counselling isn't

Counsellors do not advise or tell you what to do and cannot promise to make all your problems disappear!
They cannot guarantee to make you feel better and they most definitely will not judge you.

About the Service

This counselling service can be accessed by obtaining a referral from your GP or from support workers via another organisation. It is also available for people who may wish to self-refer. The Counselling is offered as part of The Plymouth Healthy Futures Programme which is run by the Wolseley Trust and based at the Jan Cutting Healthy Living Centre in Plymouth.

For more information on referrals and eligibility to access the service, please contact 01752 203673.

Who are our counsellors?

Our counselling is delivered by two volunteer student counsellors undertaking a clinical placement as part of the final stages of our training towards a Level 4 Diploma in Therapeutic Counselling.

Both counsellors are student members of the BACP (British Association of Counselling and Psychotherapy) and work in accordance with the BACP ethical framework.

What we can offer

We offer an initial consultation lasting an hour where we can discuss your needs, the counselling process and what you would like to gain from it to help you decide whether or not you would like to have further counselling sessions.
We can then offer you a further 6 one-hour long sessions.