

## Counselling for Carers in Norfolk

The Caring Space is working in association Norfolk Family Carers to offer affordable counselling through a growing counselling network. The Caring Space are a small group of fully qualified, experienced and BACP (British Association for Counselling and Psychotherapy) Registered counsellors committed to supporting people who care for others in Norfolk.

The  
**Caring Space**

Carers Counselling Norfolk

### Counselling

We specialise in providing one-to-one, low-cost and open-ended counselling for people who give unpaid care and support to family members or friends. We understand the challenges involved and offer you a confidential safe space where you are able to focus on you; to share and explore your emotions with someone independent and non-judgemental. We can also offer bereavement counselling if you have just lost the person you were looking after.

### Session Costs

We keep our costs low as we believe in making emotional support accessible to all. A reduced fee may be negotiable at assessment for those unable to pay our set fee, however we do also need to cover our operating costs.

- Counselling assessment: Free (usually provided by telephone)
- Counselling session (50mins): £30

### Our Counsellors

The Caring Space counsellors have varying availability, and some offer face-to-face or telephone counselling and work from a range of locations. Contact one of the counsellors below to discuss your emotional support needs.

#### Chloë Swinton



BACP Reg. No.  
059648

**Location:**  
Norwich and  
within 3 miles

**Availability:**  
Variable

**Method:**  
Face-to-face,  
telephone or  
home visits

Looking after someone can be satisfying, but also exhausting and tough. As a qualified Integrative Counsellor, I work holistically and flexibly with carers; blending elements from different counselling approaches to suit your individual needs. This may include looking at what is happening for you at the moment or inviting you to explore your past. I can use techniques and exercises to help you convey how you are feeling and bring clarity to your situation. I explore your physical, emotional and spiritual being and can also work creatively. I have additionally specialised in the area of 'ambiguous loss' for over 15 years, and see many carers affected by uncertainty or frozen grief. I am a Dementia Friend and understand how dementia can affect loved ones and carers.  
Website: [www.chloeswinton.co.uk](http://www.chloeswinton.co.uk)

**Phone:** 07772 843 327

**Email:** [chloe.swinton@yahoo.co.uk](mailto:chloe.swinton@yahoo.co.uk)

#### Angela Makinson



BACP Reg. No.  
171256

**Location:**  
Norwich

**Availability:**  
Thursdays

**Method:**  
Face-to-face

For a number of years, I have provided emotional support for people who are looking after friends or family members with a variety of illnesses. Often they don't think of themselves as carers. They look after the people they care about because they believe it is their role to do just that. This can prove to be stressful and I like to create an empathic space where feelings can be expressed openly without fear of judgment and ways of dealing with frustrations can be discussed and worked upon. To give an opportunity for innermost thoughts to be expressed and tension and stress to be released. When appropriate, I work with drawing and imagery or just listen. I trained to be a counsellor at the Psychosynthesis and Education Trust, graduating in 2006 with a Diploma in Psychosynthesis Counselling.

**Phone:** 07521 117 040

**Email:** [angelammakinson@gmail.com](mailto:angelammakinson@gmail.com)

### More Information

You are welcome to get in touch with us for a friendly chat about counselling or what The Caring Space offers. Contact one of the counsellors above or email us: [thecaringspace.norfolk@gmail.com](mailto:thecaringspace.norfolk@gmail.com).