

# Devon cares

NAOMI TOLLEY reports on care issues across Devon

## Walk and talk therapy

Counsellor Rosemary Pell has relocated to new consulting rooms at Baring House in Exeter, expanding her practice and offering a more central location for clients.

Formerly working from Walnut Gardens, Rosemary is a fully qualified counsellor and registered member of the British Association for Counselling and Psychotherapy. She has been running her counselling practice for 17-years, helping more than 8,000 clients.

Her new base in Baring Crescent is in a Georgian property and listed building, built in 1854, which has been extensively renovated.

Rosemary says: "I am delighted with the move to Baring House, which is in a beautiful, spacious, light and airy property. It enables me to offer my clients a completely private and discreet service in a peaceful setting. Although the content and exploration of a client's issues is the most important criteria of the counselling session, there is no doubt that a calm, tranquil and pleasant environment is a major contributory factor. I feel very privileged when clients trust me with their problems and the change of premises has provided greater flexibility of client appointment days and times."

There is also free parking and a waiting room manned by a professional receptionist.

Baring House also features a private and gated garden, allowing Rosemary to offer clients 'walk and talk' therapy. This increasingly popular form of therapy offers counselling sessions while walking and talking outside, as an alternative to the



Counsellor Rosemary Pell is offering new Walk and Talk therapy sessions at her new base in Baring House, Exeter.

traditional therapy room setting. Rosemary adds: "Having access to the private garden adds real value to clients who prefer an outdoor space to explore any issues or problems that have been bothering them.

"The fresh air and exercise in a natural environment give a sense of wellbeing, which can help lift the spirits. It's an alternative for clients who may feel uncomfortable sitting opposite a therapist in a room setting or who find it easier to talk while walking and with less direct eye contact."

Rosemary, who is also a member of The Westcountry Association for Counselling is experienced in helping people with the following: relationship issues; working through bereavement and loss; helping with low self-esteem and lack of confidence, trauma and Post Traumatic Stress Disorder; helping to manage stress and anxiety; panic attacks; work problems; and anger management.

## Getting creative

A range of new creative courses have been launched this year to help those with mental health issues, their family, friends and professionals who support them.

The Devon Learning Community courses range from paper craft to mindfulness and gentle exercise to social media. There are also opportunities to learn about how to deal with anxiety, psychosis and Post Traumatic Stress Disorder.

The DRLC is a union between the Devon Partnership NHS Trust, other local mental health and learning organisations and people with mental health experience.

For advice and information about any of the courses call 01392 677067 or visit [devonrlc.co.uk](http://devonrlc.co.uk)

## Outstanding care

An East Devon care service is among the first in the country to be awarded an 'outstanding' rating by the Care Quality Commission.

The award Domiciliary Care East Devon follows the Commission's introduction of 'OFSTED-style' ratings for health and social care services last year. Out of a potential 26,310 social care services nationally, around 300 have been rated so far.

The Honiton-based service, providing home care and support for people with learning disabilities, is one of just three to be given such a rating nationally.

## Knit & natter

Age UK Devon are holding a knit and natter event this month with wool, needles and knitting lessons available.

The drop-in event is being held on 19th March at 1.30pm at 1, Harepath Road, Seaton. Call 0845 2967810 for further information.

## Building funds

A grant of £1,000 for building materials has been made available to a care or nursing home in Devon.

RGB Building Supplies have been encouraging homes across the county to apply for the donation to help complete any

renovation or refurbishment projects.

Rob Allen, operations manager at RGB Building Supplies, says: "We launched our Well Built Community Fund back in April and since then it has proven to be extremely popular. It has highlighted the

amount of fantastic groups, charities and organisations there are in the area."

The company has already donated materials to a charity, sports club, school and community group. For further information e-mail [RGB@pmwcom.co.uk](mailto:RGB@pmwcom.co.uk) or visit [rgbld.co.uk](http://rgbld.co.uk)