

# Curnie Clubs

Counselling Service



**Beating Isolation.**  
**Transforming Lives.**

## Who the service is for?



The counselling service is for **men** and **women** aged from 18 years and above (no maximum age limit), living in any area of **Fife**, who are living with issues arising from social isolation.

Services are provided in the comfort of your own home, through Zoom or telephone by your preferred device such as a tablet, computer or smartphone.

### *Self-Referrals*

**Phone: 07807 011951**

## We cover all areas of Fife

This includes all individuals that are already members of the following Curnie Clubs services in:

- Cowdenbeath
- Dunfermline
- Cupar
- Glenrothes
- Kirkcaldy
- Methil



## Contact us

Curnie Clubs  
Fife Alcohol Support Service  
17 Tolbooth Street, Kirkcaldy  
KY1 1RW

### email

[CurnieClubsInFife@gmail.com](mailto:CurnieClubsInFife@gmail.com)

### website

[FassAction.org.uk/Curnie-Clubs-Home](http://FassAction.org.uk/Curnie-Clubs-Home)



## The Service

The counselling service offers individuals the space to express, explore and understand emotional issues so to find ways to cope better.

There are different approaches that our counsellors are trained on which you may have heard of such as Person-Centred, an indirective approach which supports you to discover your full potential and uncover your true self; Psychodynamic, offers support with problems from the past and the impact on coping with the present and cognitive behavioural therapy focuses on thoughts that effect our feelings and behaviour and offers techniques to work through this.

The Counselling Service offers a free confidential and friendly service provided by a multicultural team of qualified practitioners, whom are members and abide by recognised governing bodies ethical framework.

The service is:

- Free
- Long-term or short-term sessions
- Safe and confidential service
- Psychoeducation around coping and managing emotional situations
- Integrative approach where counsellors are trained in more than one modality and will use the best fit for the client.

## Referral Process

There are several ways to access the service:

You can make a self-referral by contacting the service directly

If already a Curnie Club member you may ask your Support worker to make referrals on your behalf.

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