



## Counselling coming to a close?

We hope you have found the experience of counselling and therapeutic intervention a valuable one. As therapists we count it a privilege to have journeyed with you. Many of our therapists at The Magdalene Project volunteer, in order to pass on what we have received, the concept of "Paying it forward". Dictionary.com offers this definition:

"Pay it forward is an expression for when the recipient of an act of kindness does something kind for someone else rather than simply accepting or repaying the original good deed"

The Magdalene Project would like to offer you the opportunity to 'pay it forward'\*. In order to keep our service open and developing; and to provide desperately needed trauma informed therapy to others.

- Would you consider giving what you have donated per session, as a monthly gift? For example, if you have paid £10 per session, could you partner with us at £10 per month? £2 per session, then £2 per month? If you do, there's a form for a standing order to fill in.
- > Would you consider organising or doing a fundraiser for us?
- > Would you consider a few hours volunteering in a suitable role?

Please fill in your contact details below if this is something you would like to do.

\*We recognise that you may not be in a place to do so, neither are you under any obligation to.

## I am interested in

Fundraising Volunteering Regular Donation
Name
Contact details