



ruils
independent living

Ruils is a local charity based in South-West London run by, and for, disabled people.

We support disabled children and adults, the elderly and people with long-term health & mental health conditions to live independently, be part of their community and to live life to the full. We do this by providing information, advice, advocacy, befriending, counselling and activities to our clients and their families.

4 years ago, Ruils developed a Counselling service as clients were struggling to find affordable counselling sessions. Our counselling sessions are free of charge, making them accessible to those people who need them most.

What would Ruils do with £12k from SEIB?

We would add vital resource to our Counselling service to meet the enormous increase in demand caused by the pandemic. £12,000 would specifically pay for 5 Counsellors to

deliver 500 hours of counselling to 40 clients over the next 12 months.

Clients receive an initial block of 12 weekly sessions and then discuss next steps. Prior to the pandemic, this service was delivered by 3 trainee counsellors and operated a small waiting list.

The pandemic has had a devastating impact on our local community.

Clients have been affected in the following ways:

- Shielding
- Financial hardship
- Cut-off from normal support networks/ activities
- Short of care
- Struggled to leave home
- Struggled to embrace online alternatives to connect
- Feel isolated and lonely
- Feel anxious and have lost confidence

During the pandemic, demand for Counselling rapidly increased due to the anxiety, isolation and distress experienced by clients. The service operated at capacity through the lockdowns, with clients able to join on Zoom.

Following the pandemic, demand for the Counselling service has sharply increased again. Clients joining the

waiting list in March 2022 are currently experiencing a 6-month wait for support.

Counselling will help vulnerable clients to process, and deal with, the significant challenges caused by the pandemic. At the end of the 12-week block our Counselling Coordinator will link clients up with other services which can support them.

During the pandemic, a young man was referred to Ruils who has a difficult background plus a life-limiting disability. He felt isolated and overwhelmed and agreed to try counselling even though he later admitted "I thought it was a load of b*****s". To his surprise, counselling sessions helped him to work through his feelings and turn a corner. He then engaged with Ruils' Assistive Technology service because he felt isolated without a laptop/internet. He recently got in touch to tell us that he has found a job as a Support Worker for a national charity.

Counselling clients also regularly link-up with Ruils' Active from Home service, which matches anxious and isolated people with volunteers who meet them at their home and support them to go for a short walk or attend an accessible activity in their community.

With these small steps, we are able to help isolated people to reconnect with their community and enrich their lives.

Call 01708 850000

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South Essex House, North Road, South Ockendon Essex RM15 5BE. SEIB Insurance Brokers Ltd are authorised and regulated by the Financial Conduct Authority. (local call charges apply)

