



## **Hello and welcome to our second edition and Spring issue of 'DCS In Touch'**

We hope all our Readers are enjoying the first signs of Spring after such a long, cold and damp Winter. The spring flowers in bloom and the clocks going forward are our first welcome signs of the good things ahead.

This is the perfect time of year for a 'springclean' of both mind and body; with thoughts of 'detoxing' the clutter from our lives, ready for the new challenges ahead of us.

At DCS we are looking forward to an exciting and full working year with new projects just starting and the development of new initiatives that we plan to launch in the months ahead. We some-times feel we are running at full speed to keep up with everything, but we have a brilliant team here and somehow manage to keep our feet firmly on the ground!

According to Charles F Kettering, 'We should all be concerned about the future because we will have to spend the rest of our lives there.' Quite a good quotation to have in mind for the lazy hazy summer days when maybe we are looking for some direction and motivation? We are really interested in your comments and proposals for items which we could include in forthcoming issues. Please

contact Muriel, Denise or David at our Head Office on 01245 349 440.

## **Visit to our office by Simon Burns MP**

We spent a thoroughly enjoyable and productive morning with Simon Burns, our MP for West Chelmsford. He was very interested in the work DCS is currently undertaking and it was good to catch up with him as it has been at least three years since we last met up. Having previously been the Shadow Health Minister we were wondering whether to offer him chocolate biscuits or fruit with his coffee. The biscuits 'won out' and we were pleased to see Simon tucking in; we therefore didn't feel the least bit guilty in joining in!

## **Chelmsford Office update.....**

Finally we can report that the office refurbishment is complete. Everyone seems very pleased with the changes and the increased comfort and our new family/couples counselling room is regularly booked out. Burglar Alarm, Smoke Alarms and Panic Alarms have also been fitted to add to the security of the premises. Overall we all feel very pleased with the final results. Drop in and see us and you can give us your feedback.

## **DNA Clinic**

DCS Counselling Services DNA Clinic is now officially open, having launched during the second week in January. As mentioned in the previous Newsletter DCS are working alongside Sequence Biotechnologies Ltd, Liverpool who provides the scientific work whilst we administer the tests and provide pre and post test counselling support to our clients.

We have been very busy since our return to work in January not only in the launch of the service but also giving press interviews and talking to local radio stations about this new service now available to residents in Essex.

From the moment the DNA testing clinic launched we have been busy taking calls and booking tests; so it looks as

if this will be a growing area of work for us; watch this space!



## **DCS Website**

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Already we have had to update our new site to install a new link to the DNA laboratory in Liverpool and to add details of DCS's DNA Clinic. You also now have the option of downloading our Newsletter direct from the website which may be of use if you require more copies or wish to pass our details onto colleagues or friends.

## **We've been Published!**

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From small beginnings..... We've had our first two articles published in magazines. Following our advertisement in Marie Claire Magazine we were approached by Harley Street News and asked to write an editorial on counselling for cosmetic surgery patients. This is a new publication aimed mainly at cosmetic surgery patients and clinics and will be circulated throughout the country. We have also written an editorial for Park Life (January 06 edition) on 'Beating the Post Christmas Blues'. This is a local magazine widely distributed in the Chelmsford area. If you'd like to read these articles yourself then please visit our webpage to view them, [www.dcs-counselling.co.uk](http://www.dcs-counselling.co.uk)

## **Conflict Resolution**

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Workplace Mediation and Conflict Resolution is one of the new services DCS Counselling

will be launching later this year. Following some rigorous training two members of our team are now qualified in this discipline and will be delighted to offer Mediation to companies where workplace conflict has become an issue, or to parties who are in dispute or conflict; e.g. families or neighbours. Please contact David Watson our Practice Manager for further details on 01245 349 440.

## **National Probation Service & Drug Action Team Essex**

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DCS Counselling Services is delighted to be working for a further year with the National Probation Service – Essex offering counselling to offenders with a drug and/or an alcohol problem. DCS has also signed a one year contract with Essex Drug Action Team to offer drug counselling to residents in Essex who are part of the Drug Intervention Programme. This counselling work is delivered at the premises of the purchaser at various locations around the county.

## **Private Clients**

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DCS is still busy taking appointments directly from new clients . Referrals can come on recommendation from another professional, word of mouth or from our advertisements. We have counsellors who specialise in working with couples; stress; anger; addictions; abuse and are

flexible with appointment times and are available for late evening appointments as well as during the daytime. Don't forget we also have our 'Monday morning drop-in surgery' for 30 minute appointments between 10.00 – 13.00. Please ring our Chelmsford number 01245 349 440. Or if you would prefer an appointment in Harley Street (not drop-in surgery) please ring 020 7467 8409.

## **Drug Testing**

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DCS is currently undertaking a feasibility study to see whether in the future we will offer employers Drug Testing facilities in the workplace. We have been approached by some employers who are considering implementing this testing regime alongside their 'zero tolerance' drug and alcohol policy. At this stage DCS is still considering the options before any decisions are made. Again...watch this space for future developments.

## **Training**

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DCS continues to offer training in the workplace for businesses that wish to address the problem of drug and alcohol use among their employees.

If this is an area that interests you please call us for more details. 01245 349 440.



**DCS** counselling Services

email: [enquiry@dcs-counselling.co.uk](mailto:enquiry@dcs-counselling.co.uk)  
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