



Providing counselling for the community

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## Friends of ACS Newsletter - Summer 2018

There are several **changes in the Board of Trustees** following the AGM on 14<sup>th</sup> June. We welcome two new Trustees, Andrea West and Ann Brosnan. Anne Bothwell has taken over as Chair of Trustees. Elizabeth Knight stepped down after five years in that post. Mike Hayward will be stepping down at the next meeting to take on the Chairmanship of Cardiac Rehab. The Trustee Board therefore comprises: Anne Bothwell (Chair), Ann Brosnan, Mike Hayward, Graham Hill, Andrew Micklefield, Tony Souter and Andrea West.

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### Message from Elizabeth Knight

Having stepped down as a Trustee I have volunteered to co-ordinate this Friends of ACS Scheme. I am pleased to maintain my connection with ACS and my first duty is to apologise for cancelling the Garden Party. I am happy to receive your suggestions for a replacement **Friends Social Event**. Please email me via Lissa ([admin@altoncounselling.org.uk](mailto:admin@altoncounselling.org.uk)) with your recommendations. For example, were you disappointed about the Garden Party and want it reinstating next year? Would you prefer a coffee morning get-together? Or would you like a local outing? Is any particular time (day of the week, month of the year) convenient for you?

Do you follow Friends of ACS on **facebook**? If so, let me know (via Lissa) what sort of content you would like to see on our page.



The Friends of ACS will be arranging **fund-raising events** for the service. The next one is another exciting talk by the adventurer, John Pilkington. John (pictured above) has promised us his latest talk, hot off the press. Earlier this year John retraced a Victorian expedition through Eritrea and Ethiopia – though unlike his predecessors he did not use elephants! As usual, Friends of ACS will be offered a substantial discount on the ticket price. Alton Assembly Rooms, **Friday 2<sup>nd</sup> November**