



REGINALD ORSMOND COUNSELLING SERVICES

Association incorporated under Section 21
INCORPORATING MARTINDALE, BELGRAVIA, LENASIA AND NORTHRIDING
COUNSELLING CENTRES

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TO WHOM IT MAY CONCERN

Recommendation of the AVP programme

The Reginald Orsmond Counselling Services (ROCS) had its first organization to organisation meeting with staff of the Alternatives to Violence (AVP) programme early in 2004. The purpose of this meeting was to share organisational objectives with each other and to look for ways of mutual cooperation. Both organisations are concerned with the healing of our nation through the empowerment of individuals and groups.

ROCS decided the best way to get to know AVP better was to invite the AVP team to run a 2-day workshop for staff members together with some of our partners from Westbury. This workshop took place in July 2004 and was a memorable experience for all who took part.

During it, we learnt more about ourselves, about each other, about our ways of responding to conflict and stress, and about how to work together appreciating our differences and our individual gifts. The A.V.P. team's facilitation of the workshop was both professional and sensitive. The values transmitted in the learning processes were profoundly Christian, and universally human. The time we spent together was enjoyable, affirming and challenging. At the workshop's conclusion, ROCS' staff wanted to make this workshop better known and more accessible to many potential leaders, the young and the not-so young.

I have no hesitation in recommending the AVP programme to all who wish to address some of the profound issues besetting our society in order to make a difference for the better. Change begins in the hearts and spirits of individuals, and the AVP programme can help us make this difference.

Brigid Rose Tiernan snd
CEO: Reginald Orsmond Counselling Services
16 August 2005