



GLASGOW ANXIETY & DEPRESSION  
SUPPORT SERVICE

## **THERAPY/COUNSELLING/CONSULTING** **ROOM HIRE**

### **Therapy/Counselling/Consulting Room Hire**

We have a comfortable therapy/counselling/consulting room in Glasgow city centre to rent on an hourly basis or for longer blocks of time. Non-therapists are also welcome to hire rooms on a regular or one-off basis too.

Rooms are equipped with various white boards, markers, fan and heater, complementary tea/coffee trolley, clocks, tissues, first aid box, free Wifi, 'Therapist Survival Kit' and much more. It offers a central location and great transport links. Please note that the office does not have disabled/limited mobility access (it's up some stairs with no lift).

Therapists, non-therapists, non-Members and Members of The CBT'ers Club are welcome to rent rooms on a regular basis. See below for room rates.

Our rooms (called Citizen17 Rooms) are ideal for therapy/consulting appointments, assessments, interviews and small meetings. Regular room users can use our secure online booking system so that you can take control of your bookings and book easily and quickly, with no fuss.

Note: regular room users are asked to complete a Registration Form and Working Agreement. We need to know you have indemnity insurance and are a suitably qualified practitioner. This is standard practice. Please get in touch for one-off or irregular bookings. See below for more benefits of renting our rooms.

### **BENEFITS**

- *Access to online booking and payment system*
- *Good rates: £10/hour (discounts for those using the room 10+ hours per week)*

- Central location with access to many transport links including subway, train, bus, motorways and car parking
- Nearby shops, coffee shops and places to eat
- Secure environment with CCTV in the communal areas
- Access to a communal kitchen with others who are part of the Hope Studios community
- Complementary Tea Trolley in the office (in case you don't want to use the communal kitchen) with kettle, cups/saucers, tea/coffee/flavoured teas, biscuits, napkins, cutlery, glasses etc.)
- White board and markers
- Bright décor and lots of natural light
- 'Therapist Survival Kit' (includes pens, white board markers, ink pens, first aid box, plain and lined paper, writing board, batteries, personal alarm, room spray, extra tissues and other bits and pieces to make your use of the room as comfortable and easy as possible)
- Free Wifi
- Your own set of keys
- Various clocks (easy to keep an eye on the time!)
- Heater (warms up the room really quickly and nicely)
- Possible referral/associate opportunities (particularly for evening work)
- Possible future low-cost (£5 per 1 hour 30-minute monthly session) Coffee and Chat Club for Room Users (provide some informal support to each other)
- Access to the office from 8am-9pm, 7 days a week.

**Please note that the office does not have disabled/limited mobility access and accessed via stairs only (no lift).**

The office is in Studio 1. There is a small waiting area in the corridor next to the bathroom where clients can take a seat while waiting for the start of their appointment. There are some leaflets and magazines too. Clients take a seat when they arrive and wait there until their appointment time. There is a bathroom (shared by other businesses on the floor) just at the top of the stairs. There is also shared kitchen facilities (shared by other businesses on the floor) if you wish to use these, although the Citizen17 office is self-contained in that it contains a complementary tea-trolley with kettle, cafetiere, cups and saucers, glasses, jug, biscuits, flavoured teas, breakfast tea, sugar and coffee.

The building is across the road from Sarah Louise Bridal and NailCo and Rufus T Firefly (which is a grey coloured facade) is just beside the entrance of 'Belle and Blackley'. The office is 5 minutes' walk from Queen Street Station, Buchanan Street Subway, Buchanan Bus Station and Central Station. Charing Cross Station is around 15 minutes away and St. Enoch Subway and Argyle Street Station are around 5-10 minutes' walk away too - so the office is really central and may buses all stop nearby. There is car parking in Buchanan Galleries, St Enoch Centre and Bath Street just around the corner.

If you are interested in renting the Therapy/Counselling Consulting Room (for therapy, counselling, coaching etc. or for small meetings, interviews etc.) please get in touch with us to arrange a viewing (if required), collection of keys, sign the External Therapist Working Agreement and to sign up to the Online Booking System. We look forward to hearing from you.