



Empowering life -  
transforming trauma

Aberdeenshire

# *Cornfields Values*

Openness

**Nature**

*Respect*

Empowerment

**Nurture**

**Love**

**Integrity**

*Compassion*

**Innovation**

**Diversity**

Perseverance

# What is Cornfields?

Cornfields is a social enterprise which means that we provide social and economic benefits to individuals, families, local communities and the business community

Cornfields aim is to promote and provide support services for people living in Aberdeenshire who are affected by trauma or a traumatic event. Services are also available for family and friends.

## Cornfields vision

To create a magical place that radiates hope, health and well-being where people can feel empowered and free.

# Possible effects of trauma on

## Individuals

- › Isolation
- › Confusion
- › Exhaustion
- › Memory loss
- › Change of personality
- › Stigmatised

## Families

- › Sense of abandonment
- › Guilt
- › Dysfunctional patterns
- › Living bereavement
- › Financial hardship
- › Family members become Carers

# What Cornfields can offer

- › *“When I talk to you I know you understand”* (client quote)
- › A safe base to talk and be listened to
- › Connections to like minded people
- › Coaching, mentoring and counselling
- › Complimentary therapies
- › Group activities indoor and outdoors
- › Volunteering opportunities
- › Training / work experience

Cornfields services are tailored to meet individuals needs. Utilising our skills, networks, insights and intuition to connect the right people at the right time.

All services are co-ordinated by Cornfields and associated costs are dependant on individual circumstance.

# Contact Us

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