

SANDHURST COUNSELLING SERVICE

FINDING YOUR WAY IN TROUBLED TIMES

Sandhurst Counselling Service was originally set up by members of St. Michaels' Church and in 2011 it became a charity in its own right, with a Christian ethos. We are very thankful that we have the support of the church in prayer, practical and financial ways. We have been running for over 30 years now and are still operating as a local charity that provides counselling services that are free at the point of delivery (although a donation towards our costs is suggested) for people of Sandhurst and the surrounding area. Referrals come from a variety of sources including the NHS, professional services and self-referrals.

For people who are struggling with mental health issues we really are a life line that helps them to keep their lives together. Counselling can help people to function more effectively in their families, at work and in the community. It can restore a sense of worth and balance that makes the difference. For someone to get their life back into perspective and value themselves has a far reaching impact on all who are involved with the person, it is like a ripple effect, with the person at the centre. Because of the nature of the work there are no pictures with this article.

We employ a Clinical Manager and an Administrative Manager. The counsellors all give their services to the charity. Many of them are training, but some are fully qualified. The charity provides their professional supervision and training courses.

We aim to have about 20 counsellors on our books and last year we provided 1661 hours of counselling. The service was quick to adapt to the lockdowns and introduced remote counselling sessions for most clients and whilst many are now returning to face to face sessions, some are happy to stay online for the time being. The church generously donates the use of the rooms in the Pastoral Centre to support our work.

Our other main costs are the professional supervision of counsellors, initial assessments of clients, training courses and general administration. We raise our money by applying for grants, taking part in local fund raising initiatives and fund raising ourselves. Four of the trustees are nominated by the church and we are very grateful to be part of the charitable giving of St Michael's.

If you would like to know more please talk with me or Dave Percival, our Chairman.

A little thing you could do to support us, if you purchase through *Amazon*, is to select us as your chosen charity on *Amazon Smile*. By selecting *Sandhurst Counselling* on *Amazon Smile*, 0.5% is donated to the service by *Amazon*, at no extra cost to you. It is these little additions that help keep us going. You can also donate through our website if you would like to at: www.sandhurstcounselling.org.uk.

Sarah Ashton



Contact us

Do you have something else you'd like to appear in the newsletter? Please send emails to: newsletter@stmichaels-sandhurst.org.uk. The deadline for entries in the September edition is **Tuesday 24 August**. If you would like to receive that version via email, please contact David Hunt at: david.hunt@bcs.org.uk.