

SANDHURST COUNSELLING SERVICE

FINDING YOUR WAY IN TROUBLED TIMES

OUR FEBRUARY CHARITY

St Michael's is an outward looking church and this led to the creation of *Sandhurst Counselling* in 1990. Now we are recognised as a charity in our own right but we are still part of the church's outreach into the community.

We are very grateful for the support we receive from the church as although we ask for a donation from clients our aim is to be available to all who need help and currently donations only cover 20% of the cost of a session.

Being a charity of the month gives us an opportunity to share our work with you as well as helping us financially. Thank you. The service operates with a Christian ethos and most of the counsellors volunteer their time as part of their training, but we do incur a lot of other expenses as assessments and supervision and extra training all have to be organised and paid for. We do receive some funding from Bracknell Forest and we apply for other grants to cover our costs. The gift of the room hire from the church and being a named charity is honestly a life line for us.

At any one time we have between 16 and 22 practitioners and as they complete their training they usually move onto paid work,

which we are rarely able to offer. This means we are regularly recruiting new trainees.

Over a year we provide over 1600 counselling sessions. That is helping a lot of people to be more comfortable with their own lives and cope with their daily life both within their family, their work place and our local community. Where do our clients come from? Most are from the local area, but sometimes people from further away seek us out on the recommendation of an ex-client.

Over the last year about 140 people have received our help. What an amazing number and this is part of St Michael's outreach into the community.

I can't pretty this piece up with pictures as counselling is confidential, it is a one to one therapy session, and our clients' confidentiality is respected at all times.

As a charity we are so grateful to the Church and people of St Michael's for their continued support and prayers. If you would like to support us in any way, or learn more about the service please make contact with Dave Percival, Peter Hulbert, Nicky Thomas or myself as we are all trustees.

Thank you
Sarah Ashton