

Just get on with it!

Suppose you had a broken leg how would you feel if someone just told you to get up and get on with life? If you had a migraine, would you expect the doctor to tell you to ignore it and go off to work? Yet when it's mental illness, we naturally tell the depressed person to cheer up and carry on, or the anxious person 'there's no need to worry!' Mental illness is a growing blight on many people's lives - an unseen problem.

For the past 20 years Sandhurst Counselling Service, which started in the church, has been offering professional counselling to those struggling with many aspects of mental health. The church supports it both by way of grant from our Charitable Giving, and by offering the rooms free of charge. The office also provides (on a paid basis) all the admin and accounting services SCS needs. Three of the five trustees are nominated by the PCC, and the ongoing support from the church is vital to the service.

The largest proportion of SCS income comes from Bracknell Forest Council, but their support is being phased out (spending cuts!). They have been very fortunate to be selected as 'Mayor's Charity' for 2017 - 18, and this will help them fill the funding gap - but more will be needed next year!

SCS is one of the ways in which the church reaches out to serve the most needy in our community - those battling the unseen misery of mental illness. If you would like to get involved with this work there are lots of tasks that need doing - so do please speak to Di Taylor, Sunita McIntosh, or Dave Percival.