



network
counselling and training



Mission Partner of the Month – March 2019

Network Counselling, located in Elm Park, Filton, is one of the largest counselling agencies in the South West. It was founded in 1986 by a group of Christians from local churches in Bristol and still maintains a strong Christian Ethos which is the motivation for all that we do. We have around 40 fully qualified and student counsellors who volunteer their time in order to provide a safe and confidential space for clients who would not otherwise be able to afford counselling. No one is turned away for lack of ability to pay. Network offers long-term, affordable professional counselling for people from all walks of life.

"I feel so much more equipped to face the future. I thank God that I discovered you."

Network Client

One year at Elm Park

Having rented property in a number of places throughout the city, Network moved to new premises attached to St Andrew's Church in Elm Park, Filton just over a year ago. In that year over 3,000 counselling sessions have been held, helping over 100 clients each month.



The majority of our staff and a large number of our counsellors are Christians. Many of our clients also have a Christian faith and report that they appreciate being matched with a counsellor who understands the importance of their faith and where they can be fully themselves.

"I have come from a dark place into the light"

Network Client

One client's story

(Used with permission)

"I've suffered with depression, chronic anxiety, complex PTSD and panic attacks all my life. The youngest I remember being anxious and depressed is 11 years old. I could not leave the house on my own or catch public transport until I was 18. I could not handle mainstream education. I find it hard to commit to a job as I get incredibly drained and tired, finding it hard to function day to day. I found myself constantly



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crying, breaking down over trivialities, feeling incapable of completing tasks and having very little confidence in myself, and my abilities. Network Counselling was the affordable and long term service I needed. I would not have been able to afford counselling if it weren't for Network.

Through attending weekly sessions I discovered and unearthed, with the help of my counsellor, the root of my depression and anxiety. I lived with mental and emotional abuse on a daily basis without realising it. I was able to work through this in a safe environment at a pace I felt comfortable with I am thankful to Network for pairing me with a counsellor that matched my needs, I would not be where I am today if it wasn't for her. I am now 26, it scares me to think how long it might have been without Network's support until I was fully aware of my situation and able to feel I could leave. Now I can say that I am taking control of my life and trying to be kinder to myself, I am getting stronger every day."

"Safe, professional, warm... life changing"
Network Client

Please pray

- We have had a number of key staff leave and new staff and trustees joining the team over the last 3-4 months. Please pray for strong and lasting working relationships to be formed and that we will know God's guidance as we move forward.
- Please pray for our clients, that they will find in Network a place of peace and healing; and for our counsellors and supervisors that they will have the inner resources to meet the needs of their clients and be able to practice good self-care in the process.
- Having our own premises gives a measure of financial stability. However, we have a need for funding to pay off two short term loans that were taken out to complete our building project. Please pray that God would provide these much needed funds.

Learn to listen – Being There

Network's 12 week introductory course to listening and counselling skills begins on Thursday 25th April. Weekly from 6.30-9.30 on a Thursday evening this course is ideal for those who wish to develop their ability to come alongside others in their work or a pastoral context. Contact sue.woodheadmarsh@network.org.uk or see the Network website for more details.

St Michael's Church link: Revd Julie Bradley

Network link: Louise Mill

Website: <https://network.org.uk>