

HCCS (Bower House) Report

Firstly BH wishes to thank all the churches for their support; Support in the management of the service; in helping to provide volunteers; in providing venues for meetings; in all the generous donations of money and for the spiritual support

During the last year....

Change to the area served; we now operate from within a ten mile radius so that we are serving the people of Market Harborough and District- although we do have some flexibility

We have 46 counsellors

28 support workers

We employ 2 part time coordinators and 1 part time administrator

We offer many modes of talking therapies including person-centred; cognitive behavioural; couples therapy and psychodynamic

We do not limit the number of sessions but work with the clients to provide what the client feels is helpful

Supervision is now provided in house, unless individual counsellors wish to continue to have external supervision, which they are willing and able to fund. The provision of internal supervisors has reduced our on going costs and also means that the work is known about and supported from within the service.

Young people (11-18) have been seen by the Cube Counselling service; referrals are sent to the Cube. One counsellor has an MA in counselling this age group and she also has used other Bower House Counsellors who have expressed an interest/ developed some expertise with these clients. There has been much discussion about concerns re charging at the cube; but we have been assured that clients are asked to contribute if the families are able. For example a child from the satellite club having referred themselves would not be charged but a child whose parents are part of the referral process are asked to consider paying up to £30/ hr

We continue to ask for donations and do not charge for our services. Each client is told that the cost of running the house is about £40/hour and that we are a charity and that any contribution, however small is gratefully accepted. We receive approximately £1100/ month in donations

We are receiving on average 20 new referrals per month; approximately half are advised to come by their GPs. This month we had already received 20 referrals by the 16th.

We are undertaking approximately 300 hours of counselling per month

On average we have between 160 active clients

We have introduced a new assessment process. Experienced counsellors are assessing clients in order to enhance the allocation process; to discuss different treatment modalities and to assess whether counselling is appropriate(This seems to be especially relevant as funding to MH services has been reduced and clients with very complex needs are referring themselves.

Friends—we are in the process of relaunching our Friends of The Bower House scheme whereby people can give regularly to the service.

We have recruited volunteers from each church who are called Angels who have responsibility to try to recruit people to becoming friends and who will try to ensure good communication from the BH to the churches—they will hopefully write articles for magazines; ensure publicity for fund raising events is cascaded and raise the profile of the BH and of its needs.

If every person attending our churches were able to give as little as £2 / month our financial needs would be nearly met. We are aiming for as many people as possible to become financial friends

This year Freddy and Aubyn De lisle generously gave their time and the grounds of their home at Quenby hall for a summer fayre and festival and we made approximately £6000 for BH funds

Other events such as Ladies Making Music, have helped to raise substantial amounts

As we look at the finances we have a projected deficit of £1300 at the end of the financial year; additionally our boiler needs replacement at a cost of £2800. The current boiler is unreliable; expensive in repair costs and inefficient.

We are seeking funds from various organizations but have been unsuccessful to date.

One of our needs is someone to try to help with our funding. Mike Smyth continues as our financial officer and we remain indebted to him and his hard work. If anyone knows someone who might be interested in spending time in applying for grants or could provide Mike with any assistance we would be very grateful.

We have made efforts to cut our costs by for example doing our own cleaning and decorating but as we employ people we have the on going costs of this. We feel it is essential to continue to have these employed people as the organization is large and complex and we have a responsibility to ensure that the service is of appropriate quality.

On behalf of HCCS I would there for wish to thank CT for all their generosity of time, prayer and financial support. I would also ask that you consider whether you could become a friend of the BH; or whether your church could help to run a fundraising event or whether you know someone who could volunteer as a support worker or someone with fundraising or financial gifting.....

To end a few anonymised stories

A young woman suffering from depression following the birth of her first baby 2 months ago

A middle aged woman with a very distressing past including homelessness and sexual abuse and suicide attempts who is currently severely depressed and not coping and who is actively contemplating suicide and feeling victimized at work

A man who is off work with anxiety and depression after his mother died 6 months ago. He describes his mother as overbearing and difficult. He has problems at work and is anxious about a new relationship

A man whose son was killed in an RTA 18 months ago. He had Cancer himself 2 years ago. He is struggling to carry on with life “as normal” when life just isn’t normal