BOWERHOUSE
Making a positive difference

The Bower House, 32 Coventry Road, Market
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Churches Together Report – November 2025

We send our apologies for the recent lack of reports from the Bower House. Please find our update for November 2025.

We currently have around 68 volunteers, comprising of support workers, student counsellors, qualified counsellors and our governing body.

To become a qualified counsellor takes personal commitment and a minimum of four-years of study. There are a variety of qualification pathways with varying costs attached, ranging from £2500 a year for a diploma course to £12000 for a counselling masters.

Other requirements along the qualification pathway include:

- **Supervision -** when counsellors see clients they are required by counselling professional bodies to have ongoing supervision. This is more than 'line management'. Supervisors are trained or have sufficient clinical experience to bee deemed competent to support the practice of others. Supervision helps ensure safe, ethical practice and aids the counsellor's professional development. The Bower House covers the cost of an hours 1:1 supervision per calender month for each student/qualified counsellor.
- **Personal therapy –** the majority of qualification courses expect students to be in therapy themselves. This is often between 10-50 hours of counselling at a cost to the student.
- **Insurance –** The Bower House professional indemnity and public liability insurance covers volunteers and students in their counselling and support worker roles.
- **Professional Membership –** There are numerous professional bodies that counsellors and students can join. These provide guidance, ethical frameworks and up to date information about the counselling profession. We strongly encourage our counsellors to remain a member of a professional body – such as Association of Chrisitan Counsellors (ACC) or BACP, both of who charge an annual membership fee
- **Continued Professional Development (CPD)–** Members of counselling professional bodies are expected to engage in 30 hours of CPD a year to ensure they are abreast of current thinking and developments in the profession. We organise and offer CPD events at a reduced rate for Bower House volunteers.

Our support workers are the backbone of the service and are the first point of contact for anyone calling the service or coming to the front door. They offer a rich mix of gifts and talents, support and care. It is a role that can develop as far as that support worker wishes

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to take it. If you would like to know more about join our team as a support worker, please do contact us and we will happily answer any questions.

We are thankful that God provides us with wonderful counsellors, both trainee and qualified to work with our clients. Our clients come from all over Market Harborough and the surrounding area of up to 10miles. They present with varying problems from low mood to deep childhood trauma and everything in between. Some clients come from GP referrals, some are returning clients, some come to us through word of mouth and some from local churches. All our funding as you might be aware is self-generated, however, as remains the case, finance is not a barrier to accessing counselling from the Bower House.

Since we re-opened in September 2025, from our annual two week summer close, the house has been very busy with new clients calling. In September we had 39 clients call us, which is an increase of 195% from September 2024.

We have also been busy with fundraising; in September we hosted a fashion show. Whilst this is organised by professionals, we hired a suitable venue, provided some light refreshments and had a raffle! We are very thankful for the support of the local community as it was a great success, we also entered a few teams into a local pub quiz – held at the Conservative Club in Market Harborough, which by all accounts was a fun night. Thank you to those who turned out to support us.

Our next fundraising event will be held on Saturday November 22nd and is our annual Christmas Coffee morning at Market Harborough Theatre. We will have our tombola and lucky dip stall as normal, this year we are holding a mystery book stall, jigsaw stall and jewellery stall plus more on the day. Please do come along and say 'hello', we'd love to see you there.

We always thank God for your continued support of the Bower House and pray God's blessings upon you and the work that Churches Together Harborough does.

Every Blessing,
Cara & Loraine