

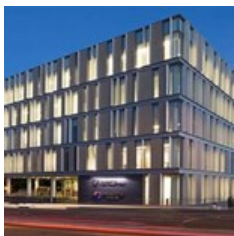


NEWS UPDATE

Manna House Counselling Service
73 St Giles Street
Northampton, NN1 1JF
01604 633304
mhcs@mannahouse.org.uk

Notes for this Month

On the Move!



You will be aware from the last newsletter that in April, our home for the past 18 years at 73 St Giles Street, was put on the property market. Within a week the building had a buyer and was sold subject to contract. At that time we were advised we had until the Autumn/Winter to find a new home for our three growing services of Counselling, Training and Wellbeing.

Things have moved on at pace and as of the 3rd July contracts have now been signed and we move out of 73 St Giles Street on Friday the 12 July in readiness to complete the sale and clear the building for the new owner by 31 July.

You will be pleased to know that Counselling and Wellbeing will be relocating to the **University of Northampton Innovation Centre**, Green Street, with **Training** moving to **St Andrew's Braye Learning and Development Centre**, Bedford Road, near Daily Bread.

All counselling and wellbeing will therefore commence from the Innovation Centre on the 15th July 2024.

Counselling will still take place at the 73 St Giles Street as usual until Thursday the 11th of July.

Level 2 and Level 3 Training will start at the Braye Centre later in August and September with an exciting new Level 3 Residential Course being planned for early 2025 at Highgate House, Creaton (more details to follow.)



The Innovation Centre (NN1 1SY) is located directly opposite Northampton Train Station. Our offices are on the 2nd floor (there are two lifts). We have 2 dedicated counselling rooms, an admin office and a smaller office/counselling room/quiet work space, whichever is needed. Each of the counselling rooms have a desk, storage and large consulting area. There is a shared kitchen and break-out space to eat lunch, with microwaves, fridge, dishwasher, sink and free tea, coffee and milk. There is also a café on the ground floor where we can purchase food and drink. Other meeting rooms are also available - at additional cost. So there is some flexibility here.

Counselling rooms are booked through Mike - 20 sessions are available every day - starting at 08.45 with the last session at 18.15 in order to finish and vacate the building by 20.00. Sessions are for 1 hour and 15 minutes to give enough time to greet clients at Reception, escort out of the building post session, write up notes and ensure the room is ready for the next session. All MHCS staff, counsellors, volunteers and students on placement will be issued with an ID Badge and an Access Card in order to safely move around. Letters are today being sent out to everyone with more details, so please do look out for yours.

>	Items for Sale (Or To A Good Home!) We will finally be vacating 73 St Giles Street on 31 July. Mike is Project Managing our move to the Innovation Centre and storing and skipping unwanted items - desks, chairs, pictures, sofas etc.. If interested then please talk to him!
>	New Office Opening Times Monday to Friday 08.00 - 20.00. Saturday 08.00 - 15.30. Reception Team available to provide access to rooms. MHCS Admin Office will be open at the usual times of Monday to Friday 08.30 - 17.00.
>	Trust Meeting Please pray for our Trustees and for the Trust Board meeting on 01/09/24.
>	Listening Service Project This project has received £10K and we are now looking to recruit and train volunteers. For details see Jayne.
>	GRT Project From the 1 April this project has been up and running. Caroline is the principle lead on this and working with Liz to provide counselling and training to members of the GRT communities . For more details see Caroline.
>	January - April Statistics Update 524 Counselling Sessions 339 Clients Seen 29 Did Not Attend 53 Late cancellations 43 New Referrals 29 On Waiting List 41 Supervision Sessions Donations for Counselling £6,668 Or £12.73 a session

LEVEL 2 INTRODUCTION TO CHRISTIAN COUNSELLING

WHO IS THE COURSE FOR:

this course is suitable for those wishing to explore counselling and offers a foundational understanding into the whole area of counselling. The course will increase understanding of how people function, why things go wrong, and help improve student's interpersonal skills in all areas of life. It is therefore also ideally suited for those involved in various supporting, helping and caring roles, or anyone involved in pastoral aspects of church life.

COURSE DATES

Summer School 2024

held over 6 consecutive days
10am - 5pm (1 hour lunch)

Monday 5th to Saturday 10th August (inclusive)

Autumn Courses:

Alternate Saturdays 21st September to 7th December 2024
10pm to 5pm with 1 hour lunch break
OR

12 weeks ONLINE every Friday
13th September to 13th December 2024
9:45am to 1pm

FEES

The course fee is **£395**, this includes notes and registration with CPCAB

Course fees may be paid in full or by monthly instalments over the duration of the course

A deposit of £95 is required with completed application forms

Please note all courses are run subject to sufficient student uptake.

The course fee is non-refundable



AT A GLANCE SKILLS

- Develop people helping skills
- learn to listen
- Improve interpersonal skills
- Begin training as a counsellor

TO APPLY:

- Training@mannahouse.org.uk
- 01604 633304
- www.mannahouse.org.uk

Manna House
Counselling Service



Serving the Community

Parking at The Innovation Centre

Our new home is close to Northampton centre, immediately opposite the Train Station, with access to a number of car parks and on numerous bus routes. There is also a secure bike store and two cycle routes nearby. There is no dedicated car parking onsite apart from two disabled spaces for Blue Badge Holders.

There is, however, **free parking** available at the University Claret Car Park, Edgar Mobbs Way, Sixfields, NN5 5JR. This is an eleven minute walk away or a four minute bus ride.

The No. 18 Stagecoach Bus runs every 40 minutes between the car park and train station. The bus itself is subsidised at £1.50 each way (keep your ticket and Mike will reimburse) and you will need to download the Stagecoach App and then insert the Travel Scheme ID code (again, available from Mike) to benefit from this (cost is £2.00 otherwise).

The closest available parking to the Innovation Centre is at Chalk Lane (£1.10 per hour) and Sol Central (Vue Cinema, £1.20 for 2 hours).

Parking at **The Braye Centre** is free for all Training Staff and students with Workbridge Café and Daily Bread also nearby.

Active Listening & Basic Counselling Skills

Ever felt like no-one is paying attention? The Listening Service develops listeners for people who may be waiting for counselling, seeking access to wellbeing services or simply in need of someone to talk to.

Interested in becoming a listener?

If you are interested in joining our team of volunteers, contact us for further details on 01604 633304 or email mhcs@mannahouse.org.uk

Counselling Service



Serving the Community

Fee Reminder

MHCS has a Recommended Fee policy to run the service. Due to the reduction in funding streams this has unfortunately meant that free counselling is no longer something that can be offered to everyone. Instead clients are informed upon referral and then at the Initial Assessment that we can provide up to 12 subsidised sessions, with fees dependant on Household Income in line with our sliding scale. The minimum cost is £15 per session. After 12 sessions and if further sessions are required the fee rises to the still subsidised figure of £45 per session (£55 per session is the real cost of providing our service).

In case of hardship then the counsellor is encouraged to speak with Sheila or Neil to see if there is any funding or grant aid available to help cover the minimum £15.

It is for the counsellor to ensure payment after every session - cash, cheque or card reader.

Wellbeing News

FREE ZOOM WELLBEING SESSIONS

First Sunday of Each Month
4pm – 6pm

7 July Anger

4 August Changes

1 September Stress

6 October Anxiety

Please contact Jayne for details.

Peer Support Group

Meets every Wednesday
10.00—13.00

Please contact Jayne for details.

Next Team Meeting

Wednesday 28th

August 2024 at 09.30

Admin Room 216/Zoom

Agenda items & AOB to Neil please.