

Our Mission

As a counselling centre we provide a place and spaces of peace, respect, hospitality and care.

For many people searching for hope, meaning and purpose at times of uncertainty, anxiety, stress and or illness, is how they first come across us. Trained and registered counsellors (ACC and BACP) are able to work with and support people of all ages presenting with a variety of issues such as low mood, anxiety, depression, abuse, grief and loss, relationship issues and problems at home, school or at work.

As a training centre we have students from many backgrounds and educational experiences on our Level 2, 3 and 4 CPCAB validated courses.

Our wellbeing courses are also open to everyone and currently offered in-person and on-line. Part of the Wellbeing Education Network (WEN) we offer these on depression, peer support groups, anxiety, anger management, life transitions, stress and emotional resilience, self-awareness, food and mood.

Our mission is to work in partnership with others in our community especially the faith communities as they relate to mental health and wellbeing, the Mental Health Northants Collaboration (MHNC), Northamptonshire Community Foundation and our two local councils, WNC and NNC, as well as many GP Practices and social prescribers. We seek to support our local health and care services as they relate to counselling and therapy, spirituality and pastoral care.

Meet the Team



Neil Tyrer
Executive
Officer



Sheila Domett
Counselling
Lead



Liz Rochford
Training
Lead



Jayne Bassett
Wellbeing
Lead

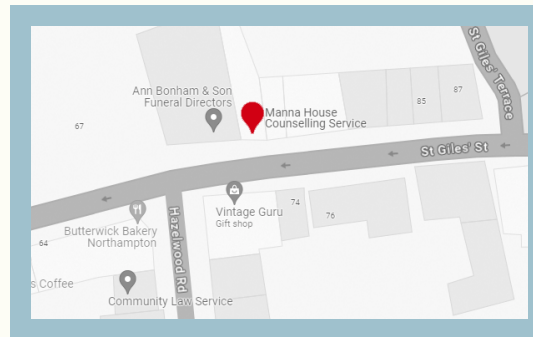


The Manna House
73 St Giles Street Northampton
NN1 1JF
01604 633304
mhcs@mannahouse.org.uk
www.mannahouse.org.uk



Office Hours

Monday 9:00 am - 5:00 pm
Tuesday 9:00 am - 5:00 pm
Wednesday 9:00 am - 5:00 pm
Thursday 9:00 am - 5:00 pm
Friday 9:00 am - 5:00 pm
Closed Weekends and Bank Holidays



Manna House

Counselling Service



Serving the Community



The Manna House Trust

(Reg Charity No. 286358)

Serving the Community

Counselling * Training * Wellbeing

Our Vision

To be the counselling service of choice available to everyone in Northamptonshire.

We aim to do this through excellence in counselling & wellbeing practice, training & research.

Welcome

We are a Christian counselling charity providing access to counselling for everyone in Northamptonshire irrespective of faith background or ability to pay.

Our mission is to provide safe spaces for you to talk to a professionally trained counsellor about whatever is on your mind. We also offer wellbeing workshops and deliver CPCAB accredited courses to students training to be future counsellors and supervisors.

Providing you with a safe place to relax

All appointments take place in our supportive and caring office environment.

Our office is conveniently located in central Northampton but if you can't make it here, no worries – we've got you covered with our on-line remote service .

“Our hope and our aim is to help you find a better life and a healthier way of living so that you can enjoy your life to the full.”



Our Hope

We began life in 1982 as the Northampton Christian Centres Trust seeking to serve our local community. This then became the Manna House Trust in 2003. It has had a number of iterations – coffee shop, bookshop, flats for the homeless and counselling service. Over the years it has always focussed on serving those most in need physically, psychologically, socially and spiritually.

The Manna House Counselling Service is currently based at No 73 St Giles Street, Northampton and continues to provide a well-respected outreach into many communities. It is our hope and plan to become the counselling service of choice by employing more counsellors and therapists in centres across Northamptonshire – Northampton, Wellingborough, Kettering and Corby.

We run a recommended fee policy for counselling according to a sliding scale based on household income starting at £15 per session. The real cost is £55 per session.

The challenge for us is to maintain our centre in Northampton (currently costing £22,500 per calendar month) and to raise sufficient funds to further extend our services across the county and beyond.

Our Priorities

The Manna House Counselling Service provides confidential access to integrated and person centred therapies that have a strong and reliable evidence base, as well as signposting to those services that contribute to human wellbeing and flourishing. We do this by prioritising and providing:

- a respected counselling service, served by registered counsellors available to everyone within the community of Northamptonshire
- accredited training courses to potential counsellors and pastoral carers
- health and wellbeing training, resources and support through the Wellbeing Education Network, Action for Happiness, Spiritual First Aid and Mindfulness Based Stress Reduction workshops.

Can You Help?

The Friends of the Manna House (500 Club) are local people who partner with us and commit themselves to give £5 per week (or £260 a year) to the work of the Manna House Counselling Service. This enables us to offer counselling, training and wellbeing courses at a low/no charge to those least able to afford. It also means we can plan for the future and invest in our counsellors, supervisors and trainers, as well as ensure our facilities are warm, safe and accessible.

For more information about the 500 Club or about any aspect of the Manna House Counselling Service please contact us at:

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