

ST BARNABAS COUNSELLING CENTRE



With the cost in living crisis we have also seen an increase in clients who have needed the support of our bursary fund. We are pleased however that we are maintaining the number of clients we seen through our doors on an annual basis and we have increased the number of sessions offered:

Welcome to our 2023 newsletter.

St Barnabas has experienced a number of challenges this last financial year. We needed to locate to new premises for 6 months whilst renovation work was being carried out at our original site. This involved a big investment in time and resources for all the counsellors and clients to make the necessary adjustments.



No. Clients Registered Over Last 3 Years:	No. of Sessions Provided Over Last 3 Years
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2021

176

2022

215

2023

196

2021

2853

2022

3335

2023

4072

In response to the war in Ukraine and other international crises, we decided to expand our services to refugee, asylum seeker and migrant clients. Although this work can be costly as it requires additional resources such as using interpreters, we wanted to play our part in supporting some of societies most marginalised.

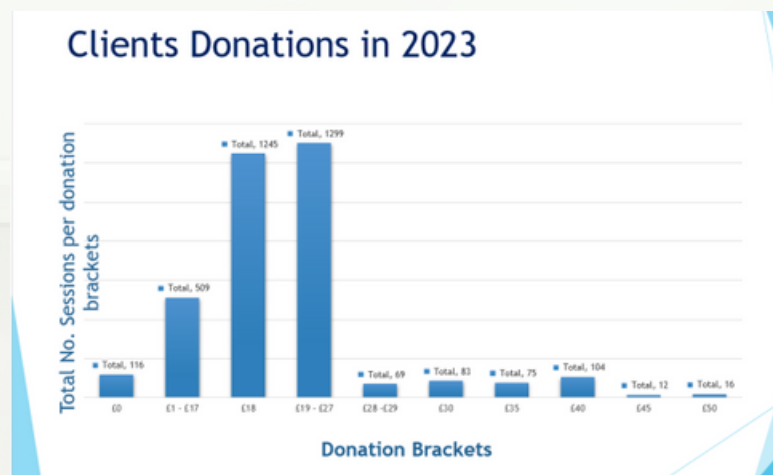


In addition to this we are continuing to support clients from Norwich and Norfolk with recovery and healing from grief and loss, trauma processing and management of anxiety, depression, suicidal ideation and relationship difficulties.

On a lighter note, we are looking forward to developing plans for our 50th year anniversary next year and are pleased to also be developing an Alumni group of ex-St Barnabas Counsellors who would like to remain involved in some capacity with the legacy of the organisation and the delivery of our meaningful services in the community.



Meanwhile, we continue to try to bring in additional funds through client donations, grant applications and diversifying our income streams through professional development opportunities, room rental and the securing of new contracts.



For 2024, we look forward to delivering counselling to students from Norwich University of the Arts and a small cohort of clients who are at risk of homelessness. We are refining our Strategic Plan and look forward to continuing to deliver interesting professional development opportunities for our counsellors and the wider counselling community in Norwich & Norfolk.

Client Testimonials:

“St Bs has helped me to heal and move forward. The compassion, warmth and understanding I was afforded during my sessions has been some of the most valued of my life and I will always be appreciative.”

(Bursary Client)

“Since I entered UK, I felt abandoned. I thought no one cares about me. Since I started these counselling sessions, I feel I’m valuable and there is someone I can share what I went through. Knowing that made me come out of feeling a loser to a hopeful person.”

(ARM client)