

## **Beer Harris Memorial Trust Report 2025**

### **Brief history of the charity**

Arise Counselling Service is an independent Christian charity born out of the vision of local churches and we are now in our 7<sup>th</sup> year of service. The purpose of Arise is to provide affordable counselling for people in East Grinstead and the surrounding area, within a 5-mile radius. We affirm the dignity of each individual and strongly believe that all people should have the chance to find hope and experience lives of purpose and meaning regardless of their economic status or position in society. We believe that therapeutic counselling provides one opportunity to gain this more fully. The service is available to people of all faiths or none.

We offer sessions in person, online, and by telephone. This can be short-term (up to 6 months) and long-term counselling (up to 24 months) to adolescents, adults, and couples at a rate this affordable to any budget.

Our current team is made up of 18 therapists all with varying levels of experience and qualifications, including; psychotherapists, counsellors, a clinical psychologist, and student counsellors, each with varying psychological approaches. Each client is assessed at the point of enquiry and allocated with a suitable counsellor once a space becomes available.

### **Details of project supported by BHMT grant**

We were successful in receiving a grant of £1,000 from BHMT earlier this year, which has gone towards covering the shortfall we incurred for one month's worth of counselling sessions for our lowest paying clients.

It costs Arise approximately £35.00 per session to run, but we have many clients paying under this fee; some as low as £5.00, £10.00 or £15.00 per session.

The £1,000 we received covered the shortfall of the costs incurred for these lowest paying clients and enabled 44 counselling sessions to go ahead. Specifically, this was made up of two clients who were paying £5.00 per session, two clients who were paying £10.00 per session and seven clients who were paying £15.00 per session.

### **Areas of mental health addressed and profile of the recipients**

We address many different areas of mental health within our service. Our statistics show that during 2025, the highest proportion of our clients have pursued counselling due to depression and trauma. We continue to see the highest number of enquiries from females and the majority of our enquiries are from people aged between 36-55 and living in East Grinstead.

### **Impact of the project**

We are very thankful that we have received this further support from BHMT, which has enabled us to continue to provide affordable counselling to the local community. We often see clients approach us as they have experienced difficulties accessing counselling elsewhere due to financial barriers, and they are relieved to know that they can still access the support they need at a cost that is affordable for them. Counselling can be life changing and we receive lots of positive feedback from the clients we have supported (please see below).

### **Personal anonymised examples (if possible)**

Some recent examples of client feedback we have received:

- *[Counselling] changed my life! The work that I did with [my counsellor] was something I don't even think I can put into words. I started off having no self-compassion at all, yet I finished having learned the art of self-compassion and continue to practice this on a basis - I will be forever grateful. Thank you.*
- *[My counselling] has really helped me to realise I have a voice. I have gained more confidence to speak up and do things.*
- *[My counsellor] was truly amazing and life changing for me.*

- *[My counsellor] is truly an outstanding counsellor, and I feel very fortunate to have met her at this stage of my life. She is incredibly patient, and I can feel her deep care and understanding — something that is very precious to me. I sincerely want to say thank you, and also thank Arise for offering me such generous support during this difficult time.*

Many thanks

Becky Mumford

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