



Helping you find a life of colour and connection

COUNSELLING

Our professional, confidential service can help you to explore whatever is important to you. Our qualified counsellors work with a range of approaches to create a plan which is unique for you.

SUPPORTED VOLUNTEERING

You really are Made 4 More and this service will help you to move beyond any issues you may be facing with mental health, back into meaningful connection with others.

ART THERAPY

Our bespoke art therapy sessions help children, young people and adults who find a creative approach helpful to process what's important to them.

INNER HEALING

Our experienced Saorsa team can offer you a ministry appointment where you are able to connect with God in the way which is most helpful for you, in order to explore what matters to you and to Him.

MASSAGE

If you're looking to unwind and destress then our women only massage service offers you the opportunity to do just that. In addition, booking a massage with us helps to fund one for another woman who has survived gender based violence.

“
I'VE LIVED WITH THIS STUFF ALL MY
LIFE AND NOW IT'S GONE! I CAN'T
BELIEVE HOW MUCH BETTER
EVERYTHING LOOKS! ”

CONTACT US:

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Telephone/Text: 07397 984288

We believe that support with mental and emotional health should be freely available to all and so, with the exception of our massage service, all of our appointments are free.

We ask, if you are able, to consider making a donation to keep the service free for the next person who needs it.