

# Foundation Ministries

An Interdenominational Ministry of Counselling & Evangelism



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## **TRUSTEES ANNUAL REPORT 2023**

The trustees of Foundation Ministries are pleased to submit their annual report for Jan 1<sup>st</sup>-Dec 31<sup>st</sup>, 2023.

### **The year in numbers**

<b>Couples</b> 7	<b>Individual Clients</b> 30	<b>Groups</b> 0	<b>Awareness Talks</b> 10
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### **Purposes**

1. Provide Biblical Counselling Services free of charge to those who are in need of such.
2. Prepare teaching material that will promote education, social inclusion and prevent marginalisation.
3. Recruit and train potential Counsellors with relevant skills who can identify with the Ministry's 'Statement of Faith.'
4. Produce Christian Literature in order to promote Health and Wellbeing.
5. Provide Information on a range of Support Networks, including: Voluntary, Statutory and Community Organisations.

I shall now detail each purpose to demonstrate how we have met our objectives throughout the year.

- 1. Provide Christian Counselling Services free of charge to those who are in need of such.**

Our objectives have been reached as the above table indicates:

**7 couples** have received Relational Counselling which has resulted in their marriages being healed and restored.

Having received social, emotional, psychological and spiritual support, they have developed coping strategies whereby they are now participating fully within their communities.

**30 Individuals** have received one-to-one counselling on such issues as:

- Abuse-physical, emotional and sexual
- Anxiety
- Depression
- Stress
- Suicidal Ideation
- Sexual Identity
- Financial difficulties
- Deprivation
- Social isolation and marginalisation

Individual Christian Counselling based on the principles contained in the Holy Scriptures of the Old and New Testaments have enabled each individual client to make sense of their difficult life circumstances and find resolutions to their difficulties. By skilled counsellors, trained in psychological theories such as CBT, Humanistic and Psychodynamic theories from a Christian Worldview, Clients have been empowered in decision-making and problem-solving techniques enabling them to make informed decisions about their lives and reintegrate them into society. Educating clients using CBT techniques has enabled them to adapt less negative automatic thoughts, by replacing them with more positive thinking. This has enabled clients to relate and function more effectively within their families and communities.

Addressing self-esteem issues with Clients has prevented further deterioration thus reducing statistics of self-harm.

Setting goals with Clients has resulted in them moving forward in a positive direction and has ultimately led to increased self-esteem, confidence and more efficient functioning within interpersonal relationships, families and communities.

Exploring strengths and abilities has opened up new ways of functioning, relating to self, others, and has equipped clients to improve their motivation to effect lasting change.

We have benefitted the statutory, voluntary and private sectors of our community by reducing hospital admissions, waiting lists and financial costs.

**Awareness Talks:** 10 completed in various organisations and churches.

**2. Prepare teaching material that will promote education, social inclusion and prevent marginalisation**

We have produced promotional and information leaflets, calling cards and flyers which are essential for informing local, statutory and voluntary organisations of our work. We also use informative and educational DVD's, Books and Christian literature and resources to educate and improve understanding and quality of life

**3. Provide Christian Counselling Services free of charge to those who are in need of such.**

There is no cost to the Client for our Services

**4. Recruit and train potential Counsellors with relevant skills who can identify with the Ministry's 'Statement of Faith.'**

On-going training to complete certification of IABC (International Association of Biblical Counselling) in Spring 2023, equipping us with knowledge, skills and values to use in enabling Clients understand their individual circumstances. Biblical Counselling training also ensures Foundation Ministries can offer a high standard of quality care that is equitable to all.

**5. Produce Christian Literature in order to promote Health and Wellbeing.**

We have produced promotional and information leaflets, calling cards and flyers which are essential for informing potential Clients, local, statutory and voluntary organisations of our work.

We also use informative and educational DVD's, Books and Christian literature and resources to educate and improve understanding and quality of life. Providing access to Christian DVD's, learning from experienced Christian Teachers, Psychologists and experts in their fields of Divorce and Grief have enabled Clients to understand their situations, develop new ways of coping and helped them to move on.

**6. Provide Information on a range of Support Networks, including: Voluntary, Statutory and Community Organisations.**

Foundation Ministries liaise with various Voluntary, Statutory and Community Organisations on behalf of our Clients and provide information and advice of those organisations to the Clients to enhance their well-being, ensuring access to high quality care tailored to the needs of our Clients

**Financial Review**

All income to Foundation Ministries is obtained through donations by individuals or donations by groups who receive presentations about our work. Please see Financial Report.