



## **MID-ULSTER ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY ANNUAL REPORT 2025**

**Registered charity number XT38505 & Charity Commission Number NIC102875  
Address Unit A, 137 Annagher Rd, Coalisland BT71 4NE**

### **NAMES OF THE BOARD MEMBERS NOMINATED & ELECTED BOARD MEMBER ROLE**

- Chairperson Joe Coney
- Vice Chair Kerri Louise Kelly
- Treasurer Sarah Connor
- Board Member Austin O'Neill
- Board Member Jolene Graham
- Board Member Kathleen McLernon
- Board Member Glenn Duffy
- Board Member Paul Coney
- Board Member Rebecca Coney

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

- Type of governing document: Constitution
- How the charity is constituted: Association
- Board selection methods: Election

### **SUMMARY OF THE OBJECTS OF THE CHARITY**

This project will provide a much-needed opportunity to work directly with service users and expand counselling and talking therapy services in line with demand and help provide support services for people with ill mental health in the Mid Ulster area.

Further, it will allow MACP the capacity to ensure that all referrals (both self-referrals and referrals from GP partners and other organisations) can be taken and people supported with appropriate support, unique to their needs when they require it.

### **PROGRESS & ACHIEVEMENTS**

1. Our counsellors are provided every six weeks with CPD workshops provided by professionals such as qualified social workers and Professors.  
Workshops completed in for example: Relational Depth and Existential Counselling

2. We are currently working on expanding our group therapies. The counsellors attended Saturday Schools where they covered creative therapies and working with Children & Young People
3. We have taken referrals from more local agencies across Mid Ulster from the start of this project Agencies such as: Mid Ulster Social Services. Network Personel, Action for Children, Belfast Central Mission, Physical Disability Team, Extern, Probation Officers and the Mid Ulster Mental Health Team, Women's Aid
4. GPs in Mid Ulster and surrounding areas are more aware of our services and continue to refer clients to our service to help alleviate pressure they face on a daily basis
5. We currently have 32 volunteer counsellors and six qualified counsellors to help provide our service to people of a high risk nature, which includes self harm and suicide.

We can see monthly the difference we can make to lives of individuals. We continue on a monthly basis to improve the awareness of promoting good mental health in and around our community whether through social media, information events, posters, word of mouth and our fundraisers.

Current Fundraisers:

The Darkness into the Light Walk

Pub Quiz

Easter Raffle

Street Collection & More

More people are dropping in to our facility for help.

**Testimonial:** "I found my entire experience very beneficial within MACP. Over a period of time, I could see noticeable changes in my attitude and behaviour, therefore I found the service highly effective. I was happy with the speed at which sessions progressed, not too fast yet not too slow either. My Counsellor always made me feel relaxed and understood. I like the fact that MACP is not time-limited and I would highly recommend this service"

**Testimonial:** ""Thank you for all your help & support over the past few months. You are a very approachable Counsellor and have made a big difference in changing my outlook to be more positive, outgoing and to believe in myself more."

We also see our counsellors and volunteers developing as they attend workshops and their monthly supervision whether one to one or through a group.

We are immensely proud of their achievements and levels of support. We see individuals overcome challenges like anxiety, grief, trauma and more. We aim to break the stigma, so people can call, drop or email us without fear. We have become much more resilient due to the increase in running costs etc and being able to adapt and continue our mission.