



network
counselling and training

Impact Report

year ending July 2025



About Network

For 40 years, Network has helped people in Bristol find hope and healing through counselling. Founded in 1985, we provide low-cost counselling and train the next generation of counsellors.

Our high-quality, one-to-one counselling sessions are tailored to the needs of each individual client. We offer up to 24 weekly sessions – enough time to really make real, lasting change.

Range of clients

People come for counselling with a wide range of needs. Some need help in stages of life like bereavement, relationship breakdown or redundancy. Others are looking for support with long-term challenges like depression, eating disorders or ADHD. We are also seeing a rise in clients who need to address childhood trauma, including sexual abuse.

Clients come from right across Bristol and the surrounding area. Many live in areas of deprivation and our affordable model is often what makes counselling accessible.



Counsellors

We have a team of 50 counsellors. About half are Network students in their final year of training, others come from nearby universities. We provide high levels of clinical supervision and oversight to ensure that every client experiences high quality, life-changing counselling.

Our people

Our charity continues to be run by CEO Mat Ray who has a wealth of charity management experience. He is in his fourth year of leading Network and has built a strong senior leadership team including Anne Duke, Head of Counselling & Training - herself a Network graduate. We also have a strong Trustee board: not only do they bring professional experience, but all have lived experience of using counselling services.

