

Current Therapy situation at SALT

Skills Sessions courses 20 and 21 are running through October & November. Both of these courses are fully booked.

We have a full waiting list following the filling of the above session and all new enquiries will go on to the waiting list for the next courses. Dates for these are not currently confirmed.

Eleven ladies are currently receiving their 2:1 listening sessions, having already completed the skills course.

Another nine are waiting for two of our listeners to become available for them to start individual therapy sessions.

We are a small but busy team

DATA PROTECTION

As you are no doubt aware there are new rules now in force around how and why organisations keep people's personal information. This is related to the Data Protection Act which was recently updated.

We will continue to send you information based on what you have already requested or receive (e.g. Newsletter, Prayer Diary, emails, etc), unless you tell us you no longer wish to receive these. If this is the case please write, email or call with clear instructions.

We would appreciate also being informed of any changes to your contact details.

Thanks for your understanding in this matter.

URGENT PRAYER NEED

We continue to seek a Voluntary Treasurer to replace Francis' much appreciated and long standing service.

Please contact us if you know anyone who would consider undertaking this post.

SALT South West, 142 Union Street, Plymouth, PL1 3HL

Tel: 01752 600599

Email: email@saltsouthwest.co.uk **Website:** www.saltsouthwest.co.uk

Helpline Mon and Wed 10am to 1pm - otherwise answer machine operating.

Council of Reference: Bishop Mark O'Toole, Right Rev. Rod Thomas,

Sir Gary Streeter MP and Kerry Cole.

Charity No 1010424

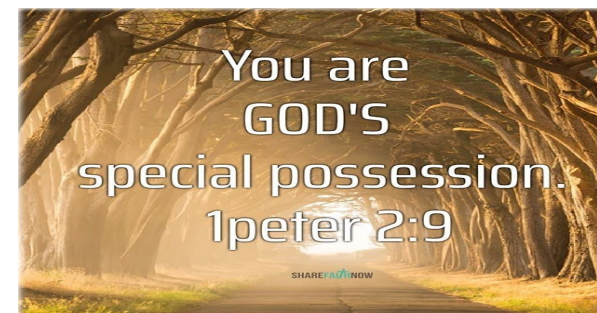


Salt has had a busy time since the last newsletter. We have had many new enquiries for support and our time has been well used. We have been privileged in seeing God at work in this place. We have witnessed growth and changes in our lives and changes in the lives of those we serve.

In Psalm 94 v 12-14 NLT it says:

Joyful are those you discipline Lord, those you teach with Your instruction. You give them relief from troubled times until a pit is dug to capture the wicked. The lord will not reject his people he will not abandon his special possessions.

As we work in a disciplined way and with the covering of our prayer partners we know God's closeness in our work and lives, we have a growing awareness that we are his special possessions. **Do you know you are too? !**



Sue's Testimony

I came from a non-Christian family. As a child I was Sexually Abused by my dad. I was so afraid of him and all my childhood and most of my adult life I was afraid of people.

I met Steve in 1972 I was not afraid of him. He was the first person to love me for me. I forgave my dad and told him I could only do it in the name of Jesus Christ and I knew I could not move forward until I had spoken to him. I had four children one of which I lost at 6 days old.

I became a Christian in 1987. Steve became a Christian in 2001. In February 2003 Steve was diagnosed with in-operative Pancreatic Cancer. In August 2003 he died. I did not handle his death very well. We'd been married for thirty years.

I eventually was diagnosed with severe depression. I started getting negative & suicidal thoughts daily, I overdosed and walked away from God. While away from God I made several mistakes.

I came back to Plymouth, I went to SALT to get help. I previously worked voluntarily for Saifline for ten years , now SALT. They told me it was the enemy giving me those thoughts , not me I was so relieved. I thought I was going mad.

I started coming to Plymouth Christian Centre, I recommend to anyone to do the Freedom Encounters course , my relationship with Jesus became more intimate.

I accepted an offer by SALT to come back to volunteer in the office. I don't know why they asked me back to Salt as I was still unwell. I was so overwhelmed when they did. I felt I had been set free from a prison. My daughter said she was glad to have her mum back. She thought I would never come out of the depression.

On Monday the 2nd September 2019 the psychiatrist asked how I was feeling , told him "great, never felt better!" He asked what had made the difference now. I told him I got my relationship back with Jesus Christ. He put in my report 'Spirituality.' I have found a new family with you all. Your friendship and love mean so much to me. Thank you.

Praise God I have come from a prison for fifteen years - I am set free and restored to do God's will. I will be able to get to know my nine grandchildren and my children again. I want to give God the Glory: without Him I would be nothing.

it is great being back with the team doing God's work. The team have been so understanding and encouraging, they are always there to listen to me.

SALT news:

- ◆ We have received confirmation from the Ministry of Justice, who have offered a grant to SALT which will be distributed to us over a three year period.
- ◆ We are currently looking at a funding application which would help to cover the cost of the office and listening rooms.
- ◆ In the last few months, there have been some staff changes: We welcome back Nicola and Susan to the team.
- ◆ We are saying goodbye to Astra our administrator. We are sad to see her go but thank her for all she has done for SALT throughout her time with us and wish her every blessing in the next chapter of her life



- ◆ Tracey has been working on getting Accreditation for SALT to provide CPD training for Professionals. This is an exciting venture .

Would you like to help raise funds for SALT?

There are many things you could do ...

Undertake a Sponsored event,

Hold a fund-raising dinner/cream tea/cake sale etc.

Register online to raise funds while you shop, for details visit

www.giveasyoulive.com

Are you in a position to arrange Match funding from your employer?

We would like to express heartfelt thanks to everyone who has supported us financially. We are very grateful.