

The logo for 'icap' is centered in the upper right quadrant. It features the lowercase letters 'icap' in a dark teal, sans-serif font. The text is enclosed within a circular graphic composed of several concentric, overlapping lines in shades of green and teal, creating a sense of motion or a stylized 'i' or 'c' shape.

icap

annual report 08/09

Immigrant Counselling and Psychotherapy

*Promoting mental health and well-being ...
... re-building shattered lives through psychotherapy*

Who we are

icap was founded in 1996 by Teresa Gallagher. As an Irish woman living in Britain she recognised the considerable need for culturally sensitive counselling and psychotherapy in the Irish community. Today we have grown to become a well recognised independent, not-for-profit professional psychotherapy service, with a proven track record of providing culturally sensitive psychotherapy for clients from a range of ethnic backgrounds whilst retaining our focus on supporting people from the Irish community in Britain. We are currently developing our services to include a wider range of counselling and psychotherapy and other ways of supporting people with emotional and mental health issues.

Our mission

*promoting mental health and well being ...
... rebuilding shattered lives through psychotherapy*

- To provide accessible, professional, culturally-sensitive psychotherapy to people of Irish origin and other minority, marginalised and disadvantaged communities
- To raise awareness of the psycho-social issues which impact on the mental health of the Irish and other communities
- To promote healthier lifestyles and living strategies to improve mental health among the Irish and other communities
- To contribute to the removal of entrenched stereotypical views of immigrants, promoting social inclusion
- To disseminate information collected through our work to increase the understanding of the particular issues affecting the mental health of the Irish and other minority, marginalised and disadvantaged communities

Our values

- clients come first in all that we do
- provide the highest quality care possible
- respect and protect the confidentiality of clients at all times
- provide a supportive and developing culture, where we learn from each other
- be a well governed, accountable and responsible organisation

From the Chair and Chief Executive

Emotional distress, depression, anxiety and trauma have debilitating effects on the individual sufferer. Those around them (family, friends and work colleagues) are affected too. The level of emotional distress and mental health problems in the Irish community in Britain, and other migrant communities, is higher than the population average. There are many reasons, but the loss of cultural identity, the stress and trauma of migrating and becoming part of a new culture, play a significant role. This is where icap plays a key role, by providing a high quality, culturally sensitive response, where the clients' needs are placed at the centre of what we do. Our highly regarded clinical team continue to support hundreds of people every year; literally rebuilding lives that have been shattered by trauma and the debilitating effect of depression and other emotional problems.

The work continues despite unprecedented external challenges: our Irish Government contract supporting survivors of institutional abuse continues a projected decline in value; the wider economy entered a steep downturn; and recent British Government interest in psychotherapy has been on CBT and not the modalities we have traditionally used. Like all charities we face uncertain times.

The year saw us start to widen services to include some time limited therapy, CBT, community development work, health promotion and training as well as maintaining our traditional long term work that is vital for so many of our clients, particularly the survivors of childhood and institutional abuse. We now provide services from five locations in London and Birmingham and remotely by our network therapists and in GP surgeries in inner

Birmingham. Funding streams have diversified and include a number of NHS and local government contracts and we have embarked on external evaluation of our effectiveness.

These achievements are the result of hard work and commitment of our therapists, staff, volunteers, Trustees and fundraising committee. We would like to thank everyone involved. The support of our funding bodies and donors is clearly vital and we thank them too, particularly the long term support from the Irish Government, the Irish Embassy and the Irish Emigrant Support Programme. We would also like to thank the outgoing Chair, Maire Brankin, for her leadership for seven years.

We will continue to build on the foundations laid down during Maire's term, building on the existing core work of providing long-term psychotherapy underpinned by psychodynamic principles. The need for our services is as great as ever and the economic downturn will only increase the levels of emotional distress, depression and anxiety. We will continue to develop and be creative to ensure we help the greatest numbers of people who need our support and ensure icap is sustainable into the future.

Gary Fereday
Chief Executive

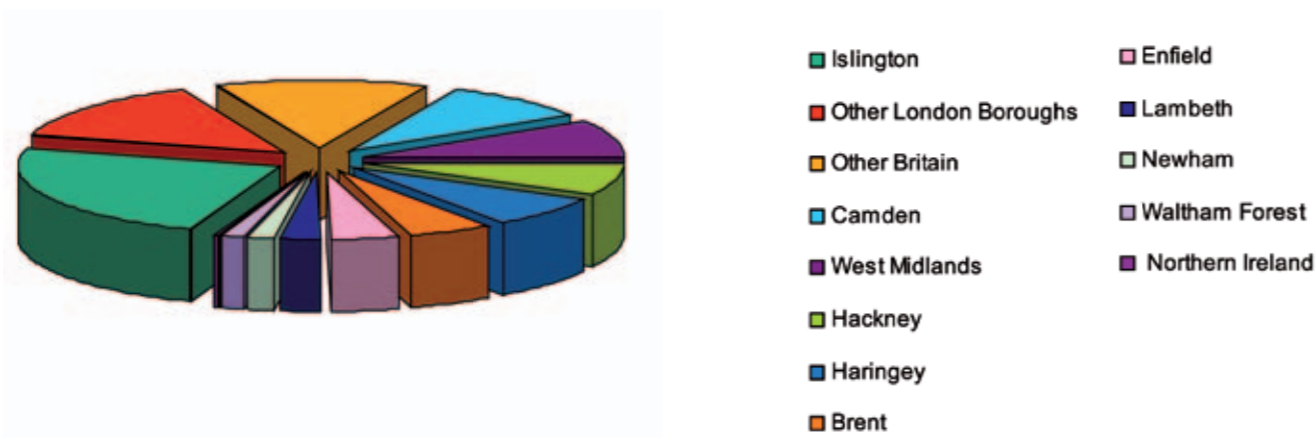


Colin McNicholas
Chairman

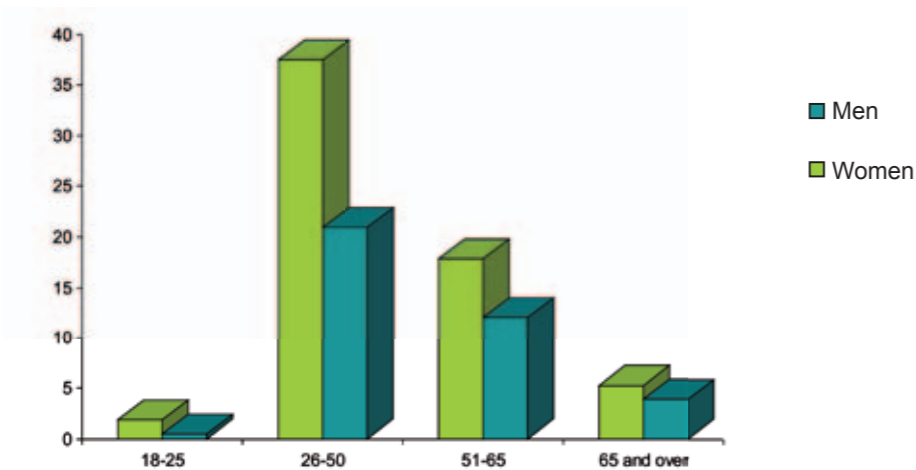


Our clients

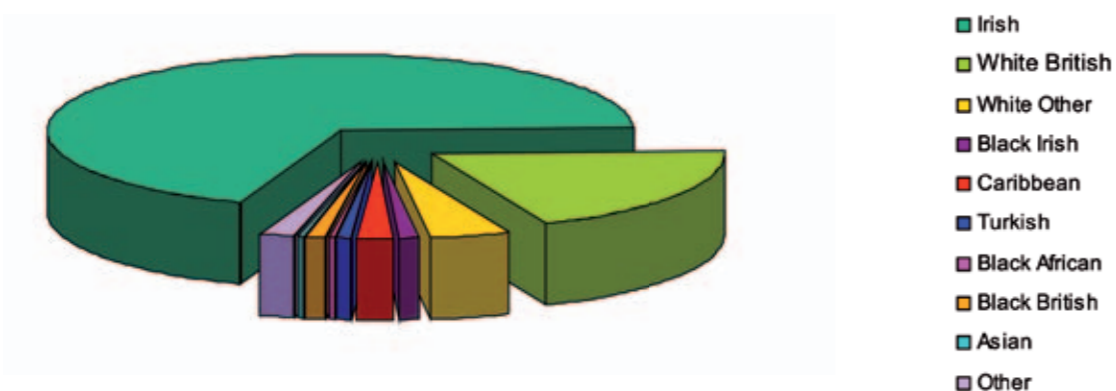
Distribution of Clients between 1st April 2008 – 31st March 2009



The Percentage of Clients by Age Band and Gender from 1st April - 31st March 2009



Ethnicity of Clients between 1st April 2008 – 31st March 2009



Our expertise

All our therapists are highly qualified and experienced, are under clinical supervision, and can access our highly regarded professional training days. We have 20 therapists in London, 10 in Birmingham and a network of over a hundred therapists across the rest of Britain. All are BACP / UKCP accredited with a minimum of 5 years post-qualification experience and carry all necessary professional insurance.

icap is well recognised at both the local level and national level. Our Chief Executive is a Trustee of the Mental Health Providers Forum and represents the third sector on the Department of Health's Improving Access to Psychological Therapies Programme Board.

We retain Professor Andrew Samuels as our consultant. Professor Samuels is Professor of Analytical Psychology at the University of Essex, and Visiting Clinical Professor of Psychoanalysis at New York University. We also retain Consultant Psychiatrist, Dr Rose-Anne Varley a highly experienced psychiatrist from South London & Maudsley NHS Trust.

Striving to further improve our clinical work, we contracted the internationally recognised academic, Professor Peter Fonagy to undertake a major programme of external assessment of our outcomes and organisational effectiveness. Professor Fonagy is Freud Memorial Professor of Psychoanalysis and Head of the Research Department of Clinical, Educational and Health Psychology at University College London, and Chief Executive of the Anna Freud Centre, London.

From the Clinical Manager



It is now ten years since icap was officially opened by the President of Ireland, Mary McAleese. As it emerges out of its first decade it is not by chance that icap has earned a position as a centre of clinical excellence. This comes from the combined effort and commitment of everyone who works here. Our counsellors, psychotherapists and supervisors form a professional and dedicated team of vast experience, working with clients from the widest spectrum of society. On a daily basis they see people who have suffered the most horrific kinds of abuse often from early childhood through to clients suffering from what are often referred to as 'every day' problems such as depression or relationship problems: often unrecognised by the statutory sector but very real and debilitating for those who suffer them.

Our clinical team's consolidated experience over the last decade, built on recognised professional training, accreditation and registration, has underlined icap's recognition as a uniquely well established centre of therapeutic excellence. To support our clinical team we continue to provide clinical supervision and in house training days throughout the year.

We will continue to provide the very best service by upholding our high professional standards and empathic care to all our clients the vast majority of whom are Irish or Irish descent.

Violet Cooney
Clinical Manager

icap in the West Midlands

Our Birmingham office continues to provide much needed services in the West Midlands.



Our Birmingham office

Between 40 and 50 clients access therapy every week at our centre in Digbeth just a short walk from the city centre. The centre was redecorated in 2008/09 to make it more welcoming for clients, therapists and staff and feedback has been very positive.

The year also saw the start of our first ever NHS contract to provide an outreach counselling and advisory service in GP surgeries in inner-city Birmingham. The contract, in partnership with Birmingham and Solihull Mental Health Foundation Trust, marked a welcome development in the city with third sector providers working closely with one of the largest NHS providers of mental health care in Britain. We hope to develop our relationship with the NHS and other third sector providers of counselling and psychotherapy in the city in the coming year.

We have also refocused some of our fundraising activity to focus on ensuring the sustainability of our Birmingham centre and we started engaging with the business community in the region through various routes including the West Midlands Irish Business Forum.

Community Development

We were awarded a contract by Islington PCT and the London Borough of Islington to provide community development work to support the Irish Community and their mental health and wellbeing. This marked a new development for icap enabling us to work in the local community to support initiatives that will help improve people's emotional and mental wellbeing. The coming year will see a range of new initiatives and we have planned a number of support and focus groups, several healthy living initiatives in partnerships with other agencies in the Borough and extensive links with wider community agencies such as Islington Voluntary Action Council (IVAC) and Camden and Islington Provider Forum (CIPF) to ensure the voice of the Irish community is heard by other service providers and statutory commissioners of services.



Islington Green

Domestic Violence



The London Irish Women's Centre

November 2008 saw the start of a four year programme funded by London Councils to provide both one-to-one therapy and group work for Irish women and women of Irish decent who have been victims of domestic violence, sexual abuse or rape. The programme that we are running in partnership with the London Irish Women's Centre is an example of the partnership working we are fostering with other agencies to ensure we work closer together to better support the Irish community. In total 160 Irish women will be able to access the service based at the London Irish Women's Centre so as to provide the therapy at an all-women environment. Clients will also be able to access the wider information and support services that the Centre has particular expertise in providing.

North West London Outreach



Two of our London therapists Patricia Danagher and Mary Ryan

In July 2008 we were awarded additional funding from the Irish Emigrant Support Programme to provide therapy to vulnerable Irish People in north-west London. The funding enabled us to provide a new completely therapy service at Brent Irish Advisory Service (BIAS) and Cricklewood Homeless Concern (CHC) and includes both one to one therapy and some group work. The service will provide support for 60 Irish people in vulnerable economic circumstances, living in poor and transitory accommodation. North West London is an area traditionally associated with the Irish Community in Britain however the changing demographics of that area of London has meant that older Irish people living there are often overlooked and have become the "forgotten Irish".

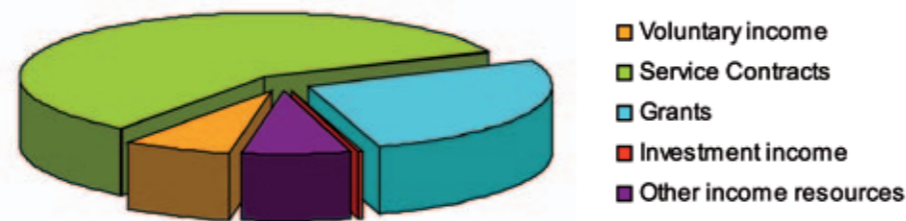
Our finances

This summarised financial information contains extracts from the Statement of Financial Activities for the year ended 31st March 2009, but is not the full statutory report and accounts. The full financial statements were approved by the Trustees on 30th September 2009 and subsequently submitted to the Charity Commission and Companies House. They received an unqualified audit report and copies may be obtained from the charity's head office.

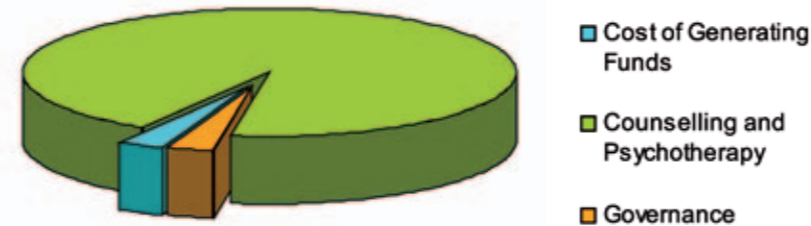
Signed on behalf of the Trustees on 30th September 2009

Colin McNicholas,
Chairman.

Income £838,363



Expenditure £796,498



Net Assets at 31 March 2009 £1,093,309

Voluntary income £60,540	Cost of generating funds £23,783
Service contracts £489,065	Counselling & Psychotherapy £748,088
Grants £223,924	
Investment income £3,391	Governance £24,627
Other income resources £61,443	
Total Income £838,363	Total Expenditure £796,498

Grants:

Díon
Irish Youth Foundation
Department of Health & Children (Ireland)
London Councils
Richard Cloudesley's Charity
West Hackney Parochial Charity

Service contracts:

Birmingham and Solihull Mental Health
Foundation Trust
Irish Healthy Living
Islington PCT

Our fundraising Committee



Fundraising Committee members: Colin McNicholas, Jayne Anne Eustace O'Flynn, Gary Fereday, Stella Adams and Andy Rogers at our Annual Fundraising Dinner 2008. (photo: Brendan Moyles, Irish World)

Our Fundraising Committee helps us raise much needed funds from donors in the Irish and other business communities. Early in 2009 we held our annual fundraising dinner at the home of Arsenal Football Club, the Emirates Stadium. Guests included Gerry Kelly, Embassy of Ireland and icap's Honorary President and Founder, Teresa Gallagher. The evening was a great success raising money to help us support those who otherwise would have nowhere to turn. Our work is only possible because of the support of many people and organisations, including Allied Irish Bank, and the many individuals who have supported the charity for years. We would like to thank them all.

In the coming year the Committee will be launching a new major donor initiative "Help Keep Our Doors Open For Troubled Minds" and is planning for an even larger annual fundraising dinner to be held at Wembley Stadium, London, early in 2010.

Our Volunteers

Our volunteers play a key role in ensuring we can provide our services. Whilst all of our therapy is provided by professional therapists, a number of crucial functions are provided by volunteers. They operate our reception in the evening, provide a range of administrative support services, and offer us their expertise such as helping develop our website. A number of our volunteers are drawn from the Irish and other migrant communities further helping us remain close to and understand the communities that we serve.



A group of our London Volunteers: Jean Smullen, Michelle Green, Grace O'Malley

The Ongoing Need

The problems of mental health in the Irish community in Britain potently linger and the complex nature of the causes is sensitively addressed in our work. This is where we are able to help, providing high quality counselling and psychotherapy that understands the Irish community, its history and cultures. People often come to us saying "I knew you would, understand me". Sadly with the economy in Ireland in real difficulties we fear we are starting to see a new wave of younger Irish people in desperate need of our services. It is only the start of the work to improve Irish emotional wellbeing in Britain.

Our work with the Irish community over the last decade has helped us understand problems that many minority groups in Britain may experience. Feelings of loss, of isolation or lack of cultural identity are common experiences for those who have migrated. Our expertise in supporting people who are migrants and have experienced abuse, conflict, or cultural loss and displacement, means we have increasing requests for assistance from people from economic or conflict migration communities – including Turkish and Eastern European and African. Whilst our Irish clients will remain our core we have always seen people from many different communities and will continue to offer our services and expertise to other ethnic minorities.

Our People

Founder and Honorary President

Teresa Gallagher

Patrons

Lord Alderice FRCPI FRCP

Dáithí O'Ceallaigh

Professor Suzie Orbach PhD

Trustees

Máire Brankin (Chair) (resigned May 2009)

Joe Browne (Treasurer)

Fiona Calman (resigned November 2008)

Jerry Kivlehan

Oonagh O'Toole (Company Secretary)

Colin McNicholas (Chair) (from May 2009)

Frances Thornton

London Staff

Audrey Benson (Administrative Officer)

Andrea Blattner (Business Manager)

Claire Buckley (Community Development Worker) (from May 2009)

Violet Cooney (Clinical Manager)

Gary Fereday (Chief Executive)

Kate Mills (Administrator Officer / PA to CEO)

Christian Muehl (Finance)

John Russell (Caretaker)

Emiliya Vasileva (Cleaner)

London Therapists / Supervisors

Heather Allan

Barbara Ashton

Pauline Crossan

Patricia Danagher

Peggy Doyle

Jane Ellwood

Neil Farrelly (Supervisor)

Dennis Gray

Elisabeth Flinspach

Nuala Flynn

Sheila Hegarty

Philip Hill (Supervisor)

Mary Hughes

Daniel Linehan

Barry O'Donovan

Sue Platt (Supervisor)

Mary Ryan

Marian Sheer

Denise Swift

Ruth Williams

London Volunteers

Michelle Greene

Hitan Kharicha

Grace O'Malley

Marianne Simmonds

Jean Smullen

Bridget Tiernan

Joan Tobin

Fundraising Committee

Stella Adams

Jayne-Anne Eustace O'Flynn

Colin McNicholas

Andy Rogers

Birmingham Staff

Abi Wilkinson (Development Officer / Administrator)

Joylene Anderson (Cleaner)

Birmingham Therapists / Supervisors

Robina Burke (Supervisor)

Patricia Dolman

Sandra Harrison (Supervisor)

Val Hill (Supervisor)

Dr Helen Lloyd (Supervisor)

Helen Maté

Teresa McKeivitt

Philomena O'Hara

Dr Angella Ryan

Maureen Slattery-Marsh

Cheryl Towers

Birmingham Outreach Therapists

Patricia Dolman

Joy Gorevan

Maeve Smith

Margaret Smith

Consultants

Sarah Cornaby (Fundraising)

Professor Andrew Samuels (Psychotherapy)

Jeremy Stone (Finance)

Dr Rose Ann Varley (Psychiatric)

Auditors

Sayer Vincent, London

Bankers

Allied Irish Bank (GB), London

Solicitors

McKenna-Donnelly & Co. London



INVESTOR IN PEOPLE



Head Office and London Centre

icap (Immigrant Counselling & Psychotherapy)

96 Moray Road

Finsbury Park

London

N4 3LA

t: 020 7272 7906

f: 020 7272 6920

e: info@icap.org.uk

w: www.icap.org.uk

Birmingham Centre

icap Immigrant Counselling & Psychotherapy)

72 Digbeth

Birmingham

B5 6DH

t: 0121 666 7707

f: 0121 666 7708

e: info@icapbirmingham.org.uk

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