Immigrant Counselling and Psychotherapy

promoting mental health and well being...
...rebuilding shattered lives through psychotherapy
We are pleased to present our Annual Review for 2010/11. Despite the serious economic situation facing us all, icap has managed to continue to remain true to its mission; providing culturally sensitive counselling and psychotherapy to help people heal their lives and deal with emotional trauma, depression and risk of suicide.

Founded in the mid 1990’s by Teresa Gallagher to meet the needs of Irish people living in Britain, Irish people still remain the key focus of the charity. The Irish Government fund some of our work supporting adults abused when growing up in Ireland. Other vital services are funded by grants, contracts, fundraising events and the generosity of our donors. We would like to thank all those who have supported our work, particularly the Embassy of Ireland and the Emigrant Support Programme who, for many years, have recognised the value of the work we do with some of the most vulnerable in our Irish Community.

Irish immigrants to Britain have higher rates of mental distress than most migrant communities. Our highly experienced team respond to this need by providing high quality psychotherapy, supporting some of the most fragile and isolated people in Britain. We have a fantastic and highly committed team of people: therapists, administrators and back office staff, volunteers, members of the Fundraising Committee and the Trustees. We could not do the work without them and we thank them all.

Experience tells us that many Irish people prefer to come to an agency that is Irish; where their history, culture and concerns will be fully understood and respected. Our expertise in supporting Irish people who have experienced abuse and cultural loss means we are also able to support people from other economic or conflict migration communities.

Demand for our services continues and, despite the economic situation, we remain determined to ensure we respond to that need by continuing to provide high quality psychotherapy, helping people rebuild their lives.
icap is an independent, not-for-profit, professional counselling and psychotherapy service with a strong and proven track record of providing culturally sensitive services, primarily for the Irish community in Britain.

Our services are provided at our clinical centres in London and in Birmingham, at partner organisation’s centres, and through our national network of accredited therapists across Britain. We have also provided outreach counselling in GP surgeries in inner-city Birmingham; mental health and wellbeing promotion; consultancy to other agencies and professional training courses and seminars.

Our objectives are to benefit the public by:

- providing accessible, professional, culturally-sensitive psychotherapy to people of Irish origin and other minority, marginalised and disadvantaged communities
- raising awareness of the psycho-social issues which impact on the mental health of the Irish and other communities
- promoting healthier lifestyles and living strategies to improve mental health among the Irish and other communities
- contributing to the removal of entrenched stereotypical views of immigrants, promoting social inclusion
- disseminating 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

We are experienced in helping clients with a range of problems including depression, anxiety, abuse, anger, aggression, and addiction. We have particular expertise of working with:

- Irish people and people of Irish descent living in Britain
- adults who were abused in childhood
- people who have experienced institutional or clerical abuse
- women who have experienced rape, sexual abuse or domestic violence
- people who misuse alcohol and drugs
- people who have experienced PTSD

"icap has helped me to function in the world. Without this support I would be lost" – icap client
Home is an evocative word. For our clients it has so many meanings and associations. It can mean loss – that place that had to be left and that cannot now be returned to. It can be a place of fear – where unimaginable trauma occurred and where pain took the place of joy. It can also evoke a deep sense of belonging.

For many of our clients it was their place of safety – their abusers were outside the home, in orphanages, laundries and churches. We are delighted to have joined icap in 2011, a place that has provided a real sense of home to people whose lives have been marked by the most horrendous trauma and abuse.

For us both, growing up as second generation Irish children in the UK, home seemed to never quite mean the place where we lived now. It was for our parents the place and the culture they had left behind. This sense of difference was powerfully transmitted to us and has given us a strong sense of Irishness that has informed our view of the world. It drew us both to icap, knowing as we did the organisation’s deep commitment to meeting the therapeutic needs of the Irish in Britain. icap does not, of course, only work with Irish clients, but Irishness is central to what icap is. It can also be home for clients from other minority groups with many shared experiences of trauma, dislocation, prejudice, alienation and loss.

icap is a place that embraces difference, where experiences of trauma, displacement and otherness can be stayed with and understood. We wish to thank our team of psychotherapists in London, the West Midlands and across the country for their on-going contribution to the long term success of icap. They are a team of psychotherapists whose commitment to their clients is unparalleled.

From our Clinical Directors

I have gained a better understanding of my unconscious and how it links with my issues.

– icap client
PHOTO: Birmingham therapists Sandra Harrison & Helen Maté talking with Administrator & Development Worker; Abi Wilkinson & Supervisor; Robina Burke
icap is home to a gifted team of psychotherapists (supported by a strong and thoughtful group of volunteers and staff) in London, in Birmingham, and across the UK. We have been delighted to encounter a wealth of clinical expertise and a real capacity to work with clients whose life experiences – their cultural identity as much as their experiences of trauma – have prevented other agencies from offering them the healing they needed.

2010/2011 saw the completion of the Anna Freud Clinic’s three year study into the efficacy of psychotherapy in icap. This independent clinical evaluation, designed and led by Professor Peter Fonagy, has given us some solid evidence about the positive impact our therapy is making on the lives of people who came to us in states of suffering, desolation and despair. We are delighted to see confirmed what our clients have known for some time – that being listened to, being recognised and being validated by a skilled clinician with a real understanding of one’s sense of cultural and social identity can work powerfully to repair years of pain and abuse.

While there is much that is unique and good in icap, we are working with our clinical teams to continue to make it better. We are building the range of therapies available to our clients. As well as individual psychodynamic treatment, we will be developing a wider group psychotherapy programme so that we can enhance the choice available for our clients. Group psychotherapy offers some things that individual psychotherapy does not – and vice versa. Eventually we hope that icap will offer other choices to clients such as couple and family therapy and child and adolescent psychotherapy, alongside different therapeutic techniques. All will be underpinned by our knowledge that therapy is always about a relationship and that the quality, consistency and security of that relationship are key to making peoples’ lives better.

In The West Midlands

“I was delighted to be appointed as the Clinical Manager in the West Midlands having worked as a therapist with icap for several years. icap offers vital therapeutic support primarily to the Irish community but also to other immigrant communities here in the West Midlands. The Irish community of over 100,000 are very much part of the history of Birmingham and the West Midlands contributing greatly to the wonderfully diverse place it is today. Yet times have not always been easy for the Irish in the region and some in our community urgently need the support and help that icap can provide. New migration patterns to Britain due to the economic downturn will also lead to younger Irish people seeking to access our services. I look forward to increasing our profile and service provision, working with other organisations.”

Maureen Slattery-Marsh, Clinical Manager (West Midlands)
A word from our Consultant

At a time when "real" psychotherapy is in danger of extinction outside of private practice icap is an organisation that is vital to ensure that some of the most vulnerable in society can access effective, culturally-sensitive, psychological support.

As icap’s consultant for over a decade I know our therapy works and was delighted when research, overseen by Professor Peter Fonagy, provided us with an ’evidence base’ of this effectiveness. We can now say with confidence that icap’s medium and long-term psychotherapy is an effective approach to complex trauma situations. It is also a good feeling to be involved with an organisation that has contributed so much to the rectification of a great cultural wrong - the abuse of children and adolescents in institutions in the Republic of Ireland.

But, I also have a sense that icap can do more, fulfilling our promise as a cutting edge agency. I am looking forward to icap researching and publishing more, increasing the range of therapies we offer, and exploring the possibility of becoming a training placement for organisations in the United Kingdom Council for Psychotherapy.

I also look forward to creative ways of supporting low cost therapy, perhaps by creating a fee-based service for those who can afford to pay which in turn helps support those who cannot. Many clients prefer to come to an agency, even if they are paying, rather than enter a private practice situation. More personally, I would like to see icap strut its stuff a bit more, shed the modesty that, perhaps because of the nature of much of our work has characterised the organisation, and take the word out that our therapy really changes lives!

“ I have been seeing my therapist at icap for five years now and without her I would not have coped. ” – icap client

Professor Andrew Samuels, Professor of Analytic Psychology at the University of Essex
Statistics

“ I have found the help, encouragement and support from my therapist at icap priceless. I love coming here. ” – icap client

Client Ethnicity

- Irish: 68%
- British: 17%
- Other: 15%

Client Location

- London Boroughs: 15%
- Rest of UK: 23%
- Other London Boroughs: 15%
- West Midlands: 15%
- Barnet: 4%
- Brent: 7%
- Camden: 5%
- Enfield: 3%
- Hackney: 6%
- Haringey: 6%
- Newham: 2%
- Other: 1%
- Rest of UK: 23%
"My experience of icap was a very positive one, in every way. The building, the location, the counselling room and the public areas." – icap client
Continuing Professional Development (CPD) is a cornerstone of icap’s clinical services. Our therapists are engaged in an on-going process of learning, development and training to equip them with the wide range of issues that our clients bring into the consulting room. In addition to the CPD work undertaken by our therapists, icap provides a programme of training events designed to enhance the quality of the clinical services we provide.

2010 and 2011 saw the continuation of a series of clinical seminars attended by members of our London and Birmingham teams, as well as members of our national network of therapists. We were pleased also to see a growing number of therapists from outside icap coming to these training events.

We were delighted to have such eminent speakers as Brid Greally presenting her seminar “The Erotic and the Sublime: a dialogue between philosophy and psychoanalysis,” Ruthie Smith presenting an “Introduction to the use of A.I.T. (Advanced Integrative Therapy) when working with traumatised clients”, Brid Keenan presenting on “Trauma and Somatic Experiencing”, Mary Lynne Ellis on the notion of time in psychotherapy, Nuala Flynn on “Trauma and Dreams” and Jim Fitzgerald speaking on “In the Witch’s Kitchen: Reflections on the Archetypal Background to Trauma and Addiction.”

The extraordinarily high calibre of all these workshops has a number of results. It not only equips and empowers clinicians to address the many manifestations of trauma that emerge in the work, it also adds enormously to the depth of the therapeutic services given to our clients.

The organisation’s great strength is the commitment and expertise of all of our people. Our administrative team and our volunteers also receive in-house and external development and training, and we are proud to hold Investors in People accreditation.

“It is difficult to put into words how much I have benefited from coming to icap. They are kind, empathetic and non-judgmental. They do tremendous work.” – icap client
PHOTO: London therapists – Denise Swift, Jane Ellwood & Barry O’Donovan
Whilst maintaining our position as the leading provider of counselling and psychotherapy to the Irish community in Britain we continued to provide care to others from diverse and disadvantaged communities. We delivered a number of NHS and local government contracts and we maintained our service delivery from a range of locations across London and Birmingham:

- We continued to provide psychotherapy for adults who were abused whilst children in Industrial Schools and other residential institutions in Ireland. This particularly sensitive work is funded by the Department of Health and Children (Dublin). icap is the only substantive provider of such a service in Britain and we have a niche expertise in this field. We continued to ensure the needs of this particularly vulnerable group were met: around 38% of whom left for Britain when they left their institution. During the year we also provided supervision for LISOS (London Irish Survivors Outreach Service) staff at the London Irish Centre.

- Funding from the Emigrant Support Programme at the Embassy of Ireland, London, enabled us to continue to provide therapy to particularly vulnerable Irish people in north-west London, providing a high quality service at our partner organisation, Cricklewood Homeless Concern (CHC).

- London Councils funding enabled us to continue to provide therapy for Irish women who have been victims of domestic violence, sexual abuse or rape, who live in the North London Boroughs of Islington, Camden, Haringey, Hackney, Enfield, Waltham Forest and Newham. The service is provided in partnership with the London Irish Women’s Centre.

- A service for women was also provided in the West Midlands where funding from The Digbeth Trust and the Baron Davenport’s Charity enabled us to provide a therapy group for vulnerable Irish women.

- The Irish Youth Foundation supported our work with young Irish people and their parents both in London and Birmingham.

- Our work with vulnerable Irish men was supported by the LankellyChase Foundation in the West Midlands and by the Lloyds TSB Foundation in London.

- The West Hackney Parochial Charity supported work with vulnerable Irish men and women from The London Borough of Hackney.
Our community development project with the Irish community in the London Borough of Islington developed a comprehensive programme of work that engaged the Irish Community around their wellbeing and mental health. It created a number of Irish groups working in partnership with Age Concern and the Peabody Trust. An Irish Reminiscence Group, that the project helped create, exhibited its work in the British Library.

Our NHS contract in the West Midlands continued to provide an outreach counselling and advisory service in GP surgeries in inner-city Birmingham. The service is in partnership with Birmingham and Solihull Mental Health Foundation NHS Trust.

Talks were initiated with a variety of other organisations with the view to forming strategic partnerships and possible consortiums including a partnership between icap and three other therapy agencies: Nafsiyat, The Women’s Therapy Centre and The Maya Centre. This partnership received backing from the Charities Aid Foundation and Maquarie Bank to help the organisations work more closely together and help us make a more coherent case for psychotherapy provision in the London Borough of Islington.
Our Work with Survivors

For fifteen years we have provided psychotherapeutic interventions to those dealing with the psychological and behavioural consequences of sexual, physical and emotional abuse suffered while growing up in Ireland.

As a result we have unique expertise in treating survivors of institution and clerical abuse who now live in Britain. These survivors form a mainly disadvantaged and hidden element of the Irish Diaspora, carrying a deep internal trauma that is compounded by living in a country that is not their own.

Ireland continues to reel from the uncovering of yet more layers of abuse of its children at the hands of the Catholic Church. The publication of the Cloyne Report in July 2011, with its revelations that the Church was still refusing to follow agreed guidelines of the reporting of child sexual abuse as recently as 2009, put paid to the myth that clerical abuse is a historical process. It is a contemporary phenomenon.

Since its foundation, icap has provided psychotherapy to those whose childhoods were erased by experiences of sexual abuse and torture at the hands of those charged with caring for them. An estimated 38% of survivors of Irish clerical abuse have come to the UK – a figure that is rising as the Irish economy propels more waves of migration.

Our services have been developed to deal with the wide range of emotional difficulties that often swamp the lives of survivors of clerical abuse, including dissociation, suicidal ideation, anxiety disorders and self-harm. Abuse impacts every layer of someone’s emotional world, requiring clinical responses that both recognise the legacy of trauma and the resilience of the survivor.

The psychotherapy we provide is not just about the past – it is about the present, how people live today – and it is, crucially, about the future – how our clients can move on to live lives free from anxiety, fear and depression. Abuse is, of course, an intergenerational phenomena. It is not just the direct victims of institutional abuse that struggle with its effects – it is their children and their grandchildren too. This work tends to be complex and long term. The legacy of years of institutional abuse may require years of emotional redress.
Our highly committed fundraising committee supported and promoted a number of fundraising initiatives in the year:

A successful race night at the Crown Moran Hotel in North West London in November 2010. The hotel being a perfect venue with its long association with the Irish community in Britain.

Our Annual Fundraising Dinner was held this year in the famous Long Room at Lord’s Cricket Ground in February 2011. The black-tie evening was hugely successful and raised £20,000.

Music promoter, Vince Power, provided icap with a unique opportunity to raise the profile of our work at The Feis, the biggest Irish music festival in Britain. icap hosted the exclusive VIP hospitality marquee where 300 of our guests enjoyed a champagne reception, lunch and afternoon tea, and of course an amazing line up of musical talent that included music legends, Bob Dylan and Christy Moore.

To support our income generation and awareness of the charity’s work we significantly improved our website www.icap.org.uk and use of new social media platforms such as Facebook and Twitter. These developments were only possible because of the work of some of our volunteers with technical support from Learning Pool, a Northern Ireland based IT company.

Our work with the Irish community was recognised when our Chairman and Chief Executive were invited to a historic reception at the Embassy of Ireland in London, in the presence of HRH the Prince of Wales and the Duchess of Cornwall.
1: His Royal Highness The Prince of Wales and icap Chairman Colin McNicholas at the Irish Embassy in London

2: Phil Cusack placing his bets with Stella Adams and Jayne Anne Eustace O’Flynn at our Race Night 2010

3: Vince Power talking to guests in the icap Marquee at the Feis 2011

4: Colin McNicholas with his brother Tommy and wife Margaret McNicholas at the Annual Dinner at Lord’s Cricket Ground 2011

5: Gary and Teresa Fereday with Gerry Kelly from the Irish Embassy in London

6: Michael O’Flynn and guests at our Race Night in 2010

7: Christy Moore on stage at the Feis 2011

Photos courtesy of: The Irish Embassy M. McNally, The Irish Post, Jacqui McSweeney
In 2010/2011 our income came from a range of contracts, grants and donations from companies and individuals. Others gave their time or professional expertise freely to the charity or donated fabulous prizes for auction at our Annual Dinner.

Which ever way support was given we want to say thank you: without your help we could not have provided our vital services.
This summarised financial information contains extracts from the Statement of Financial Activities for the year ended 31st March 2011, but is not the full statutory report and accounts.

The full financial statements were approved by the Trustees on 7th September 2011 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 21st November 2011, Colin McNicholas, Chairman.

### Income

- **Grants**: £268,204
- **Service Contracts**: £405,623
- **Voluntary Income**: £67,567
- **Other Incoming Resources**: £30,889
- **Investment income**: £1,198

**Total Income**: £773,481

### Expenditure

- **Counselling and Psychotherapy**: £652,240
- **Governance**: £23,247
- **Cost of Generating Funds**: £27,114

**Total Expenditure**: £702,601

**Net Assets**: £1,182,138

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**Finance**

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**Annual Review 2018-11**
Our Supporters

“The Irish Embassy has for many years admired and supported the work being done by icap. The provision of frontline services and assistance to the most vulnerable members of our community is essential work and icap adds an important dimension to the rich fabric of Irish community organisations throughout Britain. It has rightly been supported by the Irish Government since its beginnings back in 1996.”

Angela Brady,
Dir. of Brady Mallalieu Architects
President of RIBA
(Royal Institute of British Architects)

“icap are a much needed and appreciated organisation delivering a special service particularly for the Irish community. We worked on their new offices a few years ago and got to know them well and could see the good work they were doing within a huge network of people seeking help and reassurance with their lives. In times of difficulty people need to have a trusted and friendly organisation like icap they can rely on.”

Bobby McDonagh,
Ambassador of Ireland

“The rain ain’t fussy ’bout where it falls,
It rains on one just like it rains on all.
But when it falls brother, its gonna rain hard,
When the ‘blues’ comes calling, with his calling card.”

Donal Gallagher,
Managing Director
Strange Music Ltd.

My late brother Rory wrote these lines in one of his compositions, “Calling Card”. The song counseled me well, that the ‘blues’, housing it’s many conditions from melancholy to depression, etc. isn’t fussy in whom it selects.

Life being a high-wire act for all, it is at least good to know that there are some safety nets, icap being one and a reason why I offer the organisation my support.
Vince Power said “The Feis 2011 was proud to support icap, a charity that has a long history of supporting Irish people in Britain. The VIP Marquee enabled guests to enjoy a fantastic celebration of Irish music in real style and support a worthy charity that works to support some of the most vulnerable in our community.”

“Learning Pool values and believes in the aims of icap. We were therefore honoured to help create a new website to make it easier for their staff to do their jobs whilst improving the way icap’s clients connect with them online. Given Learning Pool’s own focus on the importance of learning, we were extremely proud of how quickly staff picked up the skills necessary to maintain the new site and the creative approach they continue to take in developing new ideas to progress the work of the organisation. We wish them every continued success with the essential services they are delivering.”

John McVeigh,
Director
Instalcom Ltd.

Phil Cusack,
Managing Director
PF Cusack Tool Supplies Ltd.

“We are proud to support icap and their work with some of the most vulnerable, lonely and isolated in our Irish community in Britain. We are pleased to see so many of our colleagues from the Irish business community supporting their work as icap’s service are a vital safety net for those in emotional distress, particularly those who otherwise simply could not afford to pay for help. In this difficult business climate, it is a mark of the generosity of the Irish community that icap has continued to successfully raise much needed funds. We wish icap all the very best in the coming years and look forward to many more fundraising initiatives that have proved to be such an enjoyable way of supporting the charity’s work.”

Paul McElvaney,
Co-Founder & Director
Learning Pool
Our Trustees

Colin McNicholas (Chairman)
Colin’s long career in the construction industry culminated in being Chief Executive of McNicholas Construction (Holding) Ltd. Now in semi retirement, Colin retains an interest in the company as its senior non-executive director. Prior to joining icap’s Board he was actively fundraising for charities in the Irish community and was on the Board of the Irish Youth Foundation.

Joe Browne (Treasurer)
Joe is a solicitor based in London. He has a keen interest in human rights issues, particularly for marginalised communities. As well as being on icap’s Board he has a long history of working with the Irish community in Britain and is the Chairman of the Irish Travellers Movement in Britain.

Oonagh O’Ttoole (Company Secretary)
Oonagh has a long career in administration working for a variety of charities including the homeless charity SHAC, and The United Kingdom Housing Trust and the Camden Society, as well as merchant banks in London and Nestlé in Switzerland. Now retired, Oonagh remains active in a variety of voluntary and community organisations across North London.

Jerry Kivlehan
Jerry is the Finance Officer with an Irish based charity. Previously Jerry had a high profile in the Irish community in London where he was the Chief Executive of the London Irish Centre for ten years. He has also been a Trustee of a range of charities including; the Birmingham Irish Centre, Irish Support Services Hammersmith, Aisling Return to Ireland, Irish Centre Housing, Federation of Irish Societies and Camden BME Alliance.

Dr John Walshe
John is a psychiatrist and psychotherapist. His early career was in Dublin before he came to England going on to be Clinical Director of a NHS mental health trust in Essex. He is an Honorary Senior Lecturer at the Centre for Psychoanalytic Studies, University of Essex and a Fellow of the Royal College of Psychiatrists.

Frances Thornton
Frances is a banker and has held many managerial positions at the Allied Irish Bank. Frances has a long association with icap and helped set up many of its administrative and finance functions in its inception in the mid 1990’s. She retired from icap’s board in May 2011.
Our People

Founder and Honorary President
Teresa Gallagher

Patrons
Lord Alderdice FRCPI, FRCPsych
Daithí O’Ceallaigh
Professor Suzie Orbach PhD

Fundraising Committee
Stella Adams
Colin McNicholas
Bernie Muir
Jayne-Anne Eustace O’Flynn
Andy Rogers

London Staff
Audrey Benson (p/t Administrative Officer – Clinical)
Claire Buckley (Community Development Worker)
Maria Carter (Senior Administrative Officer / PA to CEO)
Sinead Crowley (p/t Fundraising)
Alan Corbett (Clinical Director)
Gary Fereday (Chief Executive)
Veronica Pearce (Administrative Officer)
John Russell (p/t Caretaker)
Eniyal Sahadevan (p/t Book Keeper)
Christine Thornton (Clinical Director)

West Midlands Staff
Ellen Byrne (p/t Administrator)
Kathy Mullins (Administrative Support)
Maureen Slattery-Marsh (Clinical Manager)
Abi Wilkinson (Development Officer/Administrator)

West Midlands Therapists/Supervisors
Robina Burke (Supervisor)
Patricia Dolman
Sandra Harrison
Val Hill (Supervisor)
Joseph Lynton (Supervisor)
Helen Maté
Teresa McKevitt
Philomena O’Hara
Dr. Angella Ryan

Volunteers
Liz Conway
Hitam Kharica
Sarah Jarman
Marianne Simmonds
Jean Smullen
Joan Tobin

Consultants
Sarah Myers-Cornaby (Fundraising)
Professor Andrew Samuels (Psychotherapy)
Jeremy Stone (Finance)

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Allied Irish Bank (GB), London
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We have teamed up with Virgin Money Giving for donations to be made to icap online.

Find us on:

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If you would like to support our vital work you can give a one-off donation or set up a monthly gift online. Visit our website

www.icap.org.uk
and follow the link on our homepage.

*All calls from clients and potential clients are always handled sensitively and in strict confidence.
*Client information is held securely and not given to third parties.
*No clients are in any photos. Any representation of clients are posed by team members.
PHOTO: Trustee, Donagh O’Toole (centre) talking with London therapists Mary Ryan & Daniel Linehan