



# Supporter's Newsletter

Issue No 3 | Autumn 2011

## Immigrant Counselling & Psychotherapy

### Welcome



**Welcome to our new look newsletter. We hope it will enable our friends and supporters to keep up to date with our vital work; helping people heal shattered lives and deal**

**with emotional trauma, depression and risk of suicide.**

Founded to meet the needs of Irish people living in Britain, Irish people still remain the key focus of the charity's work and the Irish Government fund some of our work supporting adults abused when growing up in Ireland. Other vital services are funded by grants, fundraising events and the generosity of our donors.

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 culturally sensitive psychotherapy, supporting some of the most fragile and isolated people in Britain.

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 mean we are also able to support people from other economic or conflict migration communities.

We hope you find the newsletter informative and thank you for your continuing support. Without your help we couldn't provide many of our vital services, I look forward to welcoming you at one of our events in the near future.

**Colin McNicholas, Chairman**

promoting mental health and well being...

...rebuilding shattered lives through psychotherapy



**HERE TO SUPPORT:** Therapist in session.

## icap at a glance

**In the last year we provided almost 10,000 psychotherapy sessions through our London and West Midlands centres, partner organisations, and through our network of therapists across Britain. 68% of our clients were Irish, 15% from other communities and 17% were British.**

We have a range of therapy services that include work with:

- Adults who were abused whilst children in Industrial Schools in Ireland.
- Particularly vulnerable Irish people in north-west London.
- Irish women who have been victims of domestic violence, sexual abuse or rape, who live in north London.
- Vulnerable Irish women in the West Midlands through a women's therapy group.
- Young Irish people and their parents in London and the West Midlands.
- Vulnerable older Irish men in London and the West Midlands.
- Patients of GP surgeries in poorer inner-city areas of Birmingham.

We get excellent results and make real and lasting improvements to people's lives. The internationally regarded expert, Professor Peter Fonagy, oversaw a three year study of our work. The study found our therapy makes significant improvements to clients suffering from depression, anxiety and substance misuse.

## See our new website

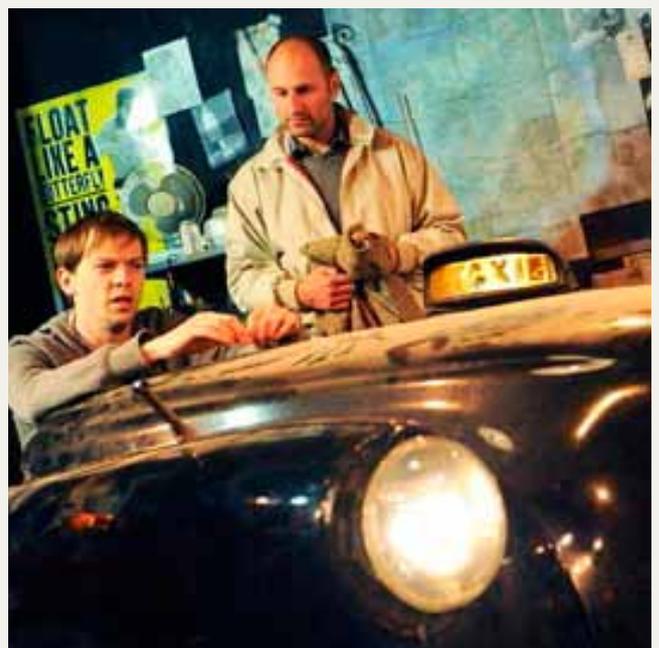
To learn more about what we do, upcoming events, past events, photographs and news, as well as other ways in which you can support icap see our website [www.icap.org.uk](http://www.icap.org.uk)

Thanks to Learning Pool (a Northern Ireland based IT company), who generously donated their expertise, we have recently upgraded the site so it reflects the quality of our clinical work.

## Irish Blood, English Heart

We don't just provide psychotherapy. We also promote good mental health and raise awareness of the emotional and mental issues that effect people, particularly Irish people, in Britain. A great opportunity to raise this awareness took place at a question and answer session following a performance of the acclaimed play "Irish Blood, English Heart" in May at the Trafalgar Studios, London.

The play examines issues of Irish identity, blood ties and family. Following the performance, one of our Clinical Directors, Alan Corbett, chaired a discussion session with the play's author Darren Murphy, director Caitriona McLoughlin, and cast members, exploring the play's portrayal of Irishness, and the connections with icap's work.



**ACCLAIMED PLAY:** "Irish Blood, English Heart" in May at the Trafalgar Studios, London.

# icap out & about

## Annual dinner at Lords

Our annual fundraising dinner, held in the historic Long Room at Lord's Cricket Ground, was a huge success raising £20,000. Thank you to everyone who attended the dinner and made it such a special evening.



**SUPPORTING THE EVENING:** Paul Wise, Heather Wilson, Neil & Alexandra Taylor and Matt & Ciara Pryce of the VGC Group.

Thank you also to everyone who donated the fantastic prizes that included tickets to sporting events, a test drive in an Aston Martin, a weekend at the Ritz in Lisbon and a week in a French Châteaux. Guests were treated to a tour of Lord's and got a glimpse of the Ashes themselves, as well as enjoying traditional Irish music.



**SPECIAL EVENING:** Colin McNicholas and Tommy & Margaret McNicholas from McNicholas Construction.

## Feis 2011



**MUSIC MOGUL:** Vince Power chatting to guests.

icap hosted the exclusive VIP Hospitality Marquee at this years Feis in London. 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!



**FEIS VIP:** A packed VIP marquee at the Feis, with table hosted by Donal Gallagher in foreground.

Vince Power provided icap with a unique opportunity to raise the profile of our work whilst raising much needed funds at the biggest Irish music festival in Britain. A big thank you to Vince and his team and we look forward to working with them again.

## Volunteers needed!

We are currently looking for people to help volunteer at icap. We are looking for enthusiastic and mature volunteers to cover our reception and telephones, and to provide administrative support in both our London and Birmingham offices.

Cover is needed particularly from 5 – 8pm, Monday to Thursday, though there are also opportunities to volunteer during the day. If you are interested in discussing volunteer opportunities at icap, please contact Maria on 020 7272 7906 or email [maria@icap.org.uk](mailto:maria@icap.org.uk)

## Virgin Money Giving

We have teamed up with Virgin Money Giving for donations to be made to icap online. If you would like to support our vital work you can give a one-off donation or set up a monthly gift online, visit [www.icap.org.uk](http://www.icap.org.uk) following the link on our homepage.



Or, perhaps you are thinking of taking part in a sponsored event and would like to raise money for icap, just click on the 'start fundraising' button on icap's Virgin Money page.



**LUCK OF THE IRISH:** Long standing icap supporter Phil Cusack placing his bet at last year's Race Night.

## Our next fundraising event ....

"11.11.11 – What are the Odds" Our Race Night will once again be held at the Crown Moran Hotel, in Cricklewood on Friday 11th November 2011. Come along and support our work whilst enjoying a fun-filled evening.

For details or to book your place contact Maria on 020 7272 7906 or email [maria@icap.org.uk](mailto:maria@icap.org.uk)

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