



Supporter's Newsletter

Issue No 5 | Spring/Summer 2012

Immigrant Counselling & Psychotherapy

Welcome



Welcome to our fifth newsletter, as always your support to icap is invaluable and continues to make a positive impact on those who seek our service.

icap has undergone some changes already in this new year. As you may be aware, Gary Fereday has left the role of Chief Executive to take up the post of Chief Executive of the British Psychoanalytic Council. I would like to offer my best wishes to Gary in his new post and thank him for his five years of hard work and commitment to icap.

I would like to formally welcome Neil Casey, who is overseeing icap through this period of change and is acting as our interim Chief Executive as we look to recruit a permanent replacement in this role. Neil brings 20 years of experience in the charity sector and runs his

own consultancy providing interim management and consultancy support to third sector organisations.

Our Annual Dinner in February saw the launch of our most ambitious fundraising target to date, to raise £100,000 by the end of 2013. We would like to thank you for the part that you have already played in supporting icap and would like to invite you to join us as a sponsor or donor, share in our vision and make a real difference to the lives of people at risk. By raising £100,000 we can fund 10 therapy rooms and up to 4,000 additional therapy sessions in our London and Birmingham centres. To find out more about how you or your company can get involved with the icap Challenge there is further information over the page.

Your continued support means so much to everybody at icap, and enables us to make such a positive difference in individual lives.

Colin McNicholas, Chairman

promoting mental health and well being...

...rebuilding shattered lives through psychotherapy

Staff Interview



Maureen Slattery-Marsh
Clinical Manager
West Midlands

When did you start working for icap?

I began working as an in-house therapist in July 2007 and over 5 years became increasingly involved in the delivery and promotion of the service. In July 2011, funding was found for a part time Clinical Manager post, to further develop icap in the West Midlands. I applied, and was delighted to be appointed in September 2011.

How great is the need for icap in the West Midlands?

The West Midlands has a large ethnically diverse population. Irish and other immigrant groups make up over 40% of Birmingham's population. There are over 100,000 people of Irish descent resident in Birmingham.

What benefits do you see in clients?

Over the course of therapy, icap clients report a significant improvement in their levels of personal well-being - an experience of inner integration. There is often a notable increase in levels of self-confidence and in the ability to address their emotional and practical needs. There can also be a marked improvement in social interaction with family and others.

Describe what the team is like to work with?

As Clinical Manager, I find it a daily privilege to work with such a gifted and highly experienced team of clinicians. Our team of 7 in-house therapists offer between 35-40 therapy sessions per week and without the support of a good administration team none of the clinical work would run smoothly.

Annual Dinner

We held our fifth Annual Dinner at the Painter's Hall in the heart of the City of London on Friday 24th February 2012.



MAGICAL: Guests being entertained by the magician.

We are pleased to announce the evening raised nearly £12,000 and we would like to thank all those who attended and helped to make the night such a success. Guests enjoyed a delicious four course dinner, with champagne reception and entertainment provided by a fabulous magician and talented harpist.



SPEAKING: Jane Connolly from the Irish Embassy

You can view photos from the night by visiting www.icap.org.uk and clicking on our events page.

icap challenge

Be part of icap's most ambitious campaign to date!



The icap Challenge was officially launched at our 5th Annual Dinner & Auction on Friday February 24th 2012.

icap has been providing a safe place for Irish people to access culturally sensitive psychotherapy and counselling services across the UK since the mid 1990's.

You can be part of our plans for 2012. Enjoy the experience as a company or an individual and make a difference in getting icap to the next level! We are looking for sponsors, donors and volunteers who are looking to make a difference to the life of an Irish person at risk.

You can do any of the following:

- **Sponsor a Room providing 400 psychotherapy sessions across a twelve month period**
- Sponsor an icap event
- Make a donation to icap
- Use one of your existing hospitality or socials and get your staff/team involved
- Volunteer as an individual or a company, on a one off or on-going basis in London or Birmingham
- Take part in a sporting event and raise awareness and funds for icap whilst doing it
- Attend one of our events
- Raise awareness of icap on your company website or intranet
- Matched Giving/ Payroll donations
- Or just get in touch to talk about any ideas you may have

This is your chance to make a real difference to people you and your staff care about. Together we can bring hope and rebuild lives.

For further information please contact Sinead Crowley on sinead@icap.org.uk

Fonagy Report

STOP PRESS

We will be launching the findings of the clinical research we commissioned on 13th June 2012 at the Irish Embassy. Dr Peter Fonagy and the Anna Freud Centre have been conducting this piece of work over the last three years.

This research provides conclusive evidence that we are providing an exceptionally high standard of care to our clients, and that we have particularly good results with clients whose problems and difficulties have made it hard for any other organisation to give them the help they needed.

Everyclick

You can now support icap whilst you search the internet. Instead of using Google as your search engine use Everyclick and you can help raise money for icap.



Just visit www.everyclick.com/icap set it as your homepage and search the web. You can also sign up, so you can track exactly how much your searches raise.



THE TEAM: Some of the West Midlands team.



IN TRAINING BEFORE THE BIG RUN: Veronica Pearce

Manchester Run

“icap’s Administrative Officer, Veronica Pearce took to the streets of Manchester on Sunday 20th May 2012, running in the Bupa Great Manchester Run, a 10k through the city. To date she has raised £200 for icap.

Veronica had been in training over the last few months and managed to complete it in 1 hour and 15 seconds. You can still sponsor her at www.virginmoneygiving.com/VeronicaPearce

Well done!”

Monthly Donation

Our work is totally dependent on donations. It is only with your help that we can continue to make a positive difference to individual lives. We help people who may be struggling either with depression, anxiety or relationship problems. They may have been abused either as a child or in adult life, in an institution or somewhere else. They may be struggling with drink or drug problems

Therapy can help most people. People used to think that seeing a therapist meant you were mad, or couldn’t cope but not anymore. Everyone needs someone to listen to them, and sometimes family or friends aren’t enough.

This is where icap becomes an important and vital service to people, making a real difference to real lives. One client describes their experience; “icap has helped me to function in the world. Without this support I would be lost.” A monthly donation would enable us to plan for the future and allow people who are looking to turn their lives around reach their goal.

If you would like to set up a monthly gift please complete the enclosed form and return it to our London office.

Remember, if you are a UK tax-payer to tick the Gift Aid box which allows icap to claim back 25p for every £1 donated.

Thank you, your support really does mean a lot to us all at icap.

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