



# Supporter's Newsletter

Issue No 6 | Autumn 2012

## Immigrant Counselling & Psychotherapy

### icap's Research Launch at the Irish Embassy

Over the past few years, icap has been working alongside Dr Peter Fonagy and the Anna Freud Centre whilst they have been conducting an independent evaluation of new clients entering icap's service.

This independent report has provided empirical evidence that psychotherapy provided at icap may be effective in helping people to overcome social and emotional difficulties, and demonstrates particular effectiveness in addressing complex and "hard to reach" symptoms.

icap launched the findings of this study at the Irish Embassy, London on Wednesday 13th June 2012, hosted by Ambassador Bobby McDonagh. Thank you to all who came and supported the evening. We were joined by over 150 guests, who came to hear about the work we have been achieving and the fantastic results the report has highlighted. The evening was a wonderful opportunity for old and new supporters to come together and celebrate icap's achievements.

The evening also provided an opportunity to recognise Teresa Gallagher, Founder and



**CELEBRATION:** Colin McNicholas presenting Teresa Gallagher with Belleek Jewellery.

Honorary President, for the outstanding work and contribution she has made to icap.

The report and summary are available to download from our website ([www.icap.org.uk](http://www.icap.org.uk)) under the About Us section – Evaluation of icap's work.

promoting mental health and well being...

...rebuilding shattered lives through psychotherapy

## Welcome



Summer seems to barely have begun and already we're in autumn. The past few months have been busy but rewarding at icap. The success of our research launch

event and the exciting news of our new Patron, President Michael D. Higgins, is a testament to the hard work and dedication from so many.

After a thorough organisational review, we have begun the recruitment for the new icap Director post and are committed to ensuring the best person is placed in this pivotal role for the organisation.

In October, I will be stepping down from my role as icap Chairman and from the Fundraising Committee. My three year tenure has flown by, and with the changes life brings, it is with a sense of sadness that I will pass the baton on. As yet, we are not able to make an official announcement of my successor, but will ensure this is announced once we are in a position to do so.

My time at icap has been a very rewarding one and I have thoroughly enjoyed being part of the great team of Trustees, Staff, Therapists, Volunteers and Fundraising Committee. The loyalty and hard work from so many has enabled icap to go from strength to strength, and we will no doubt continue to see the fruits of this labour. I will of course keep in touch with icap and look forward to hearing further developments.

It is an exciting time for icap, and we can look to the future with the knowledge that icap will continue to be a leading service provider of psychotherapy for the Irish community.

Sincerely,

**Colin McNicholas, Chairman**

## icap Patron

icap Chairman, Colin McNicholas was delighted to make the official announcement on the 13th June, that the President of Ireland, Michael D. Higgins has agreed to become icap's Patron.



**ICAP'S FUTURE:** President of Ireland, Michael D. Higgins with Ambassador Bobby McDonagh. Photograph courtesy of Malcolm McNally – The Irish Post

We believe that this is a mark of the work icap has done over the last 17 years in helping vulnerable Irish people through psychotherapy in an environment in which people feel safe and understood. This indeed is very exciting news for icap!



**RESEARCH LAUNCH EVENING AT THE IRISH EMBASSY:** icap supporters; Carol McGinley and Phil & Mary Cusack

## Spotlight on icap

As you have read, our independent study this year found icap's therapy to be highly successful, and we continue to study our results and refine our services to offer what people need most.

An exciting new development for icap in September is the launch of our first long-term therapy group at our London centre. We have run successful short term groups in the past, and building on that, this group offers a new kind of therapeutic opportunity to our clients.

Groups are particularly good for people with relationship problems, identity conflicts or who are isolated. They also work well for depression, anxiety, and other common problems. Up to 8 people meet with a therapist in a confidential space.



**SPOTLIGHT:** Group meeting in our London centre.

Members help each other, and the therapist keeps it safe for everyone. Each person leaves when they feel ready, and new members join from time to time - the group goes on. This can also be a real resource for clients who have had successful individual therapy - they can hone their relationship skills with peers in the group. An important part of group therapy is that relationships are equal - people help each other and are helped - just like in real life.

We hope that this will be the first of a range of groups available to icap's clients going forward.

## Winter Social Supper – 'The Craic was Good in Cricklewood'

Please join us for a wonderful night of songs and stories of the men who built Britain.

Presented by Ultan Cowley (author of The Men Who Built Britain, MacAlpine's Men and Paddy & The Big Ditch) and Joe Giltrap (singer / songwriter and multi-instrumentalist whose work has been described as the 'Thinking man's celtic music').

**Friday November 23rd 2012, 7pm till late**

- The Crown Moran Hotel Cricklewood
- Tickets £25 each
- Table of 8 - £200 or Table of 10 - £250
- Two course sit down dinner included

For more information or to book your table please contact icap at 020 7272 7906 or email [events@icap.org.uk](mailto:events@icap.org.uk)

[www.icap.org.uk](http://www.icap.org.uk) / [www.ultancowley.com](http://www.ultancowley.com) / [www.joegiltrap.com](http://www.joegiltrap.com)

## Annual Dinner 2013

icap's fifth Annual Dinner will be held on Friday 22nd February 2013 at the Honourable Artillery Company right in the heart of London. The evening promises to be a fun-filled event, with entertainment and dinner provided in this fabulous historic venue. We've managed to keep ticket prices the same as last year £125 per ticket or £1,200 for a table of 10.

**Make sure you book early! If you book a table of 10 by 20th November you will be entered into our prize draw to win a voucher for £150 at Corrigans. The draw will be made at our Winter Supper on 23rd November and on our website [www.icap.org.uk](http://www.icap.org.uk).**

For further information or to book your tickets contact Sinéad Crowley on [sinead@icap.org.uk](mailto:sinead@icap.org.uk) or 020 7272 7906.

## Monthly Giving

This is a very exciting time for icap, with positive changes happening.

There has never been a better time to get on board with icap and get involved, helping to make real and positive changes to people's lives.

The majority of our sessions take place either in our London Therapy Centre or in our West Midlands Centre. The work our therapists do with our clients can be long and emotional, there is no quick fix, and some people need long-term therapy. A monthly donation would enable us to plan for the future ensuring we are able to help as many people as possible and importantly for as long as they need.

If you are not in a position to make a monthly gift, you can either make a one-off gift or support us in other ways such as:

- taking part in a sponsored event
- getting your company on board
- holding an event of your own
- looking into volunteering with us

To find out further of how you can get on board with icap call us on 020 7272 7906.



## Easy Fundraising

We'd like to introduce you to easyfundraising.

It's the easiest way to help raise money for icap! If you already shop online with retailers such as Amazon, M&S, Argos, John Lewis, Comet, Vodafone, eBay, Boden and Play.com, then we need you to sign up for free to raise money while you shop!

### So how does it work?

You shop directly with the retailer as you would normally, but if you sign up to [www.easyfundraising.org.uk/causes/icap](http://www.easyfundraising.org.uk/causes/icap) for free and use the links on the easyfundraising site to take you to the retailer, then a percentage of whatever you spend comes directly to us at no extra cost to yourself.

### How much can you raise?

Spend £100 with M&S online or Amazon and you raise £2.50 for us. £100 with WH Smith puts £2.00 in our pocket and so on. There are over 2,000 retailers on their site, and some of the donations can be as much as 15% of your purchase.

Sign up at [www.easyfundraising.org.uk/causes/icap](http://www.easyfundraising.org.uk/causes/icap) and start making a difference, simply by shopping.

**easyfundraising**  
.org.uk

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