



Supporter's Newsletter

Issue No 9 | Autumn 2013

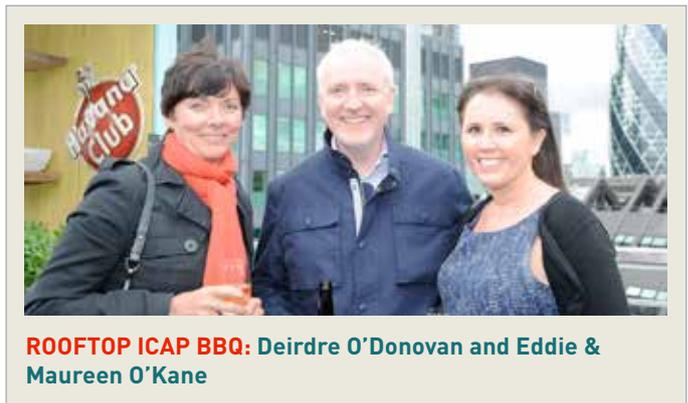
Immigrant Counselling & Psychotherapy

Summer BBQ

icap supporters, staff and volunteers gathered together on the amazing SkyLounge Terrace at the Tower Bridge DoubleTree by Hilton Hotel on the 13th June 2013 for our first ever BBQ.

Whilst the wonderful summer weather might have evaded us, guests turned up in numbers to celebrate the work of icap and to welcome and meet our new CEO Catherine Hennessy.

Andy Rogers, Chair of icap's Development Committee reminded guests of the important work icap does in supporting vulnerable Irish people, thanked the therapists for the outstanding clinical work that they do and



ROOFTOP ICAP BBQ: Deirdre O'Donovan and Eddie & Maureen O'Kane

acknowledged the sterling work of icap's staff, volunteers and Development Committee before introducing Catherine.

It was great to see so many friends of icap and a host of new faces in such an informal and social setting.

We would like to thank everyone who joined us and a special thank you to Patrick O'Connell, GM at the Tower Bridge Hotel for taking such wonderful care of our guests on the night.

Although this was a social event with no fundraising element, we are delighted to announce that c£1000 in donations and corporate support was received from the event.

Thanks to all concerned.



HIGH SPIRITS: Patrick O'Connell with Francesca & Don O'Sullivan

promoting mental health and well being...

...rebuilding shattered lives through psychotherapy

Message from Catherine



Catherine Hennessy

It's been a busy and absorbing 12 weeks since I joined icap in early June. My many meetings with staff members, therapists, trustees and our partners have confirmed for me that icap is an organisation which I feel honoured to both lead and serve.

icap has a proud heritage and I have been privileged to meet with Teresa Gallagher, the organisation's founder. It has been immensely valuable to hear from Teresa about the origins of icap and to understand the vision which led to the foundation of the organisation.

It is important that we retain this vision as we move forward in the next phases of our development as an organisation. In the coming months, I will be working with staff, trustees and supporters to think about our strategy in order to ensure that icap remains a vibrant, relevant and strong organisation.

Some of you will be familiar with the old Irish proverb, "Ar scáth a chéile a mhaireas na daoine" translated as "People live in one another's shelter". icap is fortunate to live in the shelter of our supporters. I thank you for this support and shelter. Over the next six months I hope to meet a range of supporters to discuss new ways to strengthen relationships. Please do let us know if you would like to meet soon.



SKYS THE LIMIT: Andy Rogers, icap supporters Valerie & John Quaid with icap's Sinead Crowley



Staff Interview Sue Platt

What is your role at icap?

My role at icap, since 2002, has primarily been that of Supervisor to a group of

therapists. However I started by giving 1:1 supervision working on a voluntary basis for a year. I was also co-therapist/facilitator to six Women's Groups over a 7 year period with Mary Hughes.

What difference do you believe icap is making?

Over these past 10 years I have seen clients repair their damaged lives in therapy, some repairing lost or broken relationships, making new ones, finding interests and developing careers. Others need to be held, emotionally nurtured and supported to carry on.

In the Women's Groups it was so good to see women who came thinking they had nothing to give, and discovering that they did have their own unique, often terribly painful life experiences to share, that enabled others with their pain and loss and also helped themselves.

icap is a place where some people come who couldn't go anywhere else. Couldn't physically and, or emotionally get themselves to another place. That isn't true of all icap's clients, but it certainly is for many of those who suffered institutional abuse in Ireland and for whom icap was initially the stimulus for Teresa Gallagher, icap's founding mother.

I have loved working for icap and hope to continue for as long as I have something useful to contribute.

Clinical Update

Geraldine Ryan - Clinical Director

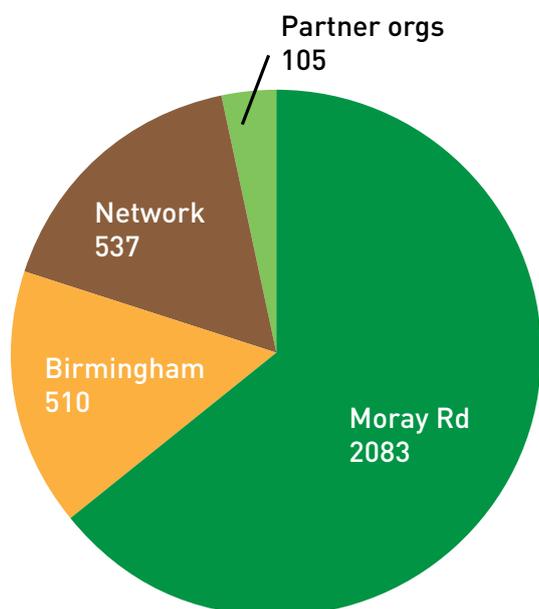
Nine months in to my work at icap, I continue to be impressed by the skill, dedication and creativity of our clinical staff and therapists. Working with my job-share partner Christine Thornton; I hold lead responsibility for our clinical work on a day to day basis.

Demand for our service remains high and we continue to see clients with a broad range of needs, many of whom would be unable to access help from other sources. This of course brings its own set of challenges, but it is immensely rewarding to know icap is able to provide so many people with the support and help that they so desperately need.

This is, in part, down to your generous support. As we look to the future, we will be looking to identify further ways to maximise the number of clients we are able to see, ensuring we are a vibrant and developing organisation.

It was great to be introduced to meet many of our supporters at the icap summer BBQ and I look forward to meeting more of you over the coming months.

Number of Sessions May-September 2013



icap - West Midlands

Our Birmingham office is finally starting to take shape again after the devastation left by a car accident in late May.

A car crashed through the front window, completely ruining one of our therapy rooms. Although we have to wait for permission to install the shutter on the outside, which will increase security and improve the internal appearance of the room, we have now had the room cleared out, painted and moved some furniture back in there.

This means we can use our office for occasional therapy, which relieves the space pressure on us a little and helps to ensure minimal disruption to our service. Thanks to all of our therapists and supervisors for their efforts to ensure "business as usual" in this difficult time.



IN TRAINING: Maureen Slattery-Marsh & Lynne Dale

The Bupa Great Birmingham run is taking place on the 20th October and Maureen Slattery-Marsh, our Clinical Manager and Lynne Dale, one of our therapists, are both putting on their running shoes to help raise funds for icap – needed even more after the damage to the Birmingham office.

Please show your support by sponsoring them for this difficult challenge!

www.virginmoneygiving.com/maureenandlynne

icap Winter Supper

London Irish Centre, Friday 22nd
November 2013

**Book now and join us for our annual
Winter Supper.**

icap is delighted to announce that it will be hosting its Winter Supper for the first time in the London Irish Centre.

We are honoured to work very closely with the LIC and are delighted to show our support for the recently refurbished venue in the heart of Camden.

The Winter Supper will include a two course dinner with tea/coffee.

The evening will also include live entertainment.

Doors open at 7pm – Dinner at 7.30pm sharp

Bar closes 12am

**Book your table or tickets through
www.icapwintersupper2013.eventbrite.co.uk**

call 020 7272 7906

Email veronica@icap.org.uk or
sinead@icap.org.uk

This event sold out last year so be sure to book early!

**Table of 10 £250, table of 8 £200 or
£25 for individual tickets.**

Save the Date

**icap's 7th Annual Dinner & Auction –
Friday February 28th 2014 at the
Inner Temple**

icap is busy planning its 7th Annual Dinner & Auction for Friday February 28th 2014 continuing our tradition of hosting our biggest annual fundraiser in another magnificent and historic location at the Inner Temple, steeped in 600 years of history Mid-Town in the heart of London's Legal Quarter.

Join us for a wonderful social gathering, with plenty of networking and craic whilst we raise funds to ensure icap can continue to provide vital psychotherapy across the UK to those who need it the most.

The evening will include a drinks reception, surprise draws, four course sumptuous dinner with the addition this year of all inclusive drinks between 7- 11pm, followed by an auction, and rounding off the evening with live entertainment.

**Pre-book your table now by contacting
veronica@icap.org.uk or sinead@icap.org.uk
or contacting icap on 0207 272 7906.**



**Limited Early Bird Tables of 10 (£1200),
8 (£1000) and individual tickets £130 available.**

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