



Supporter's Newsletter

Issue No 10 | Spring 2014

Immigrant Counselling & Psychotherapy

Angeline Ball in the limelight at the icap Winter Supper 2013!

Thank you to all who attended our Winter Supper at the London Irish Centre on Friday 22nd November 2013.

What a fabulous evening it was. Guests enjoyed a traditional dinner alongside live music. With special thanks to the wonderful Angeline Ball and her musicians who provided the wonderful music. The evening raised over £3,000.

Have a look at the back page to find out more about our upcoming events.



FANTASTIC MUSIC: A truly entertaining evening with wonderful musicians



AMAZING: The talented Angeline Ball



ICAP GUESTS LtoR: Aoife Crowley, Jon Stovell, Janice Flynn, John Moorhouse, Francesca & Donagh O'Sullivan
Photo by Malcolm McNally - The Irish Post

promoting mental health and well being...

...rebuilding shattered lives through psychotherapy

Message from our Patron



In advance of his official visit to the UK in the Spring, we are delighted to share this recent message from our esteemed Patron

President Michael D. Higgins.

“As President of Ireland I have had the opportunity to visit many Irish organisations in Britain and have been deeply impressed at the outstanding support network they have created for the Irish community. icap is an integral part of this network, providing frontline services and assistance for those who are vulnerable and distressed. The work you do for our wider Irish family, at particularly traumatic and troubled times in their lives, is invaluable and deeply appreciated.

icap is an organisation of which I am proud to be Patron, and I thank you for the vital support you provide to the Irish community in Britain”

icap receives £5,000 Donation from Galliard Homes

Following on from the success of our recent Winter Supper, icap was thrilled to receive a very generous £5000 donation from Galliard Homes.



In acknowledging the role icap plays within the Irish community across the UK, MD of Galliard Homes, Donagh O’Sullivan, congratulated icap on successfully delivering c9,000 psychotherapy sessions in 2013 and stated that he is ‘honoured to support the sterling work of icap who every day help those in need with care and courtesy; providing clients with the therapy and tools to deal with depression, anxiety and extreme stress allowing them to ultimately move on with their lives’.

Such donations are critical to ensure the continuation of icap’s core psychotherapy and clinical work and we would like to thank Donagh and Galliard Homes for their ongoing support.

West London Irish Society Donate £14,000 to icap!



THANK-YOU: Sean Fitzpatrick presenting the donation to icap Chair, Maire Brankin

We were delighted to be the chosen charity for the 6th West London Society’s Annual Dinner, held on Saturday 7th December 2013.

Chair of our Trustees, Maire Brankin, spoke on the evening about our work and how their support will make a huge difference to the lives of our clients. Maire also encouraged guests to share our story with friends and relatives who might desperately need our support.

The evening raised a fantastic £14,000. icap would like to sincerely thank the Dinner Committee especially long term icap supporter Sean Fitzpatrick, Chair of the West London Society and all the guests for their generosity, warm welcome and support on the night.

Clinical Update

Geraldine Ryan - Clinical Director

Last year we provided 8753 hours of counselling and psychotherapy to vulnerable people.

Rates of depression, anxiety and poor mental health are significantly higher within the Irish community than in other immigrant groups. Many Irish people find it difficult to access services and support. We provide counselling and therapy for people who have typically not accessed support; older Irish men and women, carers, those who have become estranged from families 'at home'. We are working to advertise our service to recent migrants.

We help people who are struggling with depression, anxiety, relationship problems or alcohol or drug use. We work with survivors of institutional abuse and their adult children, as we know, trauma rarely stops at one generation. We also support those missing home. We provide mainly individual counselling and psychotherapy. We have one psychotherapy group running at the moment and are looking to expand our group programme.

Our therapists are a strong team with a unique understanding of the issues facing the Irish community. All are highly trained and have expertise in different fields, allowing for flexibility of approach and the cultural sensitivity which is often needed when working with vulnerable clients.

With therapy, many clients can begin to rebuild their lives, repair damaged relationships and pursue or develop a career. For others, icap helps them survive by providing care and support and a sense of home. Sometimes this is all the person needs and wants.

icap continues as ever to focus on our clients and work to improve the service we offer them.

Staff Interview

Sheila Hegarty - Psychotherapist



Describe your work with icap?

I have been working with icap as a sessional therapist since 2001 at the London Head Office. I see

9 clients weekly and do initial assessments, usually one a month. I have been supervisor to the London Irish Survivors Outreach Service (LISOS) project for the past 5 years.

What impact does psychotherapy & icap have on an individual?

Psychotherapy offers an individual an opportunity to work through painful and difficult issues from the past which continue to impact on daily life. icap has played a unique part working with clients who would not be offered a place in more traditional settings. We offer a safe haven of respect, where trust can be developed.

Many of the clients we see are very isolated living without the support of family or friends, their trust in others destroyed over time. Over the past few years we have been open to develop creative ways of working with people, acknowledging that words alone will not always access the most painful parts for people. To this end I will always use an individual approach with my clients working with whatever they bring and with whatever method suits them.

Using my own toolkit of resources I am aiming to help the client build up their own resilience and develop their own individual potential by building on their own resources. The aim will be to enable them to have their own toolkit to draw on.

icap is a place to allow and enable both therapist and client to grow – long may this continue.

Annual Dinner 2014



Join icap friends and supporters for our 7th Annual Dinner & Auction from 7pm on Friday 28th February 2014.

Keeping with tradition, we are hosting our Annual Dinner in another magnificent and historic location at the Inner Temple, steeped in 600 years of history in the heart of London's legal quarter.

The evening will include a drinks reception, surprise draws, a four course sumptuous dinner with the addition this year of all inclusive drinks (wine, beer and minerals), followed by an auction - rounding off the evening with live entertainment.

Over half the tables are sold so book now to secure your space.

Tickets - £130 each

Tables of 8 - £1,000

Tables of 10 - £1,200

For more information or to book your place email julia@icap.org.uk or call 020 7272 7906.

We look forward to seeing you there!

Mid-Summer Ball at The Grove in aid of icap – June 2014

We are thrilled to announce that friends & supporters of icap, John McVeigh, Phil Cusack, Stella Adams and Andy Rogers are organising a Summer Ball in aid of icap on June 13th 2014.

This is an exclusive Black Tie charity evening with a difference. On the night we will not be asking you for money but giving it away with a grand prize draw of £15,000, £10,000 and £5,000!

The evening will start with drinks in the stunning formal gardens of The Grove Hotel in Hertfordshire, followed by a magnificent dinner with wine and a sterling line up of entertainment before the lucky Prize Draw.

- Strictly limited to 125 double tickets at £1,000 a ticket (two guests).
- Tables of 10 guests available for £5000 or £6000 to include overnight accommodation.
- Each double ticket holder will be automatically entered into the draw.

We already have a number of tables reserved for this event so to make an enquiry and ensure your space please email sinead@icap.org.uk

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