



Counselling All Nations Services (CANS)

Annual Report 2013 – 2014

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Mission Statement

CANS exists to support and promote the mental health and emotional well-being of people from Black and Minority Ethnic communities through the provision of culturally appropriate, high quality and accessible counselling.

VISION

CANS vision is to improve and enhance the quality of life for Black and Minority Ethnic individuals and communities.

Objectives

- to provide a free, accessible, effective culturally sensitive and professional counselling service to people from Black and Minority Communities who are experiencing difficulties associated with mental health and emotional wellbeing in their lives;
- to provide a safe and secure environment to enable clients to explore any issues that are adversely affecting their lives;
- to offer high quality training through seminars and workshops to ensure quality standards in staff development to key individuals, groups and agencies.

Chairman's Report

As the Chairman of Counselling All Nations Services {CANS} I am pleased to present our maiden Annual General meeting report for 2013 – 2014. Looking back and reflecting on all developmental activities including series of meetings and networking, in September 2013, CANS became a recognised charity by HMRC with the professional support of Eddy Cooke from NICVA, and subsequently became charity with Charity Commission for Northern Ireland.

As it was stated in CANS Mission, Vision and Values, I am determined to ensure that the Management Committee under my watch continued to make extremely positive contributions to meeting the needs of service provision to help people from our sector living and working in Northern Ireland to address any issues affecting their Mental Health and Emotional Wellbeing.

I would like to thank my fellow members of the Management Committee for their untiring support throughout the year and in particular Brenda Skillen (Secretary), Lekan Ojo-Okiji Abasi (Treasurer), Saleem Tareen (Member), Charmaine Colligan (Member), Mairead Gilmartin (Member) and Daniel Gboloo-Teye (Member).

And of course, to all volunteer Counsellors', Interpreters' and those that have requested for information about becoming a volunteer with CANS.

We will continue to work towards achieving our vision, mission and objectives and to make CANS a specialist professional service provider in Northern Ireland and the best organisation delivering culturally appropriate counselling and training for the sector. The interest in and the demand for culturally professional counselling is highly needed, and we will seek to continue to deliver and develop CANS as unique and strong organisation that is so important to us all.

We acknowledge the support of all our funder in helping us to deliver our mission and vision. We will continue to seek funding for development of CANS.

Secretary's report for Counselling All Nations Services (CANS) 2013/14, 1st Annual general Meeting

1. **Introduction** - This is just a summary of the activities and progress achieved in the first year of the new organisation Counselling All Nations Services (CANS) (2013/14). The group was constituted at the Inaugural Annual General Meeting in August 2013.
2. **Committee Composition** – The Committee of Counselling All Nations Services, for the year 2013/14, comprised Javaid Naveed (Chair), Brenda Skillen (Secretary), Lekan Ojo-Okiji Abasi (Treasurer), Saleem Tareen (Member), Mairead Gilmartin (Member), Charmaine Colligan (Member) and Daniel Gboloo-Teye (Member). The Committee met monthly, usually on a pre-set agenda and formal minutes produced at NIMFA.
(Charo Lanao accepted a request from CANS management to be co-opted to the management committee in October 2014).
3. **Funding/Grants applications received and declined** – CANS successfully obtained funding from AIVC small grants to cover costs for stationery, travel, room hire, training, insurance etc. There was some small funding raising activities carried out to help cover the costs for insurance, training, equipment and storage. OFMDFM Ethnic Minority Development Fund, PHA Take 5, Community Foundation NI – Sport Relief Community Cash, TESCO Charity Trust Community Awards Scheme, City Council Police and community safety funding applications were unsuccessful.
4. **Projects undertaken** – CANS successfully corresponded with Beverley Costa CEO of Mothertongue bi-lingual and interpreting counselling services to bring in training to support and prepare counsellors and interpreters working in this context. Beverly has given guidance on the appropriate training route required to advance CANS as a specialist organisation dedicated to BME mental health needs and that is culturally competent. Beverly agreed to support CANS with the appropriate supervision procedures for counsellors and interpreters working in such a specialist context.
5. **Marketing** – CANS has been successful in creating a working website in partnership with Science Shop. CANS Committee successfully designed and produced professional leaflets and business cards for the advancement of CANS services.
6. **Other events** – CANS has actively engaged with the wider community and other organisations including statutory, community and voluntary. Establishing our reputation as a specialist mental health and psychological service for BME communities and individuals through networking, including membership to the Stronger Together Network

7. **Progress against Strategic Plan** – CANS has successfully recruited a number of volunteer counsellors and interpreters who have been through the induction process and appropriate police checks. CANS has secured counselling rooms to allow client work to commence ASAP. The Committee has established a number of professional working relationships to allow a consistent flow of referrals. There is still an immense level of work needed to meet the financial requirements of CANS to run as a specialist service via funding applications and operational procedures e.g. PHA guidelines.

Professor Gerry Leavey of the Bamford Centre has a desire to work with CANS as a Patron and support with Strategic development via a facilitation process. Hopefully, to commence at the Belfast, University of Ulster campus with all available management committee members, early 2015.

8. **Conclusion** – CANS has recorded a very successful first year. The group is sincerely grateful to Mothertongue, Mary Torney, NIMFA Executive Committee and all of our volunteers.

Charity Status:

On the 8th Sep 2013 CANS was registered with HMRC for tax purposes with registration No: NI00177 and we were invited by The Charity Commission for Northern Ireland for registration purposes, all paperwork put together and on the 1st of September 2014, our application was approved with Charity No: NIC100444.

Volunteers Clinical Co-ordinators Report:

My name is Lekan Ojo-Okiji Abasi, I am delighted to present the first annual report for Counselling All Nations Services (CANS) for 2013 – 2014.

Since inception, the idea to look into counselling provisions to address and support the mental health and emotional wellbeing of people from Black and Minority Ethnic communities here in Northern Ireland, it has been a very bumpy road, and it is fair to say in one hand from the good nature of those people consulted at the beginning to agree that there was a gap in service provisions and on the other hand it was very difficult for others to accept without putting barriers in place for actualising positive outcomes for CANS.

My passions into looking at counselling uptake of people from minority ethnic communities came as a result of personal experience of mental health and emotional needs. As a counsellor working in three different local services within West Belfast and with a record of very few uptake from BME clients.

I had a conversation with Mrs Francine Curran the Manager of Lenadoon Community Counselling Project lead to the designing questionnaires for service provider and service user's to explore the experience of working with clients from BME communities or as a BME clients. It was evident from the outcome of the survey which was collated by one of NICEM intern that there was a clear need for a specialist professional culturally competent counselling service for the sector.

Timelines:

18th October 2012 – Planning Day meeting at NICVA, CANS was voted for as a name for the project, Ed Cooke from NICVA reviewed some of the legal issues around governance and what the group would need to think about if it wanted to become a legal company. Charmain Filmer from NICVA then facilitated a discussion around the vision and mission of CANS. After a detailed discussion the group developed a working vision and mission statement.

19 December 2012 – CANS Selection Panel meeting held and those present includes: Alfred Abolarin (ACSONI), Sophie Romantzoff (NICEM), Sylvia Ogonda (Ustawi Counselling and Consultancy), Brenda Skillen, Mary Crawford (Brook NI). Apologies: Dean Lee (Rainbow Project).

The panel met to hear presentations from potential facilitators for the upcoming CANS planning sessions. Two facilitators had been approached about doing the facilitation but only one expressed interest in the work (Alison Wightman). Funding for the work secured through PHA to Belfast Trust and NICEM to hold funding and commission facilitator for the work.

25th September 2013 – Steering Committee meeting held at NICEM Belfast Migrant Office with the following people in attendance Anne Doherty (MindWise) chairperson,

Mary Crawford (Brook NI), Gerry Tubritt (BCDA), Jolena Feltt (NICEM Connect), Olga Nel, Natalia Magill, Marta Jeworska, Jurita Naumane, Mark Caffery, Sophie Romantzoff, Lekan Ojo-Okiji Abasi.

Service Delivery

From August to September 2014 CANS have received four referrals with specific request for issues such as language, cultural and religious needs across greater Belfast areas and enquiries from Statutory Sector staff.

Compliance and Standards

In order to meet the standard and compliance requirements, I have prepared series of policies and procedures for the approval of the Management Committee; that will guide our work as a specialist professional service.

Arrangement and agreement reached with Volunteer Now to help with the process of Access NI applications for all Volunteer Counsellors.

Clinical monthly supervision is provided by voluntary agreement pending funding is secured with Mrs Mary Torney, she has been helping to check all of CANS service delivery policies and procedures before presenting it to the Management Committee for approval. I am also aware that she was in a similar agreement with Mrs Brenda Skillen for her practice clinical supervision requirements.

We have obtained necessary Insurance policy covers as an organisation to cover the work of CANS.

Referrals

We have received referrals from NIACRO, Barnardos, Psychiatrist and self referral, and we will continue to work in partnership with other community and statutory groups to ensure we are meeting the needs of our clients and have received referrals from across all sectors.

Networking and Partnership working

As a Clinical Co-ordinator of CANS I continue to promote the work that the Management Committee and the Volunteer team do through a range of forums.

I sit on the Mental Health and Emotional Wellbeing Thematic Team of Belfast Strategic Partnership to contribute to and promoted the counselling needs of people from BME communities.

I have engaged in consultations with Brook NI in City Centre, Skainos and Early Years in East Belfast for the use of their counselling rooms.

I have made initial contact with PSNI to explore partnership work in support of victims of racial attacks.

CANS is a membership organisation with Volunteer Now, I have engaged with interpreting service exploring ways to develop MOU for partnership working.

In 2013 CANS register as a member of Stronger Together Network.

Volunteering

In order to cope with future demand of our service, ongoing recruitment of volunteers' counsellors and interpreters is required.

Future plans

As the Volunteer Clinical Co-ordinator, I will continue to be pro-active in achieving outcomes as set out in the Mission Statement, Vision and Objectives of CANS.

The Management Committee and the volunteers are among the best in their field and are strength to BME communities. However, we need to source and secure funding for capacity building of the community to ensure we deliver a high quality service that is fit for purpose.

Funding

Summary of Financial Statements 2013 – 2014

<u>Date</u>	<u>Income</u>	<u>Amount</u>	<u>Date</u>	<u>Expenditure</u>	<u>Amount</u>
05/09/13	Cash Donations	£75.00	06/09/13	NICVA Consultation Fee	£75.00
07/03/14	Donations	£25.00	16/06/14	Printers	£250.00
31/03/14	Donations	£140.61	25/06/14	Room Hire	£250.00
07/04/14	Training Fee	£80.00	26/06/14	Subsistence	£250.00
14/04/14	AIVC Small Grants	£1125.00	27/06/14	Travel	£200.00
22/04/14	Training Fee	£30.00	27/06/14	Training Facilitator Fee	£275.00
01/05/14	Training Fee	£30.00	04/08/14	Room Hire Trainer Accommodation	£89.00
06/05/14	Training Fee	£30.00	21/08/14	Laptop & Printers	£360.00
13/05/14	Training Fee	£30.00	15/09/14	Insurance Fee	£245.00
22/05/14	Training Fee	£30.00			
02/06/14	Fund Raising	£490.00			
10/06/14	Training Fee	£60.00			
16/06/14	Training Fee	£120.00			
23/06/14	Training Fee	£30.00			
03/07/14	Training Fee	£30.00			
11/07/14	Training Fee	£60.00			
21/07/14	Fund Raising	£190.00			
15/08/14	AIVC Small Grant	£163.33			
15/09/14	Refund – Printer Under Spent	£10.00			
	Total Income →	£2,748.94	Total Expenditure →		£1,994.00
	Surplus at 30th September 2014	£754.94			
	Surplus carried forward at 2014	£754.94			

The incoming year will present challenges for us with funding opportunities especially with increased focus on tendering and commissioning of community based services. However, I am confident in the commitment of the Management Committee and volunteers of the project to provide high quality service that places us well to compete for funding that will ensure our service continues to be provided to the most vulnerable in our sector.

We are awaiting funding decision from:

1.) Awards For All

Meet the Volunteers'

Jurita Naumane – Counsellor
Tin Chan – Counsellor
Lekan Ojo-Okiji Abasi – Counsellor
Brenda Skillen – Counsellor
Malgorzata Wojcik – Student Counsellor
Laura Corrine O'Hare – Student Counsellor
Natalia Magill – Interpreter
Olga Neil – Interpreter

Acknowledgements

A big thank you to the following organisations and individuals for their continue support and words of encouragements:

AIVC Small Grants
NIMFA Management Committee
Mrs Francine Curran – LCP;
Mrs Mary Torney – Clinical Supervisor;
Mrs Anne Doherty – MindWise;
Mrs Mary Crawford – Brook NI;
Ms Jolena Feltt – BMC NICEM;
Mr Gerry Tubritt – BCDA;
Mr Jim Morgan – BDHU;
Mr Dean Lee – Rainbow Project;
Mr Edward Cooke – NICVA;
Mrs Carol Massey – Jigsaw Counselling
Ms Phyllis Coulter – BACP Lead Advisor Northern Ireland
Mr Philip O'Keeffe – Belfast Institute for the Study of Suicide
Ms Megan Miller & Mr Glen Jordan – Skainos East Belfast

Conclusion

In conclusion, I would like to acknowledge members of the Management Committee for all their hard work, commitment and dedication over the past year to make CANS a valuable community resource. I would like to thank the wider community for their ongoing support of the project. I would like to thank our existing funders and I must say without their financial support we would not be able to record progress recorded to date, thank you.

CANS Management Committee

Mr Javaid Naveed MBE (past chairman of NICEM) – Chair person
Mrs Brenda Skillen BSc Hons MBACP – Secretary / Counsellor
Lekan Ojo-Okiji Abasi HPD BACP – Treasurer / Co-ordinator
Dr Saleem Tareen MBBS MRCPsych Consultant Psychiatrist – Member
Ms Charmaine Colligan Social Worker – Member
Ms Mairead Gilmartin Manager – Member
Dr Daniel Gboloo-Teye MBChB MRCPsych Consultant Child & Adolescent
Psychiatrist – Member

c/o 178A Kingsway
Dunmurry
BT17 9AD
Mob no: 07596-139247
E-mail: cansinfo@yahoo.co.uk