



# Counselling All Nations Services (CANS)

Annual Report 2015 – 2016

## Contents

Mission, Vision and Objectives .....	Page 3
Chairman's Statement.....	Page 4
Secretary's Report.....	Page 5
Charity Status & Organisational Chart.....	Page 6
Treasurer's Report.....	Page 7
Reflection of a member of Management Committee.....	Page 8
Volunteer Clinical Co-ordinator's Report.....	Page 9
Compliance, Networking and Partnership.....	Page 10
Volunteering.....	Page 11
Financial Report.....	Page 14
Volunteers' and Acknowledgements.....	Page 16
Management Committee.....	Page 17

### 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

This is our Third annual report as a charity and I am pleased that we have continued to be successful in delivering our mission of supporting and promoting the mental health and emotional wellbeing of individuals using the service from Black and Minority Ethnic Communities (BME) here in Northern Ireland.

CANS work is primarily to give choice to our clients and to work in partnership with other local services. In the following pages of our report, you will have the opportunity to read more about how our volunteer Counsellors feel and their expectations of our activities in the nearest future.

As the chair, I have the pleasure of working closely with my fellow members of the Management Committee for their determination to make CANS a successful story and working with a full determination throughout the year. It is clear that their commitment and enthusiasm is greatly appreciated by our service users.

The Management Committee met every month during the year and deliberated on so many important businesses and especially getting the Belfast Trust Primary Care Talking Therapies Funding. I want to express my thanks to Management colleagues for their hard work and support in particular Saleem Tareen (Secretary), Lekan Ojo-Okiji Abasi (Treasurer), Brenda Skillen (Member), Daniel Gboloo-Teye (Member), Charo Lanao (Member resigned), Bill Smith (Member), Shane O'Neill (member), Patricia Jamshidi (member) Linda Agnew (member).

Big thanks to all our volunteer Counsellors', admin support volunteer who without them we will not be able fulfil our objectives, and those that have requested for information about becoming a volunteer with CANS.

It is clearly evident from the demand for culturally professional counselling support for BME sector that it is now highly needed as we become more diverse communities, and we will seek to continue building capacity to grow our work.

I say to our funders a big thank you for your support.

*Javaid Naveed MBE*

## **Secretary's report for Counselling All Nations Services (CANS) 2014/15, 2<sup>nd</sup> Annual General Meeting.**

Thank you for taking the time to read the annual report of CANS, and looking back it seems no time at all since I wrote the Secretary's report for our first Annual General Meeting.

The year just gone has seen continuing steady growth of CANS with monthly meeting of the Management Committee.

Since our last meeting the composition of the Management Committee recorded some changes, we had few members resigning because of either family or work commitments.

The Committee of Counselling All Nations Services (CANS), for the year 2014/15, comprised Javaid Naveed (Chair), Brenda Skillen (Secretary), Lekan Ojo-Okiji Abasi (Treasurer), Saleem Tareen (Member), Mairead Gilmartin (Member – resigned), Charmaine Colligan (Member – resigned) Daniel Gboloo-Teye (Member) and Bethany Waterhouse Bradley (Member Feb – Sep).

**Funding/Grants applications received and declined** – funding successfully obtained from Enkalon Foundation, AIVC small grants. Our application to Belfast Trust Primary Care Talking Therapies was successful and contract already signed to deliver client work across Belfast. Funding applications to The Henry Smith Trust were unsuccessful and awaiting outcome of application to Northern Trust Primary Care Talking Therapies.

### **Capacity building**

The table below shows individual practitioners that were trained in EMDR Level 1 & 2 through the capacity building support from Belfast Trust Primary Care Talking Therapies to upscale capacity of our Counsellors and Interpreters.

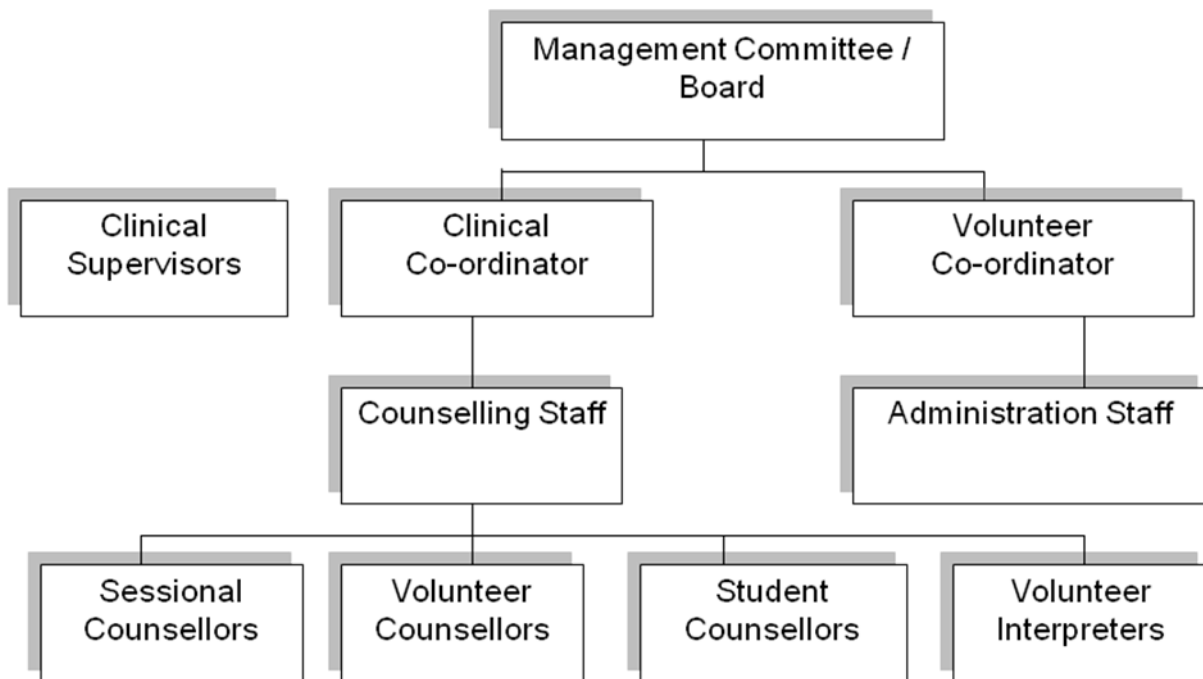
**PHA BME Pilot** – CANS join with South Tyrone Empowerment Programme (STEP), Stronger Together Network and few others in the Voluntary and Community Sector to carry out three years pilot for the Mental Health and Emotional Wellbeing of BME sector.

**Conclusion** – we hope in the coming month and years that CANS operational activities branching out to other major towns and cities where we have more concentration of the from BME communities in Northern Ireland. Our sincere gratitude to Mary Torney for her unflinching support of our work.

## Charity Status:

CANS was registered with HMRC for tax purposes on the 8<sup>th</sup> Sep 2013 with registration No: NI00177 with The Charity Commission for Northern Ireland on the 1<sup>st</sup> of September 2014, Charity No: NIC100444.

## CANS Organisational Chart:



## Treasurer's Report:

We are still not very clear about the funding climate as it continues to be though for community organisation and it will be even more challenging for BME sector as a result of additional support needs including training for bilingual professional counsellors and while building capacity that will support our work might take five years, it is very important for the public bodies with statutory responsibilities to step up to the plate.

### Acknowledgements

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

CWA Management;

NIMFA Management Committee;

Mrs Mary Torney – Clinical Supervisor;

Mr William Olphert – CWA;

## Funding

- attended Big Lottery Fund – People and Community information day event at Belfast City Hall on the 2<sup>nd</sup> Mar;
- met with Simon Lennon Funding Consultant (S3 Solutions) on the 11<sup>th</sup> of Mar;
- met with Leo Donaghy Funding Consultant on the 13<sup>th</sup> of Apr;
- met with Ms Karen Gallagher Funding Consultant on the 27<sup>th</sup> of Apr;
- PHA ‘Take 5’ Funding Application submitted and grant approved;
- application submitted to Association of Independent Volunteer Centre (AIVC) for 2016 – 2017, Awaiting decision;
- application submitted to Awards for All – Big Lottery Fund to employ a part time Admin worker, application unsuccessful;
- Local giving 1 year free registration application accepted.

## **Reflection from a member of the Management Committee:**

### A Brief Reflection for our AGM

I would like to thank Dr Saleem Tareen for inviting me to join the management committee on CANS last year.

I accepted to join CANS because I share in its vision of developing an organisation that will work towards improving the experiences and lives of minority ethnic groups within our communities. In this past year I am getting to know each member of the committee and I can say that we all share this common goal and very passionate to see if come to fruition.

I would particularly like to acknowledge Lekan and Brenda for their untiring effort and selfless commitment and contribution to the day to day running of the organisation. I would also like to acknowledge all our volunteers who are working at the front-line towards this common goal. Also for Javaid for his leadership and to all other members for your support and contributions.

We are a very young organisation and sometimes our zeal and exuberance can make us loose sight of the big picture. It is my wish that whilst focusing on the here and now we will not loose sight of the big vision and hoping that in the coming year we will all pause every so often to see if we are charting the right course. I look forward to working with all of you in the coming year towards achieving our goal.

Respectful regards to all.

Daniel Gboloo-Teye.

1/10/15.



## Volunteers Clinical Co-ordinators Report:

Counselling All Nations Services (CANS) Oct 2015 – Sep 2016.

CANS operational activities including client work were being delivered across greater Belfast, including The Hollywood Archway in the East; Grove Wellbeing Centre in the North; Chinese Welfare Association (CWA) and Northern Ireland Muslim Family Association (NIMFA), in the South and Beech Hall Treatment and Wellbeing Centre in the West.

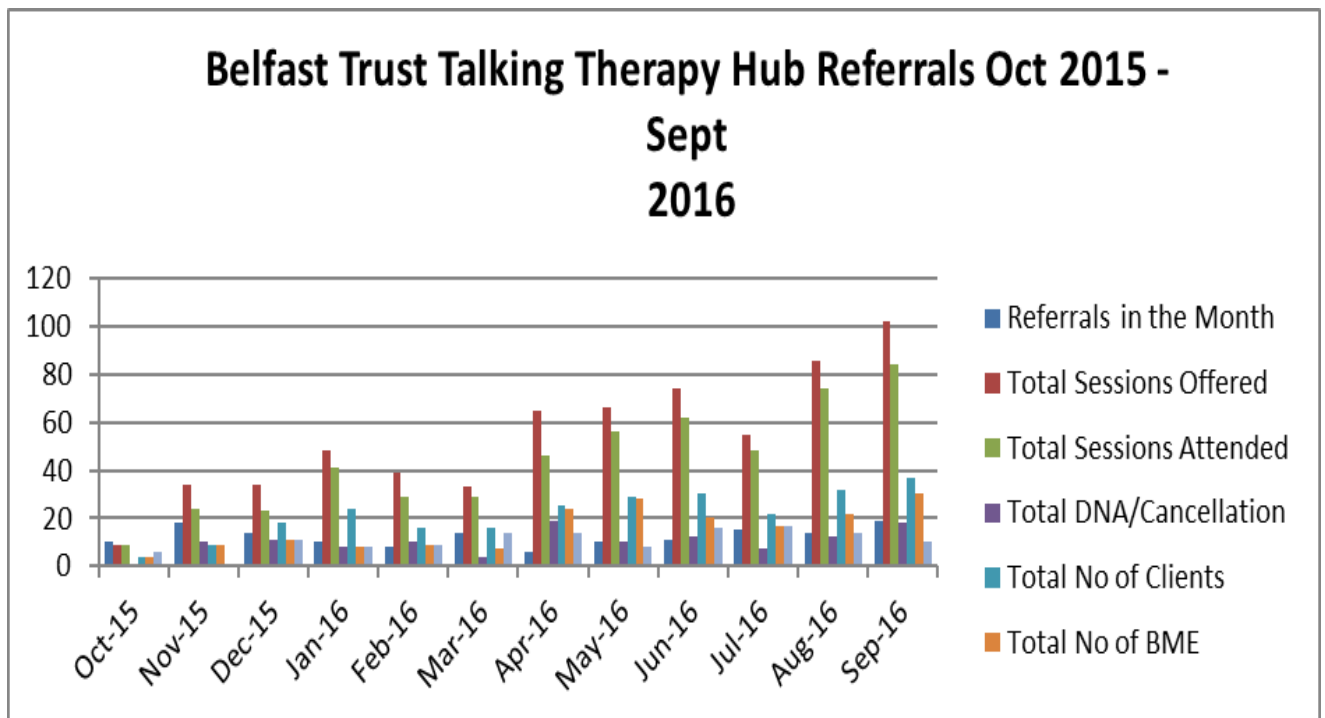
### Service Delivery

We had review of our Service Level Agreement (SLA) with the Belfast Trust Talking Therapies in April. Issues such as specific request for language support, cultural and religious needs affected our performance and actions were put in place by all Hub Co-ordinators to speedily process interpreter booking request with NHS Interpreting Service.

### Referrals

There were a total of 149 client referrals for Counselling All Nations Services (CANS) service during the reporting month of October 2015 – September 2016 from Belfast Trust Talking Therapy Hub. The table below indicates total number of referrals in the month, total numbers of sessions attended, total numbers of client attended, total number of DNA, total number of clients' attendees and total number of BME clients for the reporting period.

Month & Year	Referrals in the Month	Total Sessions Offered	Total Sessions Attended	Total DNA	Total No of Clients	Total No of BME
Oct 2015	10	9	9	0	4	4
Nov 2015	18	34	24	10	9	9
Dec 2015	14	34	23	11	18	11
Jan 2016	10	48	41	7	24	8
Feb 2016	8	39	29	10	16	9
Mar 2016	14	33	29	4	16	7
Apr 2016	6	65	46	19	25	24
May 2016	10	66	56	10	29	28
Jun 2016	11	74	62	12	30	20
Jul 2016	15	55	48	7	22	17
Aug 2016	14	86	74	12	32	22
Sep 2016	19	62	84	18	37	30
Total	149	643	5255	121	262	189



### **Compliance and Standards**

- two reflective practice sessions with specific issues including, Client Assessment, Solution Focused Brief Therapy and Risk Assessments organised during the reporting year;
- Ongoing clinical monthly supervision is provided by Mrs Mary Torney as volunteer time pending funding;
- Insurance policy to cover the work of CANS for 2015 – 2016;

### **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 promote the counselling needs of people from BME communities.

I attended review of the Victims and Survivors Strategy 2009 – 2019 conference at Titanic Belfast, and represented CANS at other events including:

- St Patrick's Multi Cultural Family Day @ Fitzroy Presbyterian Church on the 17<sup>th</sup> Mar;
- BME Women's Network – Mental Health Awareness Raising Event organised by NICEM on the 22<sup>nd</sup> Mar @ Donegall Pass Community Centre;
- met with Ms Nora Smith Director of CO3;
- met with Ms Deidre Corkland – Counselling Course Director @ Newtownabbey on the 25<sup>th</sup> Mar;
- attended CWA South Belfast BME Mental Health Link meeting on the 4<sup>th</sup> May and 28<sup>th</sup> Jun;
- met with Ms Claire Hamilton Manager of NHS Interpreting Service on the 8<sup>th</sup> Jun;
- attended Mental Health & Emotional Wellbeing Conference organised by Together For You on the 22<sup>nd</sup> Jun;
- met with Clare Flynn East Belfast Community Development Association about BME Mental Health and Emotional Wellbeing project in East Belfast on the 20<sup>th</sup> & 22<sup>nd</sup> Jul;
- contact with Dr Helena Schlindwein in Derry about CANS work and training on the 22<sup>nd</sup> Jul;
- attended PHA Mental Health & Emotional Wellbeing and Suicide Prevention Workshop on the 3<sup>rd</sup> of Aug;
- attended Endangering Counselling workshop at Rainbow Project on the 5<sup>th</sup> Aug;
- attended Belfast Health Development Unit (BH DU) Research Sub Group meeting on the 10<sup>th</sup> Aug;
- met with Patrick Anderson AWARE NI new manager Re: Stronger Together Consortium PHA BME MHEWB Pilot project on the 24<sup>th</sup> Aug.

### **Training**

- attended 4 days Trauma Focused CBT Training organised by VSS 11<sup>th</sup> – 14<sup>th</sup> Jan 2016;
- attended Train the Trainer 'Working with an Interpreter' training on the 19<sup>th</sup> Mar;
- CORENet training session delivered on the 25<sup>th</sup> Mar;
- delivered volunteer induction session on the 6<sup>th</sup> May;
- EMDR Level 1 & 2 Belfast Trust Mental Health Talking Therapy Capacity Building training completed by 9 counsellors' from CANS, 1 has resigned (see below list of all participants);
- delivered Management Committee induction session on the 24<sup>th</sup> Aug.

## **EMDR Level 1 & 2 Training Attendance List**

<b><u>No</u></b>	<b><u>Full Name</u></b>	<b><u>Organisation</u></b>	<b>Development</b>
01	Mike Ellis	East Belfast Community Counselling (EBCC)	
02	Martina McCarthy	Corpus Christi Counselling Service (C.C.S) – Community Wellbeing Alliance (CWA)	
03	Gemma Fleming	Colin Community Counselling – Community Wellbeing Alliance (CWA)	
04	Regine Candau	Counselling All Nations Services (CANS)	
05	Mandy Refferty	East Belfast Community Counselling (EBCC)	
06	Marie Penney	Counselling All Nations Services (CANS)	
07	Don French	Counselling All Nations Services (CANS)	Resigned from CANS Jun 2016
08	Tin Chan	Counselling All Nations Services (CANS)	
09	Andrea Wilson	Counselling All Nations Services (CANS)	
10	Jurita Naumane	Counselling All Nations Services (CANS)	
11	Daniel GboLoo-Teye	Counselling All Nations Services (CANS)	
12	Brenda Skillen	Counselling All Nations Services (CANS)	
13	Elizabeth Cowdean	Trinity Community Counselling – Community Wellbeing Alliance (CWA)	
14	Rodney Sharpe	F.A.S.A	Now closed
15	Fiona Lovely	Colin Community Counselling – Community Wellbeing Alliance (CWA)	
16	Lekan Ojo-Okiji Abasi	Counselling All Nations Services (CANS)	

## **Volunteering**

Volunteer opportunities offered to four student counsellors and administrative support, with reflective summaries of individual volunteer counsellors.

### **Volunteer experience with CANS – Moire Peters**

The opportunity to participate in Volunteering has been a life changing experience for me.

I began to think about volunteering 2-3 years ago when my lifestyle was going to change with my daughter growing up and our children were moving on with their own lives.

Volunteering with CANS and working for Lekan and with the team is a wonderful experience for me. I had thought about other organisations and made enquiries to other groups but none that I followed through. When I saw the opportunity with CANS I felt very enthusiastic and I now feel very privileged to be working with the service.

I am working with people who have an inspiring value system and who offer me the chance to do something that I feel is worthwhile and that is also a learning experience.

# Financial Report 2016

See accounts

## CANS Publicity

- In the media
- Community Organisation
- Voluntary Organisation
- Statutory Bodies – referral enquiries from various Belfast Trust staff, advised to contact client GP;

## Meet the Volunteers'

- 1.) Andrea Wilson – Counsellor
- 2.) Brenda Skillen – Counsellor
- 3.) Dr Daniel Gboloo-Teye – Consultant Child & Adolescent Psychiatrist
- 4.) Jurita Naumane – Bilingual Counsellor
- 5.) Lekan Ojo-Okiji Abasi – Bilingual Counsellor
- 6.) Regine Chandau – Bilingual Counsellor
- 7.) Dr Saleem Tareen – Consultant Psychiatrist
- 8.) Tin Chan – Bilingual Counsellor

## Conclusion

My sincere that to all Hub Co-ordinators and 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 – 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 (resigned Jul 2015)

Ms Mairead Gilmartin Manager – Member (resigned Oct 2014)

Dr Daniel Gboloo-Teye MBChB MRCPsych Consultant Child & Adolescent Psychiatrist – Member

Dr Bethany Waterhouse Bradley – Member (resigned Sep 2015).

c/o 178A Kingsway  
Dunmurry  
BT17 9APFP

Mob no: 07596-139247

E-mail: [cansinfo@counsellingallnations.org](mailto:cansinfo@counsellingallnations.org)  
[cansinfo@yahoo.co.uk](mailto:cansinfo@yahoo.co.uk)



**Belfast Health and  
Social Care Trust**

**caring supporting improving together**



**LOTTERY FUNDED**