

MEETING: 25/07/2019

Ref: 15311

ASSESSMENT CATEGORY: Bridging Divides - Positive Transitions

Nafsiyat Intercultural Therapy Centre

Adv: Sara Masters

Base: Islington

Amount requested: £79,500

Benefit: Islington

Amount recommended: £66,000

The Applicant

Nafsiyat Intercultural Therapy Centre (NITC) offers therapy in over 20 languages to people from diverse cultural communities. The charity was established in 1983 to respond to the lack of therapy available to London's diverse communities who were not being served by traditional psychotherapy. It is an accredited member of the UK Council for Psychotherapy (UKCP) and provides psychotherapy and counselling from fully qualified therapists who are also from diverse backgrounds and sensitive to the needs of cultural minority groups. They currently offer intercultural therapy to people living in Camden, Islington, Enfield and Haringey. This therapy is short-term only, but available at no charge and people can self-refer or be referred by their GPs.

The Application

This application is for continuation funding towards its specialised intercultural therapy provision and the role of link worker. The Link Worker was a new addition to the team on receipt of the original CBT funding and includes supporting beneficiaries with non-therapeutic issues and delivering a signposting service. The current postholder, originally from Sudan, has been in post since September 2016 and speaks three languages common to Ethiopia, Eritrea and Sudan, as well as Arabic and English. The role has been a very successful addition to their work and in their most recent monitoring exceeded the target numbers of people helped.

The Recommendation

The creation of the role of Link Worker has added depth and value to Nafsiyat's work and has allowed clients to fully engage with their therapy by helping them navigate often complex legal and statutory requirements that form part of their everyday lives. This funding will also support 60 additional BAMER clients to access language appropriate therapy. The grant advised is less than that requested as some elements sought were outside your priorities (eg fundraising costs):

£66,000 over two further and final years (2 x £33,000) for the costs of a p/t (2 dpw) Community Link Worker; self-employed therapist; and a contribution to overheads.

Funding History

Meeting Date	Decision
24/05/2016	£98,850 over three years (£32,800; £32,950; £33,100) towards therapy provision, the psycho-social holding groups, the part-time (2 d.p.w) Community Link Worker and a contribution to overheads.
27/11/2014	Organisation withdrew the request to re-submit a more focused proposal.
04/09/2013	Application lapsed as information sought was not forthcoming.

Background and detail of proposal

30% of the people that NITC worked with in the last year were refugees, a group who have often experienced significant trauma and are faced with a complex combination of psychological and practical issues. 56% of clients were Turkish, Iranian, Iraqi or Syrian with increased demand for Arabic, one of the languages spoken by the Link Worker. The remainder of the clients are Asian (24%), Black (15%) and White (5%). Psychological health is often affected by unresolved practical issues – such as financial or housing problems, homelessness, legal issues, asylum applications that continually impact on an individual's life. Through the worker's role NITC aims to continue to nurture its relationships with organisations with expertise in housing, education, employment and immigration in its geographical catchment area, which will establish a local referral network. Simple practical issues are addressed directly by the Community Link Worker with more complex issues referred to local agencies for specialised support. NITC proposes to support 100 individuals through this work in the two years of continuation funding. They also hope to increase awareness of and support for Nafsiyat in the local community through this role with 60 connections made with relevant organisations and an increased presence on social media.

Financial Information

Nafsiyat have a pattern of overspending but have built up their reserves in 2018/19 and are set to continue to do so in 2019/20 with a higher level of unrestricted income and an increased surplus. This brings them back in line with and exceeds their reserves policy of 3 months' running costs. They do have a high dependency on statutory income but are thinking about diversification and have recently started a fee-paying service, Nafsiyat Choice, for long or short term therapy, open to all.

Year end as at 31st March	2018	2019	2020
	Signed Accounts	Management	Forecast
	£	Accounts	£
	£	£	£
Income & expenditure:			
Income	363,144	330,640	366,277
- % of income confirmed as at June 2019	N/A	N/A	76%
Expenditure	372,329	325,987	325,625
Total surplus/(deficit)	(9,185)	4,653	40,652
Split between:			
- Restricted surplus/(deficit)	10,290	(30,621)	0
- Unrestricted surplus/(deficit)	(19,475)	35,274	40,651
	(9,185)	4,653	40,651
Cost of Raising Funds	22,557	8,111	3,000
- % of Income	6.2%	2.5%	0.8%
Operating expenditure (unrestricted funds)	238,952	162,298	183,075
Free unrestricted reserves:			
Free unrestricted reserves held at year end	11,928	47,202	87,853
No of months of operating expenditure	0.6	3.5	5.8
Reserves policy target	59,738	40,575	45,769
No of months of operating expenditure	3.0	3.0	3.0
Free reserves over/(under) target	(47,810)	6,627	42,084