

**MEETING 18/03/2016**

**Ref: 12970**

**ASSESSMENT CATEGORY - Improving Londoners' Mental Health**

**The Guild of Psychotherapists**

**Adv: Sandra Davidson**

**Amount requested: £76,274**

**Base: Southwark**

**Benefit: Lambeth and  
Lewisham**

**Amount recommended: £76,200**

**The Charity**

The Guild of Psychotherapists is a registered charity established in 1974, which is run by psychoanalytic psychotherapists for the benefit of the profession and the wider public who are seeking psychological help. The Guild aims to improve the quality of life and mental health of those experiencing severe mental distress, particularly focussing its support on people who are disadvantaged and deprived. It offers professional psychotherapy training and psychotherapy services, both privately through its members and through its Community Psychotherapy Clinic. The clinic provides weekly psychotherapy, for up to two years, for people who are on very low incomes and struggling with serious chronic mental health problems

**The Application**

The Guild seeks funding towards the salary of a part time Clinic Coordinator and related costs, in order to provide better access to high quality regular psychotherapy for people with mental health issues from Black and Minority (BME) communities in South London

**The Recommendation**

The Guild's Community Psychotherapy clinic is highly valued by the community it serves. The clinic has successfully helped people on low incomes experiencing a range of problems including: depression; anxiety; difficult relationships and family issues; trauma; identity problems; or bereavement. The clinic provides professional psychotherapy for up to 50 people per annum at a reduced fee – depending on income. Currently, an average of 30% of those attending the community psychotherapy clinic are from BME communities.

Your grant, if agreed, will allow the charity to expand the Community Psychotherapy service delivering regular high quality psychoanalytic psychotherapy for up to two years for BME communities.

**£76,200 over three years (£20,700; £24,900; £30,600) towards the salary of the part time Clinic Co-ordinator (equivalent to £4,000 p/a) and project running costs to expand the Community Psychotherapy Service for BME communities in South London.**

**Funding History**

None

**Background and detail of proposal**

There is a substantial lack of availability of psychotherapy/talking therapies such as psychotherapy for those on low incomes in South London. The demand for the

Psychotherapy Clinic is far greater than can be provided for. Often, people approaching the clinic have struggled for many years with mental health issues and need a far greater depth of support than offered by the NHS (often a handful of sessions), and many are unable to afford full-cost private treatment. There is a need for increased mental health service provision for people from BME communities. Evidence from a variety of sources – including the Mental Health Foundation – notes that rates of mental health issues is higher within minority groups in the UK than the white population. In addition, accessing services is compounded as research suggests that stigma regarding mental illness within some BME communities is particularly high. There is a need to increase both access to psychotherapy to these communities, and to deliver a targeted outreach programme aimed at demystifying and de-stigmatising psychotherapy for potential service users. Links between mental illness and population characteristics such as poverty, unemployment and social isolation are well-established, and Lambeth, Southwark and Lewisham are ranked most deprived local authorities in the UK. The Guild has strong links with Lambeth and Southwark Mind, which has been consulted in developing this proposal. A targeted outreach programme to increase awareness/access to the service to people from BME groups will be overseen by the Clinic Co-ordinator with the support of the Clinic Committee (all qualified psychotherapists and Guild members). It is anticipated that in year 1 the clinic will provide psychotherapy sessions to 17 adults from BME groups. The numbers of beneficiaries are expected to increase to 22 in year 2, and 27 in year 3.

#### Financial Information

Forecast income for the current year 2015/16 is £232,056, of which £152,532 (65.7%) had been confirmed by January 2015. The charity's core income is generated through membership, training and student fees which are received throughout the year.

Year end at 30 September	2013/14 Audited Accounts	2014/15 Draft Accounts	2015/16 Current Year Budget
<b>Income and Expenditure</b>	<b>£</b>	<b>£</b>	
Income	221,686	225,785	232,056
Expenditure	210,964	207,676	235,833
Unrestricted Funds Surplus / (Deficit)	7,481	19,720	(3,777)
Restricted Funds Surplus / (Deficit)	3,241	(1,611)	0
Total Surplus / (Deficit)	10,722	18,109	(3,777)
Surplus / (Deficit) as a % of turnover	4.8%	8.0%	(1.6%)
Cost of Generating funds (% of income)	15,159 (6.8%)	15,357 (6.8%)	15,357 (6.6%)
<b>Free unrestricted reserves</b>			
Unrestricted reserves held at Year End	34,209	61,760	57,983
How many months' worth of expenditure	1.9	3.6	3.0
Reserves Policy target	52,741	51,918	58,958
How many months' worth of expenditure	3.0	3.0	3.0
Free reserves over/(under) target	(18,532)	9,842	(975)