

MEETING: 24/05/2016

Ref: 13282

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

Nafsiyat Intercultural Therapy Centre

Adv: Julia Mirkin

Amount requested: £98,837

Base: Islington

Benefit: London-wide

Amount recommended: £98,850

The Charity

Nafsiyat Intercultural Therapy Centre (NITC) offers specialised therapeutic support to people from BAMER communities living in Camden, Islington, Haringey and Enfield. Individual, family, couples or group therapy is offered in community languages with the aim of promoting social integration. NITC is staffed by workers who are fully qualified in Psychotherapy, Psychiatry, Social-Work, Psychology or Counselling and who represent a range of ethnic and cultural backgrounds. The 'Intercultural psychotherapy' approach adopted by NITC aims to partner beneficiaries with therapists from different cultural backgrounds in order that the conscious and unconscious assumptions of the patient and the therapist be foregrounded and addressed through the therapy.

The Application

NITC requests support towards its specialised intercultural therapy provision. It also proposes to introduce a 'Link worker' to its team, who will support beneficiaries with non-therapeutic issues and deliver a signposting service; the final element of this proposal is to introduce a 'psycho-social holding group', which will engage beneficiaries in some activity prior to being allocated to a therapist. This group is designed to introduce some of the concepts and practices of psychotherapy and prepare beneficiaries for what may be a new and challenging process, allowing them to get the most out of their therapy when it starts.

The Recommendation

NITC is accredited as a member organisation of the UK Council for Psychotherapy (UKCP). However, it is unusual in that it offers therapy in 23 community languages. It delivers a unique form of psychotherapy that has evolved in response to the specific needs of its users, for which there is growing demand.

£98,850 over three years (£32,800; £32,950; £33,100) towards the costs of therapy provision; the psycho-social holding groups; the part-time (2 d.p.w) Community Link Worker; and a contribution to overheads.

Funding History

Meeting Date	Decision
27/11/2014	Application withdrawn
02/07/2009	£71,000 towards the salary costs of therapists providing culturally appropriate psychotherapy with families in North London.

Background and detail of proposal

NITC adopts an 'Intercultural psychotherapy' approach, which means that aspects of an individual's conscious world, for example, their race, ethnicity, religion, refugee status, physical health, sexuality etc., are recognised as forming part of their unconscious self. By contrast, a more traditional approach considers the unconscious self as constructed in isolation from external factors. The rationale for adopting the 'intercultural' method with this specific user group is that the experience

of social isolation is defining as well as affecting access to mainstream services, becoming, therefore, part of the ongoing psychological and practical issues faced.

Demand for NITC's services is increasing, particularly for Arabic and Arabic dialect services, due to the number of Syrian refugees entering the country. Refugees have often experienced significant trauma and are faced with a complex combination of psychological and practical issues. 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. Early intervention prevents the compounding of psychological problems that make later demands on social and psychiatric services more complex and long-lasting.

Through the Community Link Worker, NITC aims 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 will be addressed directly by the Community Link Worker. However, more complex issues will be referred to local agencies for specialised support.

NITC proposes to support an additional 100 individuals during the three-year funding period with intercultural therapy services; It proposes to offer forty people on the waiting list places in one of two psycho-social holding groups each year, and support 135 beneficiaries with practical issues, including signposting to more specialist local agencies, during the three-year funding period. Outcome targets include a 13% increase in the number of individuals accessing services by year three and a reduction of the average waiting time to six weeks by the end of the funded period.

Financial Information

Forecast income for the current year 2016/17 is £231,788 of which £99,669 (43%) had been raised by 15 April 2016. Audited accounts for 2015 show that NITC had unrestricted free reserves of £112,243, which equated to 7.5 months of running costs, of which £71,000 is due to be used for an office move because a larger and improved space is sought to enhance the therapeutic environment. Remaining reserves amounted to £41,243, equating to 2.77 months of running costs. Historically, NITC's 'cost of generating funds' has included only the cost of a freelance fundraiser and this explains the low value disclosed in its 2014/15 accounts. A more realistic estimation, which includes a proportion of the CEO and administrator's time, is included in the table below for 2015/16 and 2016/17.

Year end at 31 March	2014/15 Independently Examined Accounts	2015/16 Forecast Outturn	2016/17 Budget
Income and Expenditure			
Income	192,965	213,397	231,788
Expenditure	178,537	206,346	217,388
Unrestricted Funds Surplus / (Deficit)	15,916	7,051	(10,358)
Restricted Funds Surplus / (Deficit)	0	0	0
Endowment Funds Surplus / (Deficit)	(1,488)	0	0
Total Surplus / (Deficit)	14,428	7,051	(10,358)
Surplus / (Deficit) as a % of turnover	7.5%	3.3%	(3.5%)
CoGF (% of income)	1,069 (0.6%)	18,634 (8.7%)	22,114(7.5%)
Free unrestricted reserves			
Unrestricted reserves held at Yr End	112,243	119,294	108,936
months' worth of expenditure	7.5	6.9	4.3
Reserves Policy target	44,634	51,587	76,185
months' worth of expenditure	3.0	3.0	3.0
Free reserves over/(under) target	67,609	67,708	32,751