



## ANNUAL REPORT - JULY 2014–JUNE 2015

**MEET in Oxford** provides a low cost trauma focused therapy service using fully qualified and highly experienced psychotherapists. We offer the trauma therapies known as EMDR and Energy Therapy to people whose lives are seriously affected now by difficult experiences in the past and who are unable to pay the usual fees for private therapy or access it through the NHS.

### Trustees

Trustees appointed at our last AGM on 30/06/14 are:

Nancy Browner, Sandra Figgess, Jane Fisher, Malcolm Parlett, Janet Toyne

Trustees Meetings were held on 06/10/14, 19/01/15 and 27/04/15

Ian Callahan was co-opted as a Trustee at the meeting on 19/01/15

### Enquiries and referrals

We have received 40 enquiries this between 01/07/14 and 08/06/15.

At 08/06/15 these stand at:

Waiting for assessment	Waiting to be seen	Live cases	Referred on	Assessed but never arrived	Completed cases
6	4	11	3	4	13

18 Cases Completed during this year (including cases opened last year):

Age Range	18-30	31-40	40-50	51-60	61-70	71 +	Not Recorded
	1	10	1	1	1	1	3
Gender	Male	Female					
	3	15					
Ethnicity	We made some attempt to record this but were not systematic enough to give meaningful figures						
Referral Source	Self	GP Counsellor	Other counsellors	Restore	Relate	Children's centre	
	8	6	1	1	1	1	
Issues Some clients in more than one category	Childhood trauma	PTSD symptoms	Adult trauma	Anxiety/ depression		Psychiatric diagnosis	
	12	5	9	5		3	
Sessions attended	< 6	6	7-10	11-15	16-20	21-26	
	2	2	6	3	1	4	

## Evaluation

We have not so far been very systematic in evaluating client responses, but many clients have expressed appreciation of the service and of the help it has given. Some clients have expressed their thanks in writing and we quote from three of these:

“Internally I am feeling much better, still sleeping loads and eating loads... hungry ALL the time. It isn't comfort eating. And what a relief to not feel suicidal all the time. I can think about all the things that used to bother me in an intrusive way...they no longer intrude and I can think about them without feeling like I want to cry. “

“.. the treatment I have received has transformed my life. For the first time I am able to feel alive and present in my body and where there was anger and depression is now a gentle peace and blossoming spirituality. Also as I have improved I have seen this reflected in my children's behaviour as they have become happier and more relaxed. I can only hope that in the long term this has broken the cycle of unhappiness that has passed down through my family. .... Not only have you freed me from past issues but have also provided me with tools to continue to maintain my well-being in the future.”

“This is a wonderful service that has made a huge positive difference to my wellbeing and, consequently, that of my entire family. I am totally convinced of the efficacy of EMDR, and only wish that it were more widely known about and available to people. Thank you.”

## Website

OCVA informed us that they would no longer be able to host our free micro-website with them. We have therefore set up a new website with WebHealers at [www.meetinoxford.org](http://www.meetinoxford.org) which has an easier name to remember and is much clearer and easier to use. This website cost us £60 to set up and will cost us £223.20 per year to run. We also needed to update our newly printed MEET advertisement cards to show the new website address. The FCS Trust gave us a grant of £250 to cover the set up fees and quarterly fees in this financial year.

## Finances April 2014- March 2015

Expenditure	
Advertising	£114.05
Stationery	£19.00
Website	£227.40
Phone	£70.00
Therapists	£1,350.00
<b>Total</b>	<b>£1,780.45</b>

Income	
Donation	£5.00
Client Contribution	£1,782.50
Grant	£250.00
<b>Total</b>	<b>£2,037.50</b>

Brought Forward	660.48
Income - expenses	£257.05
<b>TOTAL IN HAND</b>	<b>£917.53</b>

While we have been able to make a contribution this year to therapists' out of pocket expenses, we have not been able to meet these fully. Next year we will need to fund the website ourselves and so we do need to fundraise beyond the client contributions.

### **Fundraising in the coming Year**

Oxford Quaker Meeting have offered us a Sunday collection during October 2015. HMRC have recognised us as a charity for tax purposes. We are in process of accessing "crowd funding" through British Telecom's MyDonate website. We intend to circulate colleagues and friends with the details of this when it is up and running and to put a link on our website.

### **Change of role**

Janet Toye has decided, regretfully, that it is necessary for her to retire. Her husband John was taken seriously ill in June 2014, required major heart surgery, and was in hospital on three occasions between September 2014 and January 2015. Janet had to take time off work twice, once for three months. This is not a situation she would like to encounter ever again, and so she will stop working as a therapist when her current registration with UKCP ends in September. She is currently updating records as well as continuing as treasurer, and intends to remain a member of MEET staff in that capacity from now on. She hopes that, despite her retirement, the developments described in the next paragraph will soon enable MEET to provide therapy on the scale originally envisaged.

### **Developing Associate Therapists**

To further our second aim of "making EMDR and Energy Therapies better known in Oxford", we have facilitated a peer support group for therapists who have completed their EMDR training and are at various stages of integrating this into their practice. We have just begun to establish a referral system to these EMDR colleagues to provide low cost sessions to some of the clients who have been referred to us. This will assist the therapists by adding to training hours needed for formal accreditation and/or by getting started with using newly acquired EMDR skills. We are also hoping that we can soon develop a similar referral network for Energy Psychotherapy as an integrative Energy Psychotherapy Foundation Course is taking place in Oxford (Nov 6-8<sup>th</sup> and Jan 15<sup>th</sup> & 16<sup>th</sup> – details from [therapy@greenfig.org.uk](mailto:therapy@greenfig.org.uk))

### **Acknowledgements and Thanks**

Oxford Quaker Meeting – for providing us with rent free rooms  
FCS Trust – for £250 grant to support our new website  
Oxfordshire Mind – for including us in the Mind Guide online.  
Becky Riddell – for providing administrative support from June 2014 to April 2015

June 2015