



## ANNUAL REPORT - JULY 2015–JUNE 2016

**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 29/06/15 are:

Nancy Browner, Sandra Figgess, Jane Fisher, Malcolm Parlett, Janet Toye.

Trustees Meetings were held on 26<sup>th</sup> October 2015, 15<sup>th</sup> December 2015 and April 4<sup>th</sup> 2016.

### Enquiries and referrals

We have received **47** enquiries between 01/07/15 and 23/05/16.

The table shows the status of these enquiries as at 23/05/16. Corresponding figures for 2014-2015 are given below:

	Waiting for assessment	Waiting to be seen	Live cases including Associates	Referred on	Assessed - never arrived	Completed cases	Total
<b>2015-16</b>	<b>6</b>	<b>12</b>	<b>10</b>	<b>8</b>	<b>2</b>	<b>9</b>	<b>47</b>
<i>2014-15</i>	<i>6</i>	<i>4</i>	<i>11</i>	<i>3</i>	<i>4</i>	<i>13</i>	<i>41</i>

21 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
	5	5	5	3	1	1	1
Gender	Male	Female					
	6	15					
Referral Source	Self	GP Counsellor	Other Counsellor	Other			
	11	2	3	5			
Issues (most clients in more than one category)	Childhood trauma	PTSD symptoms	Adult trauma	Anxiety/ depression	Psychiatric diagnosis	Relationship issues	
	12	12	12	15	3	16	
Sessions attended	< 6	6	7-10	11-15	16-20	21-26	
	6	4	4	2	1	4	
Ethnicity/ nationality	Afghani (1), Black African (1), Chinese (1), Kosovan (1), Malaysian (1), Pakistani (1), Peruvian (1), White American (1) White British (13)						

We have still not been very systematic in eliciting client responses to the therapy, but we have recently changed our evaluation form to make it more informative. We hope that with admin support now in place we will be more systematic in obtaining client evaluations next year.

Some clients have expressed their thanks in writing and we quote from these:

“This therapy has helped me to realise and address the reasons behind my anxiety and overcome them. I have finished my sessions with a confidence I never thought I would have.” A

“This has untangled and released so many elements of past and very recent trauma. It could not have been more helpful.” M

## Temporary Closure to new referrals

Because of our rapidly lengthening waiting list and staff absences during the summer, we decided to close to new referrals from May 16th until the beginning of September.

## Website

We have been recognised as a charity for tax purposes by HMRC and this has allowed us to make use of BT’s MyDonate to receive donations online with Gift Aid added. So our website now includes a “Donate Here” button. Our donations income, excluding the Quaker collection, is just over £400 and most of this has come through the website.

Some clients who are interested in our therapies do not need to access services at low cost. We have developed the page on “Our Therapists” to give details of the private practices of MEET therapists, MEET associate therapists and others offering EMDR or Energy Psychotherapies in Oxfordshire.

## Finances April 2015- March 2016

Expenditure	2014-2015	2015-2016	Income	2014-2015	2015-2016
Advertising	£114.05	-	Donations	£5.00	£711.56
Stationery	£19.00	£22.98	Client contributions	£1,782.50	£1865.00
Website	£227.40	£223.20	Grant	£250.00	-
Phone & stamps	£70.00	£56.08			
Therapists	£1,350.00	£1400			
Admin		£240			
<b>Total</b>	<b>£1,780.45</b>	<b>£1,942.33</b>	<b>Total</b>	<b>£2,037.50</b>	<b>£2,576.56</b>

	1 <sup>st</sup> April 2015	1 <sup>st</sup> April 2016
Brought Forward	£660.48	£917.53
Income - expenses	£257.05	£633.03
<b>TOTAL IN HAND</b>	<b>£917.53</b>	<b>£1,550.56</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 be paying for three therapists expenses as well as paying for two hours admin per week. We have received an anonymous CAF cheque donation of £1000. This has taken a long time to process and we will include it in next year's accounts.

## **Complaints Policy and Data Protection**

We have now developed a simple complaints policy and have adapted our contract with clients to include reference to this and to our compliance with data protection.

## **Staff Changes**

We were very sorry that Janet Toye's personal circumstances made it necessary for her to retire from working as a therapist in September 2015. We thank her for the good work that she has done for MEET as a founding member and psychotherapist and we are glad that she is still supporting us by looking after our accounts and being a Trustee.

We are delighted that Karen Stowe has joined us in February to offer Energy Psychotherapy. Karen is an experienced UKCP integrative psychotherapist who has recently completed the Five day Foundation Course in Energy Psychotherapy.

With the increasing number of referrals it became essential to establish admin support on a regular and paid basis. We are very pleased that Hugh Palmer has joined our team as administrator and is being paid for 2 hours a week.

## **Developing Associate Therapists**

To further our second aim of "making EMDR and Energy Therapies better known in Oxford", we are still facilitating a peer support group for therapists who have completed their EMDR training and are at various stages of integrating this into their practice. We are also continuing 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. We have recently clarified the expectations and procedures around these referrals. 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 on a regular basis (details from [therapy@greenfig.org.uk](mailto:therapy@greenfig.org.uk) )

## **Acknowledgements and Thanks**

Oxford Quaker Meeting – for providing us with rent free rooms and for a collection of £302.30  
Anonymous Donor for a £1000 CAF cheque which will be included in next year's accounts  
Oxfordshire Mind – for including us in the Mind Guide online.  
Our referrers for directing clients to us

June 2016