

The Metta Centre for Trauma Therapy

England & Wales · Charity number 1182200

Details

Other names MEET IN OXFORD

Status Registered

Legal form CIO

Registered 2019-02-25

Register [View on the Charity Commission register](#)

Contact

Address 43 St. Giles
Oxford
OX1 3LW

Phone 07887248485

Email admin@themettacentrefortraumatherapy.org

Website www.themettacentrefortraumatherapy.org

Activities

Objects: THE OBJECT OF THE CIO ISTO RELIEVE THE MENTAL DISTRESS OF PERSONS RESIDENT IN OXFORDSHIRE WHO ARE SUFFERING FROM THE EFFECTS OF TRAUMATIC EXPERIENCES BY THE PROVISION OF THE TRAUMA FOCUSED THERAPIES KNOWN AS EMDR AND THE ENERGY PSYCHOTHERAPIES WITH PRIORITY GIVEN TO PERSONS OF LIMITED MEANS BY WAY OF FREE OR SUBSIDISED TREATMENT

Activities: The Metta Centre was founded over ten years ago to make specialist trauma therapy accessible to those who need it most. Our clients are among the most vulnerable people in Oxfordshire, those who do not have the means to pay private fees and cannot access the support they need through the NHS. Today, we provide over 500 hours of low-cost or free therapy for up to 50 clients a year.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives

Geography

- Oxfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£68,127	£55,499	-	-
2024-03-31	£15,771	£30,278	-	-
2023-03-31	£4,230	£20,948	-	-
2022-03-31	£13,159	£19,774	-	-
2021-03-31	£83,058	£16,587	-	-

Trustees

Name	Role	Appointed
Jo Ann Black		2022-10-17
Joanna Colonsay Clare Astor		2026-01-23
NANCY LEE BROWNER		2019-02-25
Tobias Low		2023-09-25

Accounts



Trustees' Annual Report

1st April 2024 – 31st March 2025

The Metta Centre was founded over ten years ago to make specialist trauma therapy accessible to those who need it most. Our clients are among the most vulnerable people in Oxfordshire – those who do not have the means to pay private fees and cannot access the support they need through the NHS. Today, we provide over 500 hours of low-cost or free therapy for up to 50 clients a year.

Constitution and Trustees

Formerly known as MEET in Oxford, **The Metta Centre for Trauma Therapy** was constituted as a small charity in June 2014 and registered as a Charitable Incorporated Organisation (CIO) in 2019, charity number 1182200.

- The charity's registered address is 43 St Giles, Oxford OX1 3LW.
- The charity's governing document is the Constitution of a Charitable Incorporated Organisation registered on 25th February 2019.
- Significant decisions affecting the charity are made at the quarterly trustee meetings when a quorum is present or in writing agreed by a majority of the trustees.

Trustees of the charity for the year were: Nancy Browner (Chair), Sandra Figgess (to April 2024), Katharine Nicholas (to January 2025), Jo Black, Kate Moberly (to March 2025), Toby Low (Treasurer), Deborah Humphrey (Safeguarding Officer).

The trustees would like to thank Katharine Nicholas and Kate Moberly for everything they have done for the charity in their time as trustees. Our special thanks go to Sandra Figgess, one of our founders, who also made the decision to step down this year. The Metta Centre is indebted to Sandra for her vision, commitment and wisdom in leading the charity from 2014 until the appointment of Karen Stowe as Clinical Lead in 2023.

- Trustees are appointed for a term of three years by a resolution passed at a meeting of the trustees.
- The trustees meet quarterly at 43 St Giles, with the facility for attendance online via Zoom.

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Objectives and Activities

The object of the charity under its Constitution is:

To relieve the mental distress of persons resident in Oxfordshire who are suffering from the effects of traumatic experiences by the provision of the trauma focused therapies known as EMDR and the energy psychotherapies with priority given to persons of limited means by way of free or subsidised treatment.

The trustees oversee the governance of meeting this object, having regard to the guidance issued by the Charity Commission on public benefit, by:

- providing trauma therapy to people living in Oxfordshire, who are referred or self-refer to the charity because their lives are seriously affected by past experiences and who cannot afford private therapy or access it through the NHS;
- offering and allocating therapy spaces without regard to an individual's ability to contribute to the cost of their therapy;
- working with practitioners who give their time pro bono.

Our Service

Management team

The Metta Centre is led by a management team of senior therapists, under the direction of the Clinical Lead, Karen Stowe, who has volunteered as a therapist for the charity since it started. Our team this year consisted of Karen Stowe, Marigold Brown, Kate Moberly, Amanda Tilbury, Vanessa Murphy and our Coordinator, Tim May.

The management team:

- discusses newly assessed clients and decides who to accept on to the waiting list;
- considers any challenging issues relating to clients;
- looks at the ongoing development of the service;
- supports the Clinical Lead and Coordinator in their work.

Therapists

Over the course of the year, the charity increased the number of its volunteer therapists from ten to fourteen, including the Clinical Lead: Marigold Brown, Paola Esperson, Merrill Hicks, Felicity Larson, Katie Long, Suzy Malati, Kate Moberly, Vanessa Murphy, Amal Saddawi, Diane Styne, Amanda Tilbury, Guin Webster and Coral Westaway. Each therapist is able to take one, sometimes two, clients per week and our work would not be possible without their dedication and expertise.

Service offer

Because trauma affects the mind, brain and body, conventional therapeutic approaches, such as talking therapy, are limited in how far they can help. We use two body-based approaches – EMDR and Energy Psychotherapy - designed to re-process traumatic memories and re-regulate the nervous system. When practiced in the context of a supportive, psychotherapeutic relationship, these are highly effective.

EMDR (Eye Movement Desensitisation and Reprocessing) was recognised by the National Institute for Health and Care Excellence (NICE) as a treatment for trauma and PTSD in 2005. It involves alternating left-right stimulation of the brain using eye movements, sounds or taps. This bilateral stimulation enables the traumatic memories to be re-processed.

There are now more than 200 peer reviewed studies published on Energy Psychotherapy methods and 99% were proven to be effective. One example is Emotional Freedom Technique (EFT), which uses tapping on meridian points to stimulate the body's energy system. EFT is ranked by NICE as among the top four most effective and cost-efficient interventions for PTSD and complex trauma.

We offer up to 16 sessions of trauma therapy, either online or in-person, with reviews at four and ten weeks. Clients with challenging presentations or extenuating circumstances may be offered up to a maximum of 8 additional sessions, subject to approval from the management team. Before starting their one-to-one therapy, clients attend a Self-Care group where they receive some psycho-education about trauma and are introduced to some simple well-being techniques to relieve stress and anxiety.

People we help

The legacy of trauma can have a devastating impact. Long after the trauma has been experienced, people suffer a range of debilitating symptoms from flashbacks and nightmares, anxiety and panic attacks, to feeling numb and depressed.

We believe that anyone with trauma should be treated with kindness, compassion and respect and we welcome a diverse mix of adults of all ages. People either self-refer or are referred/signposted by organisations and agencies across Oxfordshire who work with adults with complex needs. These include Adult Mental Health Services, Asylum Welcome, Crisis, Elmore Community Services, GP practices, MIND, Oxfordshire Domestic Abuse Service, Refugee Resource and Turning Point.

97% of our clients this year presented with a history of repeated or enduring trauma rooted in childhood (up from 80% in previous years). These adverse childhood experiences, or ACE's, include neglect and/or emotional, physical and sexual abuse. We also work with victims of domestic abuse, refugees and survivors of war violence, as well as with those who have suffered a single incident trauma like an assault or accident.

Fees

Our therapists offer their time and expertise pro bono but we ask clients to pay what they can afford so that we can continue to provide our vital service.

Fees are based on ability to pay and we agree a figure and payment schedule with clients before they start therapy. As a guide, someone who is receiving benefits or on minimum wage will pay £10 - £15 per session; those on a higher income £20 - £40. There is also a fee of £10 unwaged/£20 waged to cover the cost of the initial assessment. In cases of extreme financial hardship fees may be waived.

Achievements and Performance

Self-Care groups

Thanks to a grant made the previous year from Oxfordshire Community Foundation, we were able to provide Self-Care Groups for clients on the waiting list. The groups are run online or in-person by two therapists and consist of three or four 1.5 hour weekly sessions.

As previously mentioned, clients receive some psycho-education about trauma and how it impacts the nervous system, brain and body, and are introduced to some simple well-being techniques to relieve stress and anxiety.

The feedback from these groups has been very encouraging and we have now agreed that they should be integrated into the service offer for all clients before they start their one-to-one therapy.

These are a few anonymised pieces of feedback about the groups.

"I have been using all the techniques taught, in particular tapping, and during the day, I have felt a sense of calmness throughout my whole body, which I am extremely thankful for."

"I particularly appreciated the notion that the brain being overwhelmed is a physical process or response and not the result of a conscious decision I made."

"The course leaders worked really well together, and both shared their expert knowledge and experiences which was beneficial to the whole group."

Infra-Low Frequency Neurofeedback

ILF Neurofeedback is a safe, non-invasive therapeutic tool that trains the brain to function more effectively, improving its stability, flexibility and self-regulation. This 'brain training' has been shown to have a positive impact on both psychological and physical health and is already being used to treat a wide range of behavioural, emotional and physical symptoms, including trauma symptoms. We were keen to explore whether neurofeedback could help stabilise our most traumatised clients, with the possibility of integrating it more widely into our service provision.

With the approval of the trustees, the Clinical Lead and one of our senior therapists attended a Neurofeedback training with BeeMedic (a leading developer and provider of this technology). In May 2024, we were able to purchase one set of Neurofeedback equipment with a grant we received from the Jo Li Charitable Trust.

After spending several months practicing with the equipment and receiving supervision from an expert in the field, we have begun a small pilot project with a carefully selected group of clients, which is still ongoing.

10th anniversary and change of name

In July, the charity celebrated its 10th anniversary with a summer party at The Friends Meeting House in Oxford. We welcomed some 70 guests, including the leader of the county council, a sheriff of the county, an OCVA trustee, representatives from Oxford's Adult Mental Health teams and our referring agency partners, and members of the Oxford Meeting.

Sandra Figgess spoke about the charity's early years and our Clinical Lead paid tribute to her and the other two founders before giving an overview of the service and its impact. They were followed by guest speaker, BBC special correspondent, Fergal Keane, who appeared on a live link from Jerusalem. Fergal gave a compelling account of his own experiences of trauma as a child growing up in Ireland and as an adult reporting from war zones around the world. He closed by acknowledging the vital work of the charity and emphasised the importance of receiving expert, specialist therapeutic help.

We also announced the charity's change of name to The Metta Centre for Trauma Therapy and revealed our new logo.

New website

In September, we launched our [new website](#) which we were then able to augment with a short video introducing the charity, its work and impact.

Our Impact 2024-25

During the year, we had 67 enquiries, up from 53 last year. 54 were from people enquiring about therapy for themselves, 13 were from agencies and other organisations.

We opened our waiting list on 7th May 2024 and after discussion with the management team decided to close it on 22nd May having had 43 self-referrals/referrals in line with our capacity (we are able to see up to 50 clients per year). We opened the list again on March 14th 2025, just before the financial year end, and closed it on 11th April after 40 people applied to be assessed for the service.

- We provided 518 hours of low-cost or free trauma therapy;
- We helped 42 individuals;
- 25 clients completed their one-to-one therapy within the year;
- A further 13 clients were still receiving therapy at 01/04/2025;
- 4 clients started their therapy but were paused for health and other reasons.

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To measure the impact of our work, we use the PCL-5 questionnaire - a series of 20 questions designed to score the severity of trauma and PTSD symptoms developed by the US-based National Center for PTSD.

We ask clients to complete a PCL-5 before and after therapy, and a drop in score of 10 points is considered clinically significant.

If there is an increased score, no change, or a clinically less significant improvement (less than minus 10), we are careful to review the reasons for this through ongoing monitoring of the therapy in supervision and in consultation with the client in their reviews at four and ten weeks. It is usually the case that these clients are experiencing other adverse life experiences during the course of therapy.

PCL-5 data collected for 23 clients

2024-25								
PCL-5								
EMDR					EP			
10 clients					13 clients			
Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points		Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points
2	2	1	5		1	2	6	4
20%	20%	10%	50%		8%	15%	46%	31%

PLC-5 data 2017-25

At the close of therapy with The Metta Centre, 87% of clients showed a drop of 10 points or more, with 22% having a 10-19 point drop, 24% showing a 20-29 point drop, and 41% showing a drop of 30 points or more.

Other data

The data below is based on the 29 clients who completed therapy or were paused in the course of the year.

Age

18-20	20s	30s	40s	50s	60s or above
1	4	6	8	9	1

Gender

26 described themselves as female, 2 as male and 1 preferred not to say.

Ethnicity

Clients are given the option of describing their ethnicity in their own words.

Bangladeshi	1
Black British Afro-Caribbean	1
British Pakistani	1
Chinese	1
French	1
Kashmiri Indian	1
Polish	1
Turkish	1
Turkish/Bengali/British	1
White British	20

Types of trauma/issues identified

At the start of (or during) therapy, the following trauma/issues were identified. Each client could identify more than one trauma. Data collected for 29 clients.

Childhood trauma	Childhood sexual abuse	Childhood Neglect or physical, psychological or emotional abuse	PTSD symptoms	Adult trauma	Anxiety/depression	Other Psychiatric diagnoses
28	16	27	26	27	26	14
97%	55%	93%	90%	93%	90%	48%
ASD and/or ADHD diagnosis	Chronic health condition	Relationship issues	Domestic abuse	Rape	Addiction issues	
7	9	21	15	4	5	
24%	31%	72%	52%	14%	17%	

Client feedback

When they have completed their therapy, clients are asked to provide written feedback by answering a series of questions, including 'What did you learn about yourself from the therapy?' 'What has changed for you as a result?' and 'What do you take away for the future'.

These are anonymised responses.

"I'm less irritable, more relaxed and calmer. I have a better understanding of complex trauma – reasons and behaviours. I have coping exercises to reduce anxiety and make difficult situations less stressful."

"[I take away] a healthy and realistic outlook on life; a-toolbox of coping mechanisms and healthier thought processes surrounding negative events; more empathy and compassion for myself and others."

"I just wanted to drop you a line of gratitude for having made these sessions possible. I have had a transformational time over this last period and have really got to know myself like never before and at a greater depth...I feel alive and excited about the future."

Financial Review

Our gross income this year totalled £68,127. Total payments were £55,499. Transfers between funds were £500 and cash funds at last year end totalled £38,506. Cash funds at this year end were £51,134. Related Party Transactions: Kate Moberly, a trustee, was paid £1,680 for her work as a supervisor and for facilitating group work during the year. This is in line with the charity's governing document.

Principal sources of funds were grants from The Oxford Community Foundation (£20,000), The National Lottery Community Fund (£19,439), The Jo Li Charitable Trust (£9,766), The Dalglish Trust and the Doris Field Charitable Trust. The monies we received enabled us to expand our group work provision, increase the number of therapists, launch our new website, bring in a freelance book keeper and continue to cover our core costs, including salaries.

Our reserves policy is to hold the equivalent of four months expenditure. At the end of the financial year 31st March 2025, the reserve was £51,134 which equates to approximately 12 months of operating costs. Our principal financial responsibility is the salary of one part-time staff member. The cost of this is covered until 1st April 2026. Since salary payments are secure up to this date, the trustees have taken the decision that the charity will operate with minimal reserves until 1st November 2025. During this period and beyond, the reserves policy will be kept under periodic review and the reserves level adjusted as required.

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Acknowledgements

We would like to offer our sincere thanks to our therapists, donors, referrers, clients and the Oxford Quaker Meeting.

- The charity benefits enormously from the generosity of its therapists. They offer one or more sessions each week, run groups, or contribute to the management of the charity. Without them, The Metta Centre would not exist, and we are immensely grateful.
- We are indebted to the Oxford Quaker Meeting for continuing to provide therapy rooms free of charge.
- We are grateful to all the individuals and others who made a donation to the charity this year, including the clients who made contributions towards the cost of their therapy.

Approved by:

Two handwritten signatures in black ink. The first signature on the left is 'Nancy' and the second signature on the right is 'Toby'.

Nancy Browner

Toby Low

Chair

Treasurer

Date: 7th May 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Metta Centre for Trauma Therapy

No (if any)
1182200

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2024

To

Period end date
31/03/2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Client contributions	4,145	-	-	4,145	1,710
Donations	4,165	-	-	4,165	1,285
Gift aid	260	-	-	260	146
Grants	39,066	-	-	39,066	450
OCF Grant	20,000	-	-	20,000	9,680
PYE Charitable Trust	-	-	-	-	2,000
Outreach work for Pause Oxfordshire	-	-	-	-	500
Other income	491	-	-	491	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	68,127	-	-	68,127	15,771
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	68,127	-	-	68,127	15,771

A3 Payments

Therapists	2,150	-	-	2,150	2,050
Supervision	1,500	-	-	1,500	1,275
Neurofeedback supervision	720	-	-	720	-
Salaries	8,792	600	-	9,392	17,307
Pension	-	-	-	-	68
HMRC	449	-	-	449	3,945
Payroll services	457	-	-	457	402
Freelance working	14,110	-	-	14,110	370
Insurance	532	-	-	532	303
Website/publicity	811	-	-	811	653
Phone	12	-	-	12	72
CAF Fees	64	-	-	64	35
Self Care group work	200	8,200	-	8,400	-
Subs/membership	356	-	-	356	279
Equipment	11,036	-	-	11,036	283
Expenses	4,231	880	-	5,111	1,792
Safeguarding	36	-	-	36	100
Room Hire	168	-	-	168	72
Therapy Work for Pause (OCIF grant)	-	-	-	-	499
Training/CPD	175	-	-	175	773
Other expenditure	20	-	-	20	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	45,819	9,680	-	55,499	30,278

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	45,819	9,680	-	55,499	30,278
Net of receipts/(payments)	22,308	- 9,680	-	12,628	- 14,507
A5 Transfers between funds	- 500	500	-	-	-
A6 Cash funds last year end	29,326	9,180	-	38,506	53,013
Cash funds this year end	51,134	-	-	51,134	38,506

Section B Statement of assets and liabilities at the end of the period

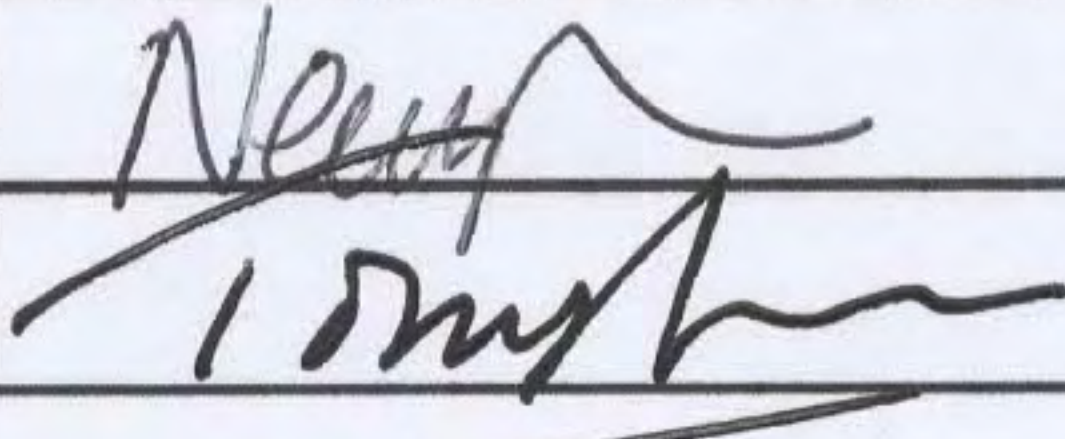
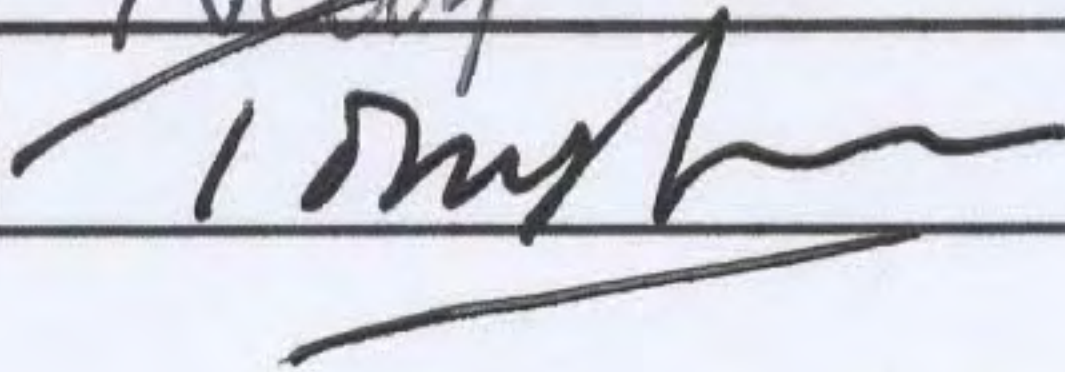
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Co-op Bank account	51,134	-	-
		-	-	-
		-	-	-
	Total cash funds	51,134	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Neurofeedback equipment	Unrestricted	9,776	9,776
			-	-
			-	-
			-	-
			-	-
			-	-

B5 Liabilities

		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	NANCY BROWNER	7.5.25
	TOBY LOW	7.5.25



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

The Metta Centre for Trauma Therapy

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1182200

Set out on pages

1-2 of Receipts and Payments accounts

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no material matters have come to my attention (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

I have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Sheila Parry

Date:

9 May 2025

Name:

Sheila Parry

**Relevant professional
qualification(s) or body
(if any):**

FCCA

Address:	Peace House, Paradise Street, Oxford OX1 1LD

Section B**Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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Accounts



Trustees' Annual Report

1st April 2024 – 31st March 2025

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Service offer

Because trauma affects the mind, brain and body, conventional therapeutic approaches, such as talking therapy, are limited in how far they can help. We use two body-based approaches – EMDR and Energy Psychotherapy - designed to re-process traumatic memories and re-regulate the nervous system. When practiced in the context of a supportive, psychotherapeutic relationship, these are highly effective.

EMDR (Eye Movement Desensitisation and Reprocessing) was recognised by the National Institute for Health and Care Excellence (NICE) as a treatment for trauma and PTSD in 2005. It involves alternating left-right stimulation of the brain using eye movements, sounds or taps. This bilateral stimulation enables the traumatic memories to be re-processed.

There are now more than 200 peer reviewed studies published on Energy Psychotherapy methods and 99% were proven to be effective. One example is Emotional Freedom Technique (EFT), which uses tapping on meridian points to stimulate the body's energy system. EFT is ranked by NICE as among the top four most effective and cost-efficient interventions for PTSD and complex trauma.

We offer up to 16 sessions of trauma therapy, either online or in-person, with reviews at four and ten weeks. Clients with challenging presentations or extenuating circumstances may be offered up to a maximum of 8 additional sessions, subject to approval from the management team. Before starting their one-to-one therapy, clients attend a Self-Care group where they receive some psycho-education about trauma and are introduced to some simple well-being techniques to relieve stress and anxiety.

People we help

The legacy of trauma can have a devastating impact. Long after the trauma has been experienced, people suffer a range of debilitating symptoms from flashbacks and nightmares, anxiety and panic attacks, to feeling numb and depressed.

We believe that anyone with trauma should be treated with kindness, compassion and respect and we welcome a diverse mix of adults of all ages. People either self-refer or are referred/signposted by organisations and agencies across Oxfordshire who work with adults with complex needs. These include Adult Mental Health Services, Asylum Welcome, Crisis, Elmore Community Services, GP practices, MIND, Oxfordshire Domestic Abuse Service, Refugee Resource and Turning Point.

97% of our clients this year presented with a history of repeated or enduring trauma rooted in childhood (up from 80% in previous years). These adverse childhood experiences, or ACE's, include neglect and/or emotional, physical and sexual abuse. We also work with victims of domestic abuse, refugees and survivors of war violence, as well as with those who have suffered a single incident trauma like an assault or accident.

Fees

Our therapists offer their time and expertise pro bono but we ask clients to pay what they can afford so that we can continue to provide our vital service.

Fees are based on ability to pay and we agree a figure and payment schedule with clients before they start therapy. As a guide, someone who is receiving benefits or on minimum wage will pay £10 - £15 per session; those on a higher income £20 - £40. There is also a fee of £10 unwaged/£20 waged to cover the cost of the initial assessment. In cases of extreme financial hardship fees may be waived.

Achievements and Performance

Self-Care groups

Thanks to a grant made the previous year from Oxfordshire Community Foundation, we were able to provide Self-Care Groups for clients on the waiting list. The groups are run online or in-person by two therapists and consist of three or four 1.5 hour weekly sessions.

As previously mentioned, clients receive some psycho-education about trauma and how it impacts the nervous system, brain and body, and are introduced to some simple well-being techniques to relieve stress and anxiety.

The feedback from these groups has been very encouraging and we have now agreed that they should be integrated into the service offer for all clients before they start their one-to-one therapy.

These are a few anonymised pieces of feedback about the groups.

"I have been using all the techniques taught, in particular tapping, and during the day, I have felt a sense of calmness throughout my whole body, which I am extremely thankful for."

"I particularly appreciated the notion that the brain being overwhelmed is a physical process or response and not the result of a conscious decision I made."

"The course leaders worked really well together, and both shared their expert knowledge and experiences which was beneficial to the whole group."

Infra-Low Neurofeedback

ILF Neurofeedback is a safe, non-invasive therapeutic tool that trains the brain to function more effectively, improving its stability, flexibility and self-regulation. This 'brain training' has been shown to have a positive impact on both psychological and physical health and is already being used to treat a wide range of behavioural, emotional and physical symptoms, including trauma symptoms. We were keen to explore whether neurofeedback could help stabilise our most traumatised clients, with the possibility of integrating it more widely into our service provision.

With the approval of the trustees, the Clinical Lead and one of our senior therapists attended a Neurofeedback training with BeeMedic (a leading developer and provider of this technology). In May 2024, we were able to purchase one set of Neurofeedback equipment with a grant we received from the Jo Li Charitable Trust.

After spending several months practicing with the equipment and receiving supervision from an expert in the field, we have begun a small pilot project with a carefully selected group of clients, which is still ongoing.

10th anniversary and change of name

In July, the charity celebrated its 10th anniversary with a summer party at The Friends Meeting House in Oxford. We welcomed some 70 guests, including the leader of the county council, a sheriff of the county, an OCVA trustee, representatives from Oxford's Adult Mental Health teams and our referring agency partners, and members of the Oxford Meeting.

Sandra Figgess spoke about the charity's early years and our Clinical Lead paid tribute to her and the other two founders before giving an overview of the service and its impact. They were followed by guest speaker, BBC special correspondent, Fergal Keane, who appeared on a live link from Jerusalem. Fergal gave a compelling account of his own experiences of trauma as a child growing up in Ireland and as an adult reporting from war zones around the world. He closed by acknowledging the vital work of the charity and emphasised the importance of receiving expert, specialist therapeutic help.

We also announced the charity's change of name to The Metta Centre for Trauma Therapy and revealed our new logo.

New website

In September, we launched our [new website](#) which we were then able to augment with a short video introducing the charity, its work and impact.

Our Impact 2024-25

During the year, we had 67 enquiries, up from 53 last year. 54 were from people enquiring about therapy for themselves, 13 were from agencies and other organisations.

We opened our waiting list on 7th May 2024 and after discussion with the management team decided to close it on 22nd May having had 43 self-referrals/referrals in line with our capacity (we are able to see up to 50 clients per year). We opened the list again on March 14th 2025, just before the financial year end, and closed it on 11th April after 40 people applied to be assessed for the service.

- We provided 518 hours of low-cost or free trauma therapy;
- We helped 42 individuals;
- 25 clients completed their one-to-one therapy within the year;
- A further 13 clients were still receiving therapy at 01/04/2025;
- 4 clients started their therapy but were paused for health and other reasons.

The Metta Centre for Trauma Therapy, 43 St Giles, Oxford O1 3LW

www.themettacentrefortraumatherapy.org

To measure the impact of our work, we use the PCL-5 questionnaire - a series of 20 questions designed to score the severity of trauma and PTSD symptoms developed by the US-based National Center for PTSD.

We ask clients to complete a PCL-5 before and after therapy, and a drop in score of 10 points is considered clinically significant.

If there is an increased score, no change, or a clinically less significant improvement (less than minus 10), we are careful to review the reasons for this through ongoing monitoring of the therapy in supervision and in consultation with the client in their reviews at four and ten weeks. It is usually the case that these clients are experiencing other adverse life experiences during the course of therapy.

PCL-5 data collected for 23 clients

2024-25								
PCL-5								
EMDR					EP			
10 clients					13 clients			
Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points		Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points
2	2	1	5		1	2	6	4
20%	20%	10%	50%		8%	15%	46%	31%

PLC-5 data 2017-25

At the close of therapy with The Metta Centre, 87% of clients showed a drop of 10 points or more, with 22% having a 10-19 point drop, 24% showing a 20-29 point drop, and 41% showing a drop of 30 points or more.

Other data

The data below is based on the 29 clients who completed therapy or were paused in the course of the year.

Age

18-20	20s	30s	40s	50s	60s or above
1	4	6	8	9	1

Gender

26 described themselves as female, 2 as male and 1 preferred not to say.

Ethnicity

Clients are given the option of describing their ethnicity in their own words.

Bangladeshi	1
Black British Afro-Caribbean	1
British Pakistani	1
Chinese	1
French	1
Kashmiri Indian	1
Polish	1
Turkish	1
Turkish/Bengali/British	1
White British	20

Types of trauma/issues identified

At the start of (or during) therapy, the following trauma/issues were identified. Each client could identify more than one trauma. Data collected for 29 clients.

Childhood trauma	Childhood sexual abuse	Childhood Neglect or physical, psychological or emotional abuse	PTSD symptoms	Adult trauma	Anxiety/depression	Other Psychiatric diagnoses
28	16	27	26	27	26	14
97%	55%	93%	90%	93%	90%	48%
ASD and/or ADHD diagnosis	Chronic health condition	Relationship issues	Domestic abuse	Rape	Addiction issues	
7	9	21	15	4	5	
24%	31%	72%	52%	14%	17%	

Client feedback

When they have completed their therapy, clients are asked to provide written feedback by answering a series of questions, including 'What did you learn about yourself from the therapy?' 'What has changed for you as a result?' and 'What do you take away for the future'.

These are anonymised responses.

"I'm less irritable, more relaxed and calmer. I have a better understanding of complex trauma – reasons and behaviours. I have coping exercises to reduce anxiety and make difficult situations less stressful."

"[I take away] a healthy and realistic outlook on life; a-toolbox of coping mechanisms and healthier thought processes surrounding negative events; more empathy and compassion for myself and others."

"I just wanted to drop you a line of gratitude for having made these sessions possible. I have had a transformational time over this last period and have really got to know myself like never before and at a greater depth...I feel alive and excited about the future."

Financial Review

Our gross income this year totalled £68,127. Total payments were £55,499. Transfers between funds were £500 and cash funds at last year end totalled £38,506. Cash funds at this year end were £51,134. Related Party Transactions: Kate Moberly, a trustee, was paid £1,680 for her work as a supervisor and for facilitating group work during the year. This is in line with the charity's governing document.

Principal sources of funds were grants from The Oxford Community Foundation (£20,000), The National Lottery Community Fund (£19,439), The Jo Li Charitable Trust (£9,766), The Dalglish Trust and the Doris Field Charitable Trust. The monies we received enabled us to expand our group work provision, increase the number of therapists, launch our new website, bring in a freelance book keeper and continue to cover our core costs, including salaries.

Our reserves policy is to hold the equivalent of four months expenditure. At the end of the financial year 31st March 2025, the reserve was £51,134 which equates to approximately 12 months of operating costs. Our principal financial responsibility is the salary of one part-time staff member. The cost of this is covered until 1st April 2026. Since salary payments are secure up to this date, the trustees have taken the decision that the charity will operate with minimal reserves until 1st November 2025. During this period and beyond, the reserves policy will be kept under periodic review and the reserves level adjusted as required.

The Metta Centre for Trauma Therapy, 43 St Giles, Oxford O1 3LW

www.themettacentrefortraumattherapy.org

Acknowledgements

We would like to offer our sincere thanks to our therapists, donors, referrers, clients and the Oxford Quaker Meeting.

- The charity benefits enormously from the generosity of its therapists. They offer one or more sessions each week, run groups, or contribute to the management of the charity. Without them, The Metta Centre would not exist, and we are immensely grateful.
- We are indebted to the Oxford Quaker Meeting for continuing to provide therapy rooms free of charge.
- We are grateful to all the individuals and others who made a donation to the charity this year, including the clients who made contributions towards the cost of their therapy.

Approved by:

Two handwritten signatures in black ink. The first signature on the left is 'Nancy' and the second signature on the right is 'Toby'.

Nancy Browner

Toby Low

Chair

Treasurer

Date: 7th May 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Metta Centre for Trauma Therapy

No (if any)
1182200

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2024

To

Period end date
31/03/2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Client contributions	4,145	-	-	4,145	1,710
Donations	4,165	-	-	4,165	1,285
Gift aid	260	-	-	260	146
Grants	39,066	-	-	39,066	450
OCF Grant	20,000	-	-	20,000	9,680
PYE Charitable Trust	-	-	-	-	2,000
Outreach work for Pause Oxfordshire	-	-	-	-	500
Other income	491	-	-	491	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	68,127	-	-	68,127	15,771
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	68,127	-	-	68,127	15,771

A3 Payments

Therapists	2,150	-	-	2,150	2,050
Supervision	1,500	-	-	1,500	1,275
Neurofeedback supervision	720	-	-	720	-
Salaries	8,792	600	-	9,392	17,307
Pension	-	-	-	-	68
HMRC	449	-	-	449	3,945
Payroll services	457	-	-	457	402
Freelance working	14,110	-	-	14,110	370
Insurance	532	-	-	532	303
Website/publicity	811	-	-	811	653
Phone	12	-	-	12	72
CAF Fees	64	-	-	64	35
Self Care group work	200	8,200	-	8,400	-
Subs/membership	356	-	-	356	279
Equipment	11,036	-	-	11,036	283
Expenses	4,231	880	-	5,111	1,792
Safeguarding	36	-	-	36	100
Room Hire	168	-	-	168	72
Therapy Work for Pause (OCIF grant)	-	-	-	-	499
Training/CPD	175	-	-	175	773
Other expenditure	20	-	-	20	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	45,819	9,680	-	55,499	30,278

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	45,819	9,680	-	55,499	30,278
Net of receipts/(payments)	22,308	- 9,680	-	12,628	- 14,507
A5 Transfers between funds	- 500	500	-	-	-
A6 Cash funds last year end	29,326	9,180	-	38,506	53,013
Cash funds this year end	51,134	-	-	51,134	38,506

Section B Statement of assets and liabilities at the end of the period

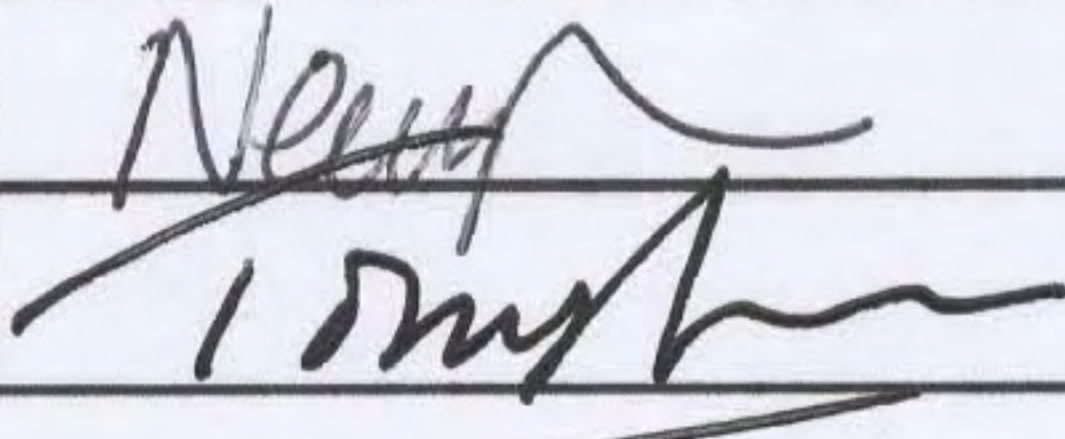
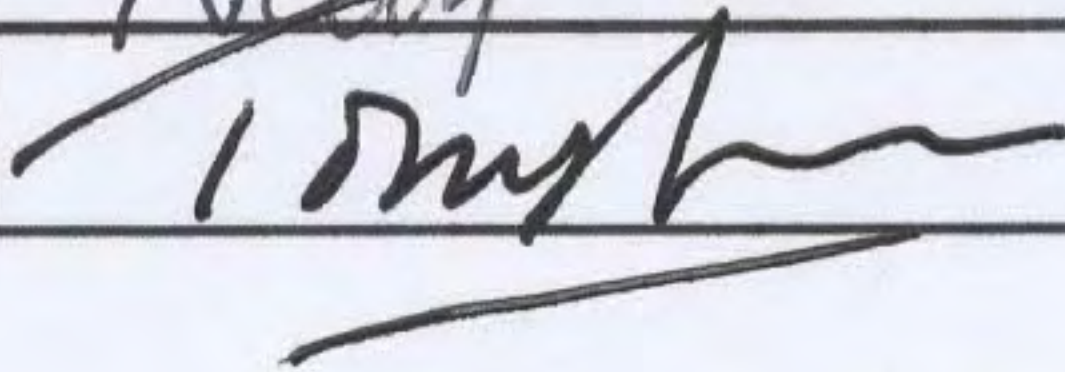
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Co-op Bank account	51,134	-	-
		-	-	-
		-	-	-
	Total cash funds	51,134	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Neurofeedback equipment	Unrestricted	9,776	9,776
			-	-
			-	-
			-	-
			-	-
			-	-

B5 Liabilities

		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	NANCY BROWNER	7.5.25
	TOBY LOW	7.5.25

Accounts



Trustees' Annual Report

1st April 2022 – 31st March 2023

MEET in Oxford provides a low-cost trauma focused therapy service using fully qualified and experienced psychotherapists. We offer the trauma therapies known as EMDR and Energy Psychotherapy 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.

MEET in Oxford was founded by three members of Oxford Quaker Meeting and is financially supported by the Quaker Meeting through provision of free counselling space and office facilities. It was formally adopted as a concern of the Meeting in July 2018.

Constitution and current trustees

MEET in Oxford ("MEET") was constituted as a small charity in June 2014 and registered as a Charitable Incorporated Organisation (CIO), charity number 1182200 in 2019.

- The charity's registered address is: 43 St Giles, Oxford OX1 3LW.
- The charity's governing document is the Constitution of a Charitable Incorporated Organisation registered on 25th February 2019.
- Significant decisions affecting the charity are made at the quarterly trustee meetings when a quorum is present or in writing agreed by a majority of the trustees.

Trustees of the charity for the year were:

Nancy Browner (Chair from July 2022), Sandra Figgess (Chair to July 2022), Jane Fisher, Katharine Nicholas (Safeguarding Officer), Karen Stowe (to January 2023), Michael Taylor (Treasurer), Kate Moberly (from October 2022), Jo Black (from January 2023)

- All the trustees acted for the whole year except:
 - Kate Moberly joined the trustees in October 2022. Kate is on the management group that meets weekly. She is an EMDR consultant and runs the monthly peer supervision groups for MEET in Oxford's EMDR therapists.
 - Jo Black joined the trustees in January 2023. She is a therapist who lives and works in Oxfordshire.
 - Karen Stowe resigned as a trustee in January 2023, before taking up the post of Clinical Lead with MEET in Oxford in February 2023.
- At the AGM (July 2022), Sandra Figgess stepped down as Chair of the Trustees. Nancy Browner was elected as the new Chair. Sandra was warmly thanked by the trustees for her many years of work leading MEET in Oxford as one of its founders and the first Chair of Trustees.
- Trustees are appointed for a term of three years by a resolution passed at a meeting of the trustees.
- The trustees meet quarterly.
- The trustee body includes: two of the founders of MEET in Oxford; five psychotherapists working in different modalities, of whom two work with MEET in Oxford clients and one is a

UKCP supervisor and course leader at the Minster Centre; a past client of MEET in Oxford; a solicitor specialising in mental health; a past director of Christian Aid.

Objectives

The object of the charity under its Constitution is:

To relieve the mental distress of persons resident in Oxfordshire who are suffering from the effects of traumatic experiences by the provision of the trauma focused therapies known as EMDR and the energy psychotherapies with priority given to persons of limited means by way of free or subsidised treatment.

The trustees meet this object, having regard to the guidance issued by the Charity Commission on public benefit, by:

- providing trauma focused therapy to people living in Oxfordshire, who are referred or self-refer to the charity because their lives are seriously affected by past experiences and who cannot afford private therapy or access it through the NHS;
- offering and allocating therapy spaces without regard to an individual's ability to contribute to the cost of their therapy;
- working with practitioners who give their time unpaid.

Activities and achievements

Therapy with MEET in Oxford is provided by experienced psychotherapists and psychologists with additional training in either Eye Movement Desensitisation and Reprocessing (EMDR) or Energy Psychotherapy (EP); these are approaches that facilitate healing through an understanding of the impact of trauma on the body, and work with the mind-body connection alongside talking psychotherapy. All therapists are registered/accredited by a relevant professional body and offer at least one session per week to a MEET client.

How MEET in Oxford operates

A management group of six MEET therapists, experienced practitioners in EMDR and EP, meets every week. The group includes two of the three founding members of MEET; three are also trustees of the charity.

The management group:

- discusses newly assessed clients and decides who to accept to the waiting list;
- looks at any challenging issues relating to MEET clients;
- considers questions around the management and development of MEET;
- supports the service coordinator and clinical lead in their work.

We take both self-referrals and referrals from a range of organisations and services within Oxfordshire. There is more information below about the source of referrals over the past year.

After receiving a referral, we carry out an assessment. This provides an opportunity for MEET to find out more about an individual's needs and to see whether MEET therapies are likely to be helpful, and for the individual to learn more about what we offer so they too can decide whether this is what they need. If it is agreed that the approaches we offer would be helpful, they go on our waiting list until an ongoing therapy space is available. MEET offers a maximum of 26 sessions, an unusually generous allocation for a free/low cost service, with reviews at four and 12 weeks.

At assessment, clients are asked if they would be able to make a financial contribution towards the running of the charity. It is made clear that no-one is refused therapy or treated differently because they cannot afford to donate. We suggest, as a guideline, that someone who is on benefits or the minimum wage may be able to contribute £5-£10 per session, while some clients donate just a couple of pounds. For those on a higher wage or family income we suggest a contribution of £15-£35.

Volunteer therapists

Over the year 2022-23 we worked with 14 practitioners.

MEET does not work with trainee therapists and is unusual in this respect. All our therapists are fully qualified, experienced practitioners, some of whom work with the charity in order to gain experience in their newer skills of EMDR or EP, others for purely philanthropic motives. All are required to attend a monthly peer support group. This provides an opportunity to meet and discuss with others working in the same modality, enables MEET to maintain an overview of the work being done with our clients, and is a forum where questions can be raised, challenges discussed, and support requested.

All the psychotherapists working with MEET give their time unpaid. However, we feel it is important that volunteering should not leave people out of pocket and are aware that therapists have costs such as insurance and professional registration fees. We therefore have a policy, where the charity's financial position allows, of paying a small honorarium when a therapist finishes work with a client. For the financial year 2022-23 this was maintained at £160 for each client with whom the therapist completed 26 sessions (or a pro rata amount for fewer sessions).

Management of MEET in Oxford

The Coordinator Ana Novaković managed the charity on a day-to-day basis, working 18 hours a week until February 2023, then 11 hours a week.

From February 2023, Karen Stowe took up the position of Clinical Lead, working 11 hours a week. This new post was created to provide clinical oversight and to develop both the services we provide to clients and partnership working with other organisations.

Consequences of Covid 19

Since the Covid pandemic in 2020, MEET in Oxford has provided most therapy sessions online, working with therapists around the UK. Not only has this enabled us to offer more sessions but clients who may have found it difficult to get to Oxford for weekly appointments can now access therapy remotely.

Three therapists work from the Quaker Meeting House in Oxford, so we are able to offer face-to-face sessions to clients who struggle to work remotely, usually because they have no safe private space, don't have the necessary devices or skills, or for other reasons.

Support group

During this year we ran a four-week support group for clients on our waiting list - an opportunity to help people understand the symptoms they are experiencing, and to teach a range of techniques drawn from energy therapies, EMDR and mindfulness that are known to calm the nervous system, reduce anxiety and lower stress levels. Many derive significant benefit from being together in a group and one of our ambitions in creating the clinical lead role is to expand provision of such groups.

Other organisations

Over the course of the year, we had discussions with a range of organisations to explore possibilities for joint working or provision of MEET in Oxford's services to their clients; these included a primary care network in Oxford City, a refugee charity, a charity supporting women with children taken into care. We also met with a group of therapists in another part of the UK who are hoping to set up a charity on a similar model to MEET in Oxford.

Demand for the service

Demand for our service continued to outstrip supply. When we have a substantial waiting list, we have a policy of closing for a few months to new referrals as we don't believe it is helpful for people to stay on a waiting list for too long. The waiting list was open for a period from March 2022 and again in January 2023, when we received over 50 referrals in two weeks.

Referrals, self-referrals and enquiries

In the course of the year we received:

Referrals for therapy: 55

- Please see below for details of the source of referrals.

Enquiries about therapy: 64

- Enquiries are made by phone, via the website or by email.
- 39 were from people enquiring about therapy for themselves.
- 19 were from referrers including medical practitioners (eg clinical psychologist, community midwife, specialist mental health nurse) and services such as rough sleeping team, independent sexual violence adviser, family support worker.
- Six were from others, mainly family members.

Clients we worked with in 2022-23

- The total number of free or very low-cost therapy hours provided was approximately 400. In addition, 12 clients were having ongoing therapy appointments at 30/03/2023; these therapy hours are not included in the totals.
- We helped 35 individuals over the year.
- A third of the clients finishing a course of therapy attended between 10 and 19 sessions, a third between 20 and 25 sessions, and a third needed the full complement of 26 sessions.
- Source of referrals received (55):
 - Most (39) self-referred.
 - Organisations making referrals included Oxfordshire Domestic Abuse Service, Crisis, Victims First, specialist NHS services, Turning Point, Elmore Community Services, Aspire, university counselling.
 - Other clients were signposted or recommended to apply to MEET by organisations including MIND and Talking Space.
- For referrals over the past three years, clients have waited an average of 22 weeks between MEET in Oxford receiving their referral and start of therapy. The average number of sessions per client was 22.

Practice Based Evidence

We use a PCL-5 form, which assesses the symptoms of post-traumatic stress disorder, as an objective means of evaluating progress. The form is a 20-item self-report measure developed by the US-based National Center for PTSD.

Clients complete the form when they are assessed and again when they finish therapy. A reduction of at least 10 points in their score over that period indicates a significant reduction in trauma symptoms and is regarded as clinically meaningful. An increased score, no change, or a clinically less significant improvement (less than minus 10), usually indicates that a client was undergoing further adverse life experiences during the period of therapy.

We have been doing this since 2017 and at the end of March 2023 had collected data on 92 clients, to provide practice-based evidence for the efficacy of the methods we use. Given that most of our clients have complex trauma histories starting in childhood, and many are still living in challenging circumstances, the results are encouraging, with some clients showing tremendous improvement.

FIGURES SINCE 2017								
EMDR					Energy Psycho- therapy			
26 clients					66 clients			
Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points		Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points
19%	4%	15%	62%		15%	28%	24%	33%

Since MEET in Oxford started recording clients' scores, 85% of all clients for Energy Therapies, and 81% for EMDR had a significant drop in PCL-5 scores.

Clients' evaluations

When sessions end, clients are asked to evaluate the therapy they have received and respond to questions including: What did you learn about yourself from the therapy? What has changed for you as a result?

Please see below some of the responses along with clients' PCL5 scores where available.

** Through the course of the therapy I have experienced something akin to a 'soul recovery'.*

On a day-to-day level, I sleep better, I laugh more, I'm more inclined to trust myself and better able to reach out to others.

For me, MEET has been a lifesaver. . . I think it's wonderful – and necessary – that MEET offers an extended period of working. I can't imagine having made the kind of progress that I have done in any of the 'short' therapies. (PCL5 scores: at assessment 45; at end of therapy 21)

** I am no longer anxious all the time, I experience anxiety in appropriate situations. I am more confident. I am enjoying my life and I am happy. I look after my self – eating regularly, participate in exercise, mix with friends. . . (PCL5 scores: at assessment 53; at end of therapy 9)*

** . . . my responses were a result of a lot of traumatic experiences that were not my fault, and were valid. (I have) Considerably less fear and anxiety and less traumatic dreams. More confidence in myself and my thoughts and opinions. (PCL5 scores: at assessment 53; at end of therapy 4)*

** I can enjoy the present moment and look forward to hopeful things happening without a sense of doom.*

The process has been wonderful ... everyone has been so kind and thoughtful (PCL5 scores: at assessment 52; at end of therapy 25)

** I'm a lot less scared of lots of things than I used to be. I've visited the dentist for the first time in 20 years.*

Making EMDR and Energy Psychotherapy better known in Oxfordshire

One of the aims of the charity is to raise the profile of the trauma focused therapies EMDR and Energy Psychotherapy in Oxfordshire. We do this primarily by disseminating information and by giving experienced psychotherapists the opportunity to practise these approaches:

- We provide experienced therapists, who have added EMDR or Energy Psychotherapy to their therapeutic repertoire, with the opportunity to practise these skills in working with trauma. We refer clients to them who are already assessed as suitable for these methods.
- Our supervision groups, which MEET in Oxford therapists are required to attend, provide an opportunity for discussion with peers and for sharing knowledge and experiences.
- We work with a range of referring organisations which offers an opportunity to disseminate knowledge and understanding of the approaches we use and, through our work with the individuals referred, to demonstrate their effectiveness in working with trauma.

Acknowledgements and thanks:

We would like to thank our therapists, trustees, donors, referrers, clients and the Oxford Quaker Meeting who make MEET happen.

- MEET benefits enormously from the generosity of its therapists, all of whom give their time *pro bono*. They offer one or more sessions each week, run MEET groups, or contribute to the

management of the charity. Without them, MEET would not exist, and we are immensely grateful.

- We are supported by the Oxford Quaker Meeting, which generously provides rent-free therapy rooms and the support of the Meeting House managers.
- We are grateful to everyone who made a financial donation to MEET in Oxford, including the clients who made contributions towards the cost of their therapy.
- We thank our trustees who give generously of their time.

Statement of financial activities for the year ended 31 March 2023

	Note	Year to 31/03/23 £ rounded
INCOME		
- donations from clients		2,692.00
- other donations		539.00
- grants	1	750.00
- gift aid		249.00
Total income		4,230.00
EXPENDITURE	2	
- Management and coordination of the service		9,187.00
- Service development		4,594.00
- Communications and website		1,603.00
- Fundraising		510.00
- Training activities and client groups		510.00
- Governance		969.00
- Honorariums to therapists	3	995.00
- Supervision costs		1,500
- Website		403.00
- Subscriptions		194.00
- Equipment		110.00
- Expenses		348.00
- Misc		25.00
Total expenditure		20,948.00
Net income		(16,718.00)

Total funds brought forward at 01/04/22		69,228.00
Total funds carried forward at 01/04/23		52,573.00

Notes to the financial statement:

1 Final grant payment from Quaker Mental Health Fund UK (£3000 over two years ending April 2022)

2 The charity's principal expense is staff employment. Until February 2023, a Coordinator worked 18 hours per week with responsibilities including service management, communications and service development. From February 2023, Coordinator hours reduced to 11 per week with the creation of a new Clinical Lead post, also at 11 hours per week, to oversee the clinical side of the charity's work and develop partnership working with other organisations.

3 MEET in Oxford therapists give their time *pro bono*. MEET pays a small honorarium when a therapist finishes working with a client as an acknowledgement for their services and a contribution towards costs such as professional registration.

Analysis of financial statement:

- Staff time is allocated to separate expenditure categories. Time allocations for year ending 31 March 2023 are as follows:

Management and coordination of client applications and therapy sessions	54 %
Service development	27 %
Communications, marketing and website	9 %
Fundraising	3 %
Training activities and client groups	3 %
Governance	4 %
Total	100%

- The following is an analysis of total expenditure by cost component:

- Salary + costs	£ 17,013
- Honorariums to therapists	£ 995
- Website	£ 403
- Phone	£ 72
- Supervision costs	£ 1500
- Insurance	£ 288
- Subscriptions	£ 194
- Equipment	£ 110
- Out of pocket expenses	£ 348
- Misc	£ 25
Total expenditure	£ 20,948

Statement of assets and liabilities at 31 March 2023

	Year to 31 March 2023
Bank current account on 31/03/2023	£ 18,508.88
Savings account at 31/03/2023	£ 34,243.00
Total assets	£ 52,751.88

Cash book:

Brought forward on 01/04/2022:	£ 15,228.26
Plus receipts	£ 4,229.36
Plus transfer into current account from savings	£ 20,000.00

Subtotal:	£ 39,457.62
Less payments:	£ 20,948.74

Total balance at bank 31/03/23	£ 18,508.88

Accounts



Trustees' Annual Report

1st April 2021 – 31st March 2022

MEET in Oxford provides a low-cost trauma focused therapy service using fully qualified and experienced psychotherapists. We offer the trauma therapies known as EMDR and Energy Psychotherapy 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.

MEET in Oxford was founded by three members of Oxford Quaker Meeting and is financially supported by the Quaker Meeting through provision of free counselling space and office facilities. It was formally adopted as a concern of the Meeting in July 2018.

Constitution and current trustees

MEET in Oxford ("MEET") was constituted as a small charity in June 2014 and registered as a Charitable Incorporated Organisation (CIO), charity number 1182200 in 2019.

- The charity's registered address is: 43 St Giles, Oxford OX1 3LW.
- The charity's governing document is the Constitution of a Charitable Incorporated Organisation registered on 25th February 2019.
- Significant decisions affecting the charity are made at the quarterly trustee meetings when a quorum is present or in writing agreed by a majority of the trustees.

Trustees of the charity for the year were:

Nancy Browner, Sandra Figgess (Chair), Jane Fisher, Katharine Nicholas (Safeguarding Officer) Becky Riddell (to July 2021), Karen Stowe, Michael Taylor (Treasurer).

- All the trustees acted for the whole year except Becky Riddell, who stood down at the AGM in July 2021. The trustees would like to thank Becky for her commitment and contributions over two and a half years.
- Trustees are appointed for a term of three years by a resolution passed at a meeting of the trustees.
- The trustees meet quarterly. All meetings during this year took place by video call.

Objectives

The object of the charity under its Constitution is:

To relieve the mental distress of persons resident in Oxfordshire who are suffering from the effects of traumatic experiences by the provision of the trauma focused therapies known as EMDR and the energy psychotherapies with priority given to persons of limited means by way of free or subsidised treatment.

The trustees meet this object, having regard to the guidance issued by the Charity Commission on public benefit, by:

- providing trauma focused therapy to people living in Oxfordshire, who are referred or self-refer to the charity because their lives are seriously affected by past experiences and who cannot afford private therapy or access it through the NHS;

- offering and allocating therapy spaces without regard to an individual's ability to contribute to the cost of their therapy;
- working with practitioners who give their time unpaid.

Activities and achievements

Therapy with MEET in Oxford is provided by experienced psychotherapists and psychologists with additional training in either Eye Movement Desensitisation and Reprocessing (EMDR) or Energy Psychotherapy (EP); these are approaches that facilitate healing through an understanding of the impact of trauma on the body, and work with the mind-body connection alongside talking psychotherapy. All therapists are registered/accredited by a relevant professional body and offer at least one session per week to a MEET client.

How MEET in Oxford operates

A management group of six MEET therapists, experienced practitioners in EMDR and EP, meets every week. The group includes two of the three founding members of MEET; three are also trustees of the charity.

The management group:

- discusses newly assessed clients and decides who to accept to the waiting list;
- looks at any challenging issues relating to MEET clients;
- considers questions around the management and development of MEET;
- supports the service coordinator in her work.

We take both self-referrals and referrals from a range of organisations and services within Oxfordshire. There is more information below about the source of referrals over the past year.

After receiving a referral, we carry out an assessment. This provides an opportunity for MEET to find out more about an individual's needs and to see whether MEET therapies are likely to be helpful, and for the individual to learn more about what we offer so they too can decide whether this is what they need. If it is agreed that the approaches we offer would be helpful, they go on our waiting list until an ongoing therapy space is available. MEET offers a maximum of 26 sessions, an unusually generous allocation for a free/low cost service, with reviews at four and 12 weeks.

At assessment, clients are asked if they would be able to make a financial contribution towards the running of the charity. It is made clear that no-one is refused therapy or treated differently because they cannot afford to donate. We suggest, as a guideline, that someone who is on benefits or the minimum wage may be able to contribute £5-£10 per session, while some clients donate just a couple of pounds. For those on a higher wage or family income we suggest a contribution of £15-£35.

Volunteer therapists

In April 2022 we were working with 14 practitioners.

MEET does not work with trainee therapists and is unusual in this respect. All our therapists are fully qualified, experienced practitioners, some of whom work with the charity in order to gain experience in their newer skills of EMDR or EP, others for purely philanthropic motives. All are required to attend a monthly peer support group. This provides an opportunity to meet and discuss with others working in the same modality, enables MEET to maintain an overview of the work being done with our clients, and is a forum where questions can be raised, challenges discussed, and support requested.

All the psychotherapists working with MEET give their time unpaid. However, we feel it is important that volunteering should not leave people out of pocket and are aware that therapists have costs such as insurance and professional registration fees. We therefore have a policy, where the charity's financial position allows, of paying a small honorarium when a therapist finishes work with a client. For the financial year 2021-22 this was maintained at £160 for each client with whom the therapist completed 26 sessions (or a pro rata amount for fewer sessions).

Day to day management

The Coordinator Ana Novaković works 18 hours a week and manages the charity on a day-to-day basis.

Covid 19

Over the course of this year, with restrictions related to Covid 19 still in place for much of the year, MEET in Oxford continued to offer most sessions online. Three of the therapists who used to take clients in person are no longer able to do so, but two returned to the Quaker Meeting House and by April 2022 we were able once again to offer a few face-to-face sessions.

While we cannot see as many clients in person as pre-pandemic, we supported more individuals than before Covid. This is because we can now work with therapists based anywhere in the country, since they do not need to live locally, and clients who may have found it difficult to get to Oxford for weekly sessions can do the therapy remotely.

Demand for the service

Even working with more therapists, demand for our service continued to outstrip supply. When we judge the waiting list to have reached around six months, we have a policy of closing for a few weeks or months to new referrals as we don't believe it is helpful for people to stay on a waiting list for too long. During the year, we did this twice. On the second occasion, two weeks after we reopened, we had enough referrals to keep all the therapists busy for several months, and had to close again.

Planning for the future

In January 2022 the trustees agreed a 3-year plan for the future of MEET in Oxford.

It was agreed that MEET in Oxford's overarching aims remain:

- **FOCUS.** Stay focused on our core activities and the most vulnerable client groups, delivering a high quality and effective service.
- **DISSEMINATE.** Make the service available to as many people as possible without becoming overwhelmed. Work to make the approaches we use better known and more widely available.
- **SUSTAINABILITY.** Ensure the charity is sustainable in the longer term, both operationally and financially.

One aspect of future sustainability covers the staffing of MEET and we intend to try and recruit a part-time fully qualified therapist, experienced in working with trauma. Among other things, this would help us to run more self-support groups for people on our waiting list, find new ways of providing support to our clients, and develop more ways to connect with particularly hard-to-reach individuals including through partnerships with other organisations and services in Oxfordshire.

To receive a copy of the strategic plan, please email admin@meetinxford.org

Referrals, self-referrals and enquiries

In the course of the year we received:

Referrals for therapy: 65

- Please see below for details of the source of referrals.

Enquiries about therapy: 69

- Enquiries are made by phone, via the website or by email.
- 44 were from people enquiring about therapy for themselves, 20 were from referrers/organisations, 4 were from family members or others.

Clients we worked with in 2021-22

- Over this year, 28 clients completed a course of therapy and a further 10 had between two and 13 sessions.
- The total number of free or very low-cost therapy hours provided to these clients was approximately 692.
- In addition, 14 clients were having ongoing therapy appointments at 30/04/2022.
- In total, we helped 52 individuals over the year.
- Data is collated when a client's sessions end. The data below is based on the 28 clients with whom therapy was completed in the course of the year.

- **Age of clients:**

Under 20	20s	30s	40s	50s	60s
1	12	4	7	3	1

- **Gender identity:** 25 identified as female, three as male.
- **Number of sessions** provided to clients completing therapy (the maximum offered by MEET is 26):

26 sessions	Between 20 & 25 sessions	Between 10 & 19 sessions	Fewer than 10 sessions
16	5	6	1

- At the start of therapy, the following **issues** were identified (23 clients for whom data is available):

Childhood trauma	PTSD symptoms	Adult trauma	Anxiety/depression	Psychiatric diagnosis	Relationship difficulties
25	27	26	23	5	15

- Clients are asked how they choose to describe their **heritage**.
12 described themselves as White British. Others described themselves as: British 4; mixed white/Asian 1; Asian American 1; Kurdish 1; Asian 1; Indian/British 1; Japanese 1; British/Hispanic 1. For five, we have no data or they preferred not to say.

Source of referrals.

Of the 65 referrals received:

- Most clients (40) self-referred.
- Almost half (19) of these had been signposted or recommended to apply to MEET by a professional, specialist NHS service or other organisation.
- Organisations either signposting or referring to MEET in Oxford included Oxfordshire Domestic Abuse Service, Crisis, Victims First, GPs, specialist NHS services.

Practice Based Evidence

We use a [PCL-5](#) form, which assesses the symptoms of post-traumatic stress disorder, as an objective means of evaluating progress. The form is a 20-item self-report measure developed by the US-based National Center for PTSD.

Clients complete the form when they are assessed and again when they finish therapy. A reduction of at least 10 points in their score over that period indicates a significant reduction in trauma symptoms and is regarded as clinically meaningful. An increased score, no change, or a clinically less significant improvement (less than minus 10), usually indicates that a client was undergoing further adverse life experiences during the period of therapy.

We have been doing this since 2017 and at the end of March 2022 had collected data for 54 clients, laying the foundation of a small project to provide practice-based evidence for the efficacy of the methods we use. Given that most of our clients have complex trauma histories starting in childhood, and many are still living in challenging circumstances, we are encouraged by the results so far, with some clients showing tremendous improvement.

FIGURES SINCE 2017								
EMDR					Energy Psychotherapy			
21 clients					59 clients			
Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points		Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points
4	0	4	13		11	16	12	20
20%	0%	20%	60%		19%	27%	20%	34%
FIGURES FOR YEAR 2021-22								

EMDR					Energy Psycho-therapy			
11 clients					15 clients			
Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points		Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points
2	0	1	8		1	4	3	7
19%	0%	9%	72%		7%	26%	20%	47%

Since MEET in Oxford started recording clients' scores, 80% of all clients for Energy Therapies, and 81% for EMDR had a significant drop in PCL-5 scores.

In the year 2021-22, 93% of all clients for Energy Therapies, and 81% for EMDR had a significant drop in PCL-5 scores.

Note: sometimes it is not possible to do obtain a final PCL5 score.

If you would like to see the full table, which gives detailed scores and shows the number of therapy sessions each client had, please email admin@meetinxford.org.

Clients' evaluations

When sessions end, clients are asked to evaluate the therapy they have received and respond to questions including: What did you learn about yourself from the therapy? What has changed for you as a result?

Please see below some of the responses.

"The therapy has been life changing." (PCL5 score 55 – 22)

"I have gradually been able to view things with more compassion and acceptance and start to think about things in a different way. . . I am extremely grateful to (therapist) and to MEET for giving me the opportunity to have these therapy sessions. . . I have really benefitted from them, and I wouldn't have been able to do this without MEET's assistance. Thank you so much for your help." (PCL5 score 43 – 22)

"I had almost become resigned to repeating self harming habits and could not see a way out. However, (therapist's) intervention shifted patterns like no other therapist has ever been able to do so before. The benefits were tangible and difficult to believe at first. My life is almost unrecognisable. I feel extremely grateful to MEET and (therapist) for this life changing therapy." (PCL5 score 39 – 21)

"I am kinder to myself and more understanding of myself.
I felt cared about as a human being for the first time." (PCL5 score 77 – 39)

"Though I know I will still have my ups and downs I feel positive that going forward that I will be ok."
(PCL5 score 57 – 19)

"I learned that I can challenge my anxious thoughts and panic attacks by rationalising them and catching the cycle before it escalates. . . I feel more confident in my ability to do things and go outside." (PCL5 score 35 – 14)

"Before things were pressing down on me, things feel lighter now, the difficult times are in the distance... I'll never put myself in the same position again, I have the strength to avoid situations. I feel more confident as a person." (PCL5 score 67 – 21)

"I am hopeful for the future – the beginning of a new adventure" (PCL5 score 32 – 9)

"I noticed that my night terrors reduced noticeably and my sleep improved." (PCL5 score 63 – 53)

"I can't imagine this year without it." (PCL5 score 55 – 41)

Making EMDR and Energy Psychotherapy better known in Oxfordshire

One of the aims of the charity is to raise the profile of the trauma focused therapies EMDR and Energy Psychotherapy in Oxfordshire. We do this primarily by disseminating information and by giving experienced psychotherapists the opportunity to practise these approaches:

- We provide experienced therapists, who have added EMDR or Energy Psychotherapy to their therapeutic repertoire, with the opportunity to practise these skills in working with trauma. We refer clients to them who are already assessed as suitable for these methods.
- Our supervision groups, which MEET in Oxford therapists are required to attend, provide an opportunity for discussion with peers and for sharing knowledge and experiences.
- We work with a range of referring organisations which offers an opportunity to disseminate knowledge and understanding of the approaches we use and, through our work with the individuals referred, to demonstrate their effectiveness in working with trauma.

Acknowledgements and thanks:

We would like to thank our therapists, trustees, donors, referrers, clients and the Oxford Quaker Meeting who make MEET happen.

- MEET benefits enormously from the generosity of its therapists, all of whom give their time *pro bono*. They offer one or more sessions each week, run MEET groups, or contribute to the management of the charity. Without them, MEET would not exist, and we are immensely grateful.

- We are supported by the Oxford Quaker Meeting, which generously provides rent-free therapy rooms and the support of the Meeting House managers.
- A grant from the Quaker Mental Health Fund UK (previously Retreat York Benevolent Fund) helped us to plan ahead.
- We are grateful to everyone who made a financial donation to MEET in Oxford, including the clients who made contributions towards the cost of their therapy.
- We thank our trustees who give generously of their time.

Financial statements for the year ended 31st March 2022

Statement of financial activities for the year ended 31 March 2022

	Note	Year to 31 March 2022 £
INCOME		
- donations from clients		4656.00
- other donations	1	4473.00
- grants	2	3000.00
- gift aid		272.00
- bank interest		753.00
- courses, training		5.00
Total income		13,159.00
EXPENDITURE	3	
- Management and coordination of the service		8435.00
- Service development		4217.00
- Communications and website		1478.00
- Fundraising		469.00
- Training activities and client groups		469.00
- Governance		967.00
- Honorariums to therapists	4	3220.00
- Website		301.00
- Subscriptions		169.00
- Misc		50.00
Total expenditure		19,775.00
Net income		(6,616)
Total funds brought forward at 01/04/21		75,843.00
Total funds carried forward at 01/04/22		69,227.00

Notes to the financial statement:

1 Includes a single private donation of £3,800

2 Grant from Quaker Mental Health Fund UK, £3000 over two years ending April 2022

3 The charity's principal expense is the employment of a part-time worker whose responsibilities include communications and development activities

4 MEET in Oxford therapists give their time *pro bono*. MEET pays a small honorarium when a therapist finishes working with a client as an acknowledgement for their services and a contribution towards costs such as professional registration.

Analysis of financial statement:

- The time of the paid worker is allocated to separate expenditure categories. Time allocations for year ending 31 March 2022 are as follows:

Management and coordination of client applications and therapy sessions	54 %
Service development	27 %
Communications, marketing and website	9 %
Fundraising	3 %
Training activities and client groups	3 %
Governance	4 %
Total	100%

- The following is an analysis of total expenditure by cost component:

- Salary + costs including payroll	£ 15,620
- Honorariums to therapists	£ 3,220
- Website	£ 301
- Phone	£ 72
- Safeguarding	£ 13
- Insurance	£ 330
- Subscriptions	£ 169
- Misc	£ 50
Total expenditure	£ 19,775

Statement of assets and liabilities at 31 March 2022

	Year to 31 March 2022
Receipts	£13,159.06
Payments	£19,774.26
Deficit	£ 6,615.20¹
Bank current account on 31/03/2022	£ 15,228.26
Savings account	£ 54,000.00
Total	£ 69,228.26

Notes:

¹ The deficit is as expected – in the financial year 2020-21 MEET in Oxford received a substantial one-off donation. This allowed the employment of a paid coordinator to oversee expansion of the charity and establish robust systems which would support future fundraising activities.

Accounts



Trustees' Annual Report

1st April 2020 – 31st March 2021

MEET in Oxford provides a low-cost trauma focused therapy service using fully qualified and experienced psychotherapists. We offer the trauma therapies known as EMDR and Energy Psychotherapy 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.

MEET in Oxford was founded by three members of Oxford Quaker Meeting and is financially supported by the Quaker Meeting through provision of free counselling space and office facilities. It was formally adopted as a concern of the Meeting in July 2018.

Constitution and current trustees

MEET in Oxford ("MEET") was constituted as a small charity in June 2014 and registered as a Charitable Incorporated Organisation (CIO), charity number 1182200 in 2019.

- The charity's registered address is: 43 St Giles, Oxford OX1 3LW.
- The charity's governing document is the Constitution of a Charitable Incorporated Organisation registered on 25th February 2019.
- Significant decisions affecting the charity are made at the quarterly trustee meetings when a quorum is present or in writing agreed by a majority of the trustees.

Trustees of the charity for the year were:

Nancy Browner, Sandra Figgess (Chair), Jane Fisher, Katharine Nicholas (Safeguarding Officer) Becky Riddell, Karen Stowe, Michael Taylor (Treasurer).

- All the trustees acted for the whole year except Michael Taylor, who was appointed at the July 2020 trustees' meeting for the period July 2020 – July 2023 and took over as Treasurer from Karen Stowe at the meeting held January 2021. Michael is Emeritus Professor of Social Theology, University of Birmingham and formerly Director of Christian Aid.
- Trustees are appointed for a term of three years by a resolution passed at a meeting of the trustees.
- The trustees meet quarterly. All meetings during this year took place by video call.

The trustees would like to thank Karen Stowe for her commitment, hard work and good humour as Treasurer over several years and during the recent period of change.

Objectives

The object of the charity under its Constitution is:

To relieve the mental distress of persons resident in Oxfordshire who are suffering from the effects of traumatic experiences by the provision of the trauma focused therapies known as EMDR and the energy psychotherapies with priority given to persons of limited means by way of free or subsidised treatment.

The trustees meet this object, having regard to the guidance issued by the Charity Commission on public benefit, by:

- providing trauma focused therapy to people living in Oxfordshire, who are referred or self-refer to the charity because their lives are seriously affected by past experiences and who cannot afford private therapy or access it through the NHS;
- offering and allocating therapy spaces without regard to an individual's ability to contribute to the cost of their therapy;
- working with practitioners who give their time unpaid.

Activities and achievements

Therapy with MEET in Oxford is provided by experienced psychotherapists and psychologists with additional training in either Eye Movement Desensitisation and Reprocessing (EMDR) or Energy Psychotherapy (EP); these are approaches that facilitate healing through an understanding of the impact of trauma on the body and work with the mind-body connection alongside talking psychotherapy. All therapists are registered/accredited by a relevant professional body and offer at least one session per week to a MEET client.

How MEET in Oxford operates

A core group of six MEET therapists, experienced practitioners in EMDR and EP, meets every week. The group includes two of the three founding members of MEET; three are also trustees of the charity.

The core group:

- discusses newly assessed clients and decides who to accept to the waiting list;
- looks at any challenging issues relating to MEET clients;
- considers questions around the management or development of MEET.

We take both self-referrals and referrals from a range of organisations and services within Oxfordshire. There is more information below about the source of referrals over the past year.

After receiving a referral, we carry out an assessment. This provides an opportunity for MEET to find out more about an individual's needs and to see whether MEET therapies are likely to be helpful, and for the individual to learn more about what we offer so they too can decide whether this is what they need. If it is agreed that the approaches we offer would be helpful, they go on our waiting list until an ongoing therapy space is available. MEET offers a maximum of 26 sessions, with reviews at six and 12 weeks.

At assessment, clients are asked if they would be able to make a financial contribution towards the running of the charity. It is made clear that no-one is refused therapy or treated differently because they cannot afford to donate. We suggest, as a guideline, that someone who is on benefits or the minimum wage may be able to contribute £5-£10 per session, while some clients donate just a couple of pounds. For those on a higher wage or family income we suggest a contribution of £15-£35.

Volunteer therapists

All the psychotherapists working with MEET give their time unpaid. However, we feel it is important that volunteering should not leave people out of pocket and are aware that therapists have costs such as insurance and professional registration fees. We therefore have a policy, where the charity's financial position allows, of paying a small honorarium when a therapist finishes work with a client.

For the financial year 2020-21 this was set at £160 for each client with whom the therapist completed 26 sessions (or a pro rata amount for fewer sessions).

MEET's first employee

Thanks to a single generous donation, it was possible in the course of this year to appoint a half-time worker on a three-year contract. Ana Novaković started work in May 2020. Having someone to manage the charity on a day-to-day basis has enabled us over the past year to review and develop our activities and procedures, including:

- Development of clear procedures for all our activities.
- Review of the agreements we make with clients and with volunteer therapists.
- Production of a handbook for volunteer therapists.
- Production of information on the therapeutic approaches MEET uses, which all applicants receive before assessment.
- Review of policies and procedures including safeguarding, guidelines for offering client places, complaints procedures, payment of honorariums to therapists.
- Referral forms can now be completed and submitted from the website.
- Review of financial reporting.
- More detailed record-keeping.
- All record-keeping is now digital.

Covid 19

Until the end of March 2020, when the Covid pandemic struck and lockdown put an immediate stop to face-to-face therapy, the core group of six MEET therapists were seeing clients in person at the Quaker Meeting House in the centre of Oxford. From April 2020, therapists continued working over video links with most clients, though work with a few individuals had to be paused. Unfortunately, these were often our most vulnerable clients. On the positive side, remote working opened up therapy to individuals who would have found travelling into central Oxford a barrier, and it quickly became clear just how effective it could be.

At times, as the lockdown restrictions eased, where the therapist concerned was happy to do so and with the support of the Meeting House, we have offered a return to in-person appointments for particularly vulnerable clients who could not work online because they lacked the technology or access to a private space. Some clients felt too anxious to take these up but where appropriate we have kept in touch with brief phone calls until sessions can be resumed.

Expanding the service

The fact that online therapy proved an effective alternative to seeing clients in person, combined with the recruitment of someone to handle the extra work, meant that MEET was in a position to expand by working with therapists from outside the Oxford area. During 2020-21 we went from seven therapists seeing MEET clients to 18 and by the end of March 2021 could offer up to 25 hours a week of low-cost therapy to clients who would otherwise be unable to afford it. (There is more detailed information below.)

Many charities offering free or low-cost therapy use trainees. MEET does not and is unusual in this respect. All MEET therapists are fully qualified, experienced practitioners, some of whom work with the charity in order to gain experience in their newer skills of EMDR or EP, others for purely philanthropic motives. All are required to attend a monthly peer support group. This provides an opportunity to meet and discuss with others working in the same modality, enables MEET to

maintain an overview of the work being done with our clients, and is a forum where questions can be raised, challenges discussed, and support requested.

Even working with more therapists, demand for our service continued to outstrip supply. When we judge the waiting list to have reached around six months, we have a policy of closing for a few weeks to new referrals as we don't believe it is helpful for people to stay on a waiting list for too long. During the year, we did this twice - and it is never long after reopening that we had enough referrals to keep all the therapists busy for several months.

Support groups

To provide support to clients waiting for regular therapy appointments, in February 2021 we again offered group sessions for people on our waiting list, run by two of the core group of therapists and attended by eight people. This was a self-support group with the aim of helping people understand their symptoms and teaching a range of techniques known to calm the nervous system, reduce anxiety and lower stress levels. The group ran over four weeks and was well received. One client wrote: *thanks so much . . . for running this course for us. I have been struggling with these difficult symptoms for most of my life, and it has been a journey realising that trauma is a part of my picture. . . Already the handouts and discussions have really resonated with my experiences. . . I somehow feel like I am coming home to an area of understanding that makes sense of the things that I have been noticing and experiencing. This has been encouraging and validating for me.'*

As part of our response to the Covid pandemic, we ran a group for frontline staff (nurses and paramedics) at Townlands Hospital in Henley. Eight individuals attended two one-hour sessions teaching simple evidence-based self-help techniques designed to release stress and distress.

In the earlier part of the pandemic we also offered support groups for frontline staff working in Oxfordshire care homes and social care. There was some interest but no actual take-up.

Referrals, self-referrals and enquiries

In the course of the year we received:

Referrals: 38

- Most clients (31) self-refer.
- Many (17) of these have been signposted to MEET by a professional or other organisation, while others (2) have been recommended by a friend or, in one case, through a support group at another charity.
- Organisations either signposting or referring to MEET in Oxford included Oxfordshire Domestic Abuse Service, Women's Centre at the JR hospital, University of Oxford counselling service, NHS therapists, Relate, Victims First, GP.

Enquiries: 64

- Enquiries are made by phone, via the website or by email.
- 41 were from people enquiring about therapy for themselves, 15 were from referrers/organisations, 8 were from family members or others.

Clients we worked with in 2020-21

- Over this year, we finished working with 24 clients.
- In addition, work with six clients was suspended* and 22 were continuing with regular therapy appointments at 30/04/2021.
- In total, we helped 52 individuals over the year.
- Data is collated when a client's sessions end. The data below is therefore based on the 24 clients with whom therapy ended in the course of the year.

*In four cases, therapy for these individuals was paused because they were not able to continue with sessions online during the Covid pandemic. This was either because of the technology (eg no suitable device, no Wifi) or because they had no private space.

- **Age of clients:**

20s	30s	40s	50s	60s	Not recorded
7	7	3	3	2	1

- **Gender identity:** 23 identified as female, one as male.

- **Number of sessions** provided (the maximum offered by MEET is 26):

26 sessions	Between 20 & 26 sessions	Between 10 & 19 sessions	Fewer than 10 sessions
16	2	2	4

- At the start of therapy, the following **issues** were identified (23 clients, no data available for one client):

Childhood trauma	PTSD symptoms	Adult trauma	Anxiety/depression	Psychiatric diagnosis
20	18	15	21	5

- Clients are asked how they choose to describe their **heritage** (data available for 19 clients). 11 described themselves as White British. Others described themselves as: Pakistani (1); Caucasian (1); White Caucasian (1); White Irish (1); White Greek (1); White Italian (1); French Algerian (1); White Dutch (1).
- From June 2020, we started recording the **source of referrals**.
- Over a 10-month period (June 2020-March 2021), we received 38 referrals.
- 31 were self-referrals. Of these, 15 were signposted from: the Oxford University Counselling Service (7); an NHS service (2); another therapy service (2); Relate (1); Mind (1); Oxfordshire Domestic Abuse Service (1); disability mentor (1).
- Seven referrals were received from (one from each): Elmore Community Services: GP; Oxford University Counselling Service; Psychosexual Service JR; Oxfordshire County Council Personal Adviser; Victims First; St Mungos.

Practice Based Evidence

We use a [PCL-5](#) form, which assesses the symptoms of post-traumatic stress disorder, as an objective means of evaluating progress. The form is a 20-item self-report measure developed by the US-based National Center for PTSD.

Clients complete the form when they are assessed and again when they finish therapy. A reduction of at least 10 points in their score over that period indicates a significant reduction in trauma symptoms and is regarded as clinically meaningful. An increased score, no change, or a clinically less significant improvement of less than -10, usually indicates that a client was undergoing further adverse life experiences during the period of therapy.

We have been doing this since 2017 and at the end of March 2021 had collected data for 54 clients, laying the foundation of a small project to provide practice-based evidence for the efficacy of the methods we use. Given that most of our clients have complex trauma histories starting in childhood, and many are still living in challenging circumstances, we are encouraged by the results so far, with some clients showing tremendous improvement.

EMDR					Energy Psychotherapy			
10 clients					44 clients			
Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points		Downward change less than 10 points, increased or unchanged	Downward change of 10-19 points	Downward change of 20-29 points	Downward change of 30 or more points
2	0	3	5		10	12	9	13
20%	0%	30%	50%		22%	27%	20%	30%

78% of all clients documented above had a significant drop in PCL-5 scores (approximately the same for both Energy Therapies and EMDR).

Over this period, more therapists were using Energy Therapies to work with trauma than were using EMDR.

If you would like to see the full table, which gives detailed scores and shows the number of therapy sessions each client had, please email admin@meetinoxford.org.

Clients' evaluations

When sessions end, clients are asked to evaluate the therapy they have received and respond to questions including: What did you learn about yourself from the therapy? What has changed for you as a result?

Please see below some of the responses.

"Incredibly grateful for this life altering experience. . . I have better boundaries with family members, better understanding that not everything is my responsibility! I understand the underlying causes of my difficulties and the need to be patient with process for gradual change. . . I am seeing my world in a different light. . . as if I am looking through different glasses." (PCL5 score 58-14)

"Before this, I bounced along at the bottom, only occasionally feeling happy. I had real down moments before. . . It's amazing how different everything is now." (PCL5 not recorded)

"As a result of the therapy: I am becoming more open to the possibility of experiencing emotion. I am approaching myself in a kinder and gentler way, looking at things with curiosity rather than judgement." (PCL5 score 48-23)

"I am so much more aware of things that I was not before and I feel better equipped with emotional knowledge. I also have practical (therapeutic) tools that I use to manage my mood. . . at the end of my period of therapy, I feel much better and can really recognize the benefits of this type of therapy and doing it for an extended period of time." (PCL5 score 41-24)

"I have felt 'normal' again for the first time in two years. I might not be able to maintain this for long periods but it's amazing to realise that it's possible for me to feel normal at all, since I'd given up on it. Old triggers have not resulted in the usual reactions (or any reaction). . . this last month the past has not been intruding on my present in the way that it has done for at least 40 years. . . This sounds dramatic, but this therapy really did save my life. . . I'm incredibly grateful for what MEET has made possible for me. Thank you!" (PCL5 score not recorded)

"It's been exhausting doing this work because I've finally been honest (about what actually went on my childhood). . . I feel less vulnerable when I have flashbacks and more able to deal with them when they happen. It's easier to be kind to myself. I can be rightfully angry. I do have resources I can use and I have grounding techniques." (PCL5 42-28)

"I am now able to think about my trauma as an event that happened in my past, rather than something that is part of who I am. . . As a result of the therapy I feel better equipped to manage stressful situations (including but not limited to PTSD symptoms) and to experience my own emotions. . . I no longer engage in all-or-nothing thinking and instead see relationships as a space for negotiation and conversations, where it is safe to disagree." (PCL5 score 36-29)

"I learnt that I had stored very strong emotions within my body and mind that I actively did not want to uncover because it felt unsafe to do so. . . That it is safe to talk or begin the process of talking about the darkest fears . . . that the "real me" was still there under all that mess. . . I would just like to thank you all for the life changing treatment and for making this treatment available me and the wider community who are suffering." (PCL5 score 57-33)

Making EMDR and Energy Psychotherapy better known in Oxfordshire

One of the aims of the charity is to raise the profile of the trauma focused therapies EMDR and Energy Psychotherapy in Oxfordshire. We do this primarily by disseminating information and by giving experienced psychotherapists the opportunity to practise these approaches:

- We provide experienced therapists, who have added EMDR or Energy Psychotherapy to their therapeutic repertoire, with the opportunity to practise these skills in working with trauma. We refer clients to them who are already assessed as suitable for these methods.
- Our supervision groups, which MEET in Oxford therapists are required to attend, provide an opportunity for discussion with peers and for sharing knowledge and experiences.
- We held our first meeting (online) of all the therapists working with MEET in Oxford. We plan to do this regularly and hope it will allow therapists working in both modalities to share and discuss their different approaches, ask questions, request ideas, and learn from each other. Of the therapists working with MEET in Oxford at the date of this report, nine use EMDR, six use EP, and three are qualified in both.
- We work with a range of referring organisations including NHS specialist services and Oxfordshire charities. This offers an opportunity to disseminate knowledge and understanding of the approaches we use and, through our work with the individuals referred, to demonstrate their effectiveness in working with trauma.

Acknowledgements and thanks:

It is our therapists, trustees, donors, referrers, clients and the Oxford Quaker Meeting who make MEET happen.

- MEET benefits enormously from the generosity of its therapists, all of whom give their time *pro bono*. They offer one or more sessions each week, run MEET groups, or contribute to the management of the charity. Without them, MEET would not exist, and we are immensely grateful.
- We are supported by the Oxford Quaker Meeting, which generously provides rent-free therapy rooms and the support of the Meeting House managers.
- The continued grant from the Quaker Mental Health Fund UK (previously Retreat York Benevolent Fund) helps us to plan ahead and is much appreciated.
- We are also grateful to our clients who contribute what they can, everyone who makes financial donations to MEET in Oxford, and our trustees who give generously of their time.

Signed, Chair of Trustees:

Sandra Figgess

Sandra Figgess

Date:

20th October 2021

Signed, Treasurer:

Michael Taylor

Michael Taylor

Date:

22/10/2021

Financial statements for the year ended 31st March 2021

Statement of financial activities for the year April 2020 - March 2021

	Note	Year to 31/03/2021 £
INCOME		
- donations from clients		5,781
- other donations	1	74,873
- grants	2	2,250
- other		155
Total income		83,059
EXPENDITURE	3	
- Management and coordination of the service		7,640
- Service development		3,820
- Communications, marketing and website		1,343
- Fundraising		424
- Training activities and client groups		424
- Governance		997
- Honorariums to therapists	4	1,120
- Website, advertising, equipment		470
- Subscriptions		169
- Misc		180
Total expenditure		16,587
Net income		66,472
Total funds brought forward at 01/04/20		9,372
Total funds carried forward at 01/04/21		75,844

Notes to statement of financial activities:

1 Includes a single donation of £72,000 allowing MEET to cover a 0.5% salary and related costs for a three-year post.

2 Grant from Quaker Mental Health Fund UK, £3000 over two years ending April 2022.

3 The charity's principal expense is the employment of a part-time worker whose responsibilities include communications and development activities. Costs related to employment are from May 2020 – prior to that the charity did not employ anyone.

4 MEET in Oxford therapists give their time *pro bono*. MEET pays a small honorarium when a therapist finishes working with a client as an acknowledgement for their services and a contribution towards costs such as professional registration.

Analysis of statement of financial activities:

- The time of the paid worker is allocated to separate expenditure categories. Time allocations for year ending 31 March 2021 are as follows:

Management and coordination of client applications and therapy sessions	54 %
Service development	27 %
Communications, marketing and website	9 %
Fundraising	3 %
Training activities and client groups	3 %
Governance	4 %
Total	100%

- The following is an analysis of total expenditure by cost component:

Salary & costs:	£ 13,668
Payroll:	£ 481
Honorariums:	£ 1,120
Website & advertising:	£ 330
Phone	£ 70
Equipment:	£ 139
Safeguarding:	£ 125
Insurance:	£ 305
Subscriptions:	£ 169
Misc:	£ 180
Total expenditure:	£ 16,587

Statement of assets and liabilities at 31st March 2021

	Year to 31 March 2021
Receipts	£83,058.29
Payments	£16,587.32
Surplus	£ 66,470.97
Bank current account on 31/03/2021	£ 21,843.46
Savings account	£ 54,000.00
Total	£ 75,843.46

Notes to the statement of assets and liabilities:

- The total balance £75,843.46 comprises £46,794.00 designated fund (designated by the trustees October 2020 to cover salary and costs over the period of the current employee's contract), £29,049.46 other unrestricted funds.
- There are no fixed assets.
- There are no current liabilities.
- The charity did not have a reserves policy for the year.
- There were no guarantees given nor were there any debts secured on any assets of the charity during the year or outstanding at the year end.

Signed, Chair of Trustees:

Sandra Figgess

Sandra Figgess

Date:

20th October 2021

Signed, Treasurer:

Michael Taylor

Michael Taylor

Date:

22/10/2021

MEET in Oxford
Income and expenditure account
for the year 1st April 2020 – 31st March 2021

Receipts		Payments	
Client contributions	5,780.72	Phone	69.75
Other donations	74,872.75	Stationery & equipment	238.93
Gift aid	30.74	Website & advertising	330.60
Grants	2,250.00	Therapists	1,120.00
Training/Groups	24.10	Safeguarding	102.50
Misc	99.98	Other	577.01
		Employee:	
		• Salary, pension, HMRC	13,667.98
		• Payroll	480.55
Total receipts	£ 83,058.29	Total payments	16,587.32

Surplus: £66,470.97

Independent examiner's report to the trustees of MEET in Oxford

I report to the trustees on my examination of the accounts of the MEET in Oxford (the Trust) for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Name: Catherine Gaston

Relevant professional qualification or membership of professional bodies: ACCA Affiliate

Address: 126 Upper Road, Kennington, OX1 5LW

Date: 25th October 2021