

The East Anglian Psychotherapy Network Annual Report

Objectives and Activities.

As a Charitable Incorporated Organisation the object of the East Anglian Psychotherapy Network (EAPN) is to support the prevention and relief of mental ill-health across the region and especially in areas of disadvantage. Our members offer regulated therapeutic treatment for those members of the public suffering from mental illness, trauma, and distress.

The Trustees of the East Anglian Psychotherapy Network meet six times a year and are mindful of the primary founding public benefit objectives of the Network and their observance in accordance with the guidance issued by the Charity Commission. The Public Benefit purpose of the East Anglian Psychotherapy Network is reaffirmed in all of our Trustee meetings and informs all aspects of the Network's activities..

We do this within the area of East Anglia by offering:

- a) support to mental health organisations and training bodies in East Anglia
- b) continuing education and professional development of psychoanalytic and psychodynamic psychotherapists, counsellors, and allied professionals.
- c) support for practitioners working in areas of deprivation and/or geographic isolation

All members of the East Anglian Psychotherapy Network understand that they are joining a community of appropriately qualified and regulated professionals who are committed to increasing the accessibility and provision of psychotherapy in East Anglia.

Membership of the East Anglian Psychotherapy Network is available by application. We are clear that all members must be accredited members of a regulated body e.g. UKCP, BACP, HPC, BPC and /or other – or be working towards such accreditation by a regulated body.

The Network function of the EAPN is intended to support best practice and to facilitate continued learning and development through peer group activities, discussions and supervision at local and regional levels and, in particular, to enable high quality mental health provision for isolated

communities across the very wide areas of East Anglia. Such health provision has traditionally been sparse in this region.

Main activities

Members of the East Anglian Psychotherapy Network are expected to be actively providing psychotherapeutic services that support the mental health of individuals, families and communities in the region and to be qualified and professionally registered to provide such services to the highest standard of care. Supervision of practice is mandatory.

Through the year the EAPN organises seminars, workshops and a bi-annual Conference where nationally recognised leaders in the psychotherapy profession speak on crucially important aspects of mental ill-health and distress. This is aimed to support current best practice in keeping with the public benefit aims of the Network.–

The above activities and events are not necessarily provided exclusively to psychotherapy professionals but are open to other related professions in fields such as education, social work, medicine, nursing and to lay members of the public.

The Network brings together a very wide range of specialist experience in the field of mental health and illness – from the fields of psychiatry, clinical psychology, music therapy and psychoanalytic therapies for adults, children, adolescents, families and groups – cross-fertilising and enriching the quality of expertise available to work for the well-being of our communities in East Anglia.

Several of the Trustees and members of the EAPN Planning Group are actively involved in supporting the work and development of specific local organisations that provide psychotherapy and training in areas of deprivation or geographic isolation in East Anglia

Every member of the East Anglian Psychotherapy Network receives a bi-monthly Newsletter that ensures that the membership as a whole is fully acquainted with ongoing decisions, planned events in the region, opportunities for learning and inclusion in peer group activities in their locality, or particular areas of need that they can respond to.

Contributions made by Volunteers

All six Trustees plus six non-Trustee members of the EAPN Planning Group give their time voluntarily to the running and development of the East Anglian Psychotherapy Network as a Charitable incorporated Organisation.

Achievements and Performance

This is the first year of the East Anglian Psychotherapy Network as a registered Charitable Incorporated Organisation. Membership of the EAPN has grown steadily and now has 220 members providing psychotherapeutic treatment widely across the counties of Norfolk, Suffolk, Cambridgeshire and Essex.

Especially by providing experienced supervision, the EAPN as an organisation has made substantial contributions to the training by related organisations of a new generation of future counsellors and psychotherapists in the region .

Through its activities, including regular Newsletters, it has brought about a more cohesive professional understanding and response to the diverse mental health needs of communities in East Anglia and has provided a much needed vehicle for closer communication between widely dispersed mental health providers.

The EAPN has initiated several inclusive educational events focussing on specific areas of mental health where dedicated training could substantially improve the delivery of good care to sufferers of psychological illness. They included two interactive workshops on Psychosomatic disorders (in July and August 2023) and a major Conference on the treatment of psychological Trauma (in October 2023).

The Trauma Conference represented a substantial financial investment to ensure maximum accessibility of the event – online or in-person - for participants distant from the venue in Cambridge. This included free online access to 17 Iranian psychotherapists whose professional work in their home country was under existential threat due to political unrest.

In addition to the named events, the East Anglian Psychotherapy Network has , through its Newsletters, fostered several new peer group initiatives to enhance the quality of mental health care deliverable to local communities.

The other main achievement for the EAPN has been the recruitment of several new members to its Planning Group (and potential Trusteeship), thereby greatly strengthening our human resources and our capacity for succession. The EAPN can thus be confident of enduring for the next generation which we regard as a substantial public benefit for the provision of mental health care to communities in East Anglia.

Financial Review

Review of the charity's financial position at the end of the period.

(see attached Accountant's report from ClearTax & Accounting Ltd)

Gross Income : £ 5,790.00

Gross expenditure: £ 8902.00

Net financial loss for the year : £3112.00

Capital account at 31st March 2024 :

Amount of reserves held: £1,024

Capital reserves are held primarily to ensure that funding is available for future conferencing events in the year 2024-25 and for necessary IT and website technical support and annual Data Protection subscription .

Capital reserves at 31st March 2024 were reduced to fund planned investment in a hybrid (online and in-person) conference on Trauma that we considered of particular importance for our public and professional programme at this time. The Conference featured speakers of international standing in this highly topical field and was highly acclaimed..

The charity's principal sources of funding.

Hitherto the sole source of funding has been from booking fees for attendance at educational events. However, the introduction of an annual subscription for membership – due in 2025 - has been approved without challenge by the current membership as well as by all the Trustees. Financially, the Trustees are fully confident that the East Anglian Psychotherapy Network will remain a going concern as a charitable incorporated Organisation.

Structure, Governance and Management

The Constitution of the East Anglian Psychotherapy Network as a Charitable Incorporated Organisation adheres in every respect to the Charity Commission's model constitution for a CIO.

Trustee selection and appointment

Trustees are proposed on the recommendation of senior mental health professionals with well-established membership of the East Anglian Psychotherapy Network. Confirmation of their appointment as a Trustee requires a resolution at a properly convened meeting of the existing Trustees.

Information for prospective Trustees is conveyed in person and in writing by a current Trustee as authorised by the Trustee body as a whole and

before the new Trustee appointment is confirmed by a resolution of a properly convened meeting of the existing charity Trustees.

Reference and Administrative details

Charity name	East Anglian Psychotherapy Network
Other name the charity uses	EAPN
Registered charity number	1202358
Charity's principal address	Gamages Lodge, Audley End, Saffron Walden Essex CB11 4JJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Timothy David Castley Fox	Treasurer And co-administrator		
2	Anne Marie Jennings	Co-Treasurer		
3	Nicola Renita Margaret Parrott			
4	Jane Elizabeth Polden	Co-administrator		
5	Jennifer Gae Stansfeld			
6	Emma Louise Went	Co-administrator		

Corporate trustees – names of the directors at the date the report was approved

Director name	none	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	none
--------------	-----------------------------------	------

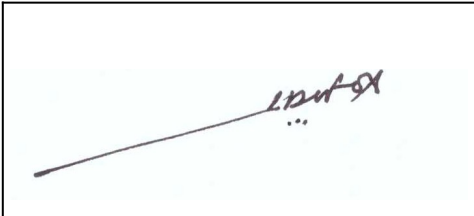
Funds held as custodian trustees on behalf of others

None

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Timothy David Castley Fox	
Position (eg Secretary, Chair, etc)	Treasurer and Co-administrator	
Date	9th December 2024	

East Anglian Psychotherapy Network

Accounts

31 March 2024

East Anglian Psychotherapy Network Contents

	Page
Business information	1
Approval statement	2
Accountants' report	3
Profit and loss account	4
Balance sheet	5
Notes to the accounts	6

East Anglian Psychotherapy Network Business Information

Treasurer

Dr T D Fox

Accountants

ClearTax & Accounting Ltd
Unit 1, The Old Stables
Yole Farm
Balsham
Cambridgeshire
CB21 4HB

Business address

Gamages Lodge
Audley End
Saffron Walden
Essex
CB11 4JJ

East Anglian Psychotherapy Network

Approval statement

I approve the accounts which comprise of the Profit and Loss Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the applicable financial reporting framework as set out in note 1, and for providing ClearTax & Accounting Ltd with all information and explanations necessary for their compilation.

Dr T D Fox

21 October 2024

East Anglian Psychotherapy Network

Accountants' report on the unaudited accounts to East Anglian Psychotherapy Network

You have approved the accounts for the year ended 31 March 2024 which comprise the Profit and Loss Account, the Balance Sheet and the related notes. In accordance with your instructions, we have compiled these unaudited accounts from the accounting records and information and explanations supplied to us.

ClearTax & Accounting Ltd

ClearTax & Accounting Ltd

Unit 1, The Old Stables
Yole Farm
Balsham
Cambridgeshire
CB21 4HB

21 October 2024

East Anglian Psychotherapy Network
Profit and Loss Account
for the year ended 31 March 2024

	2024	2023
	£	£
Sales	5,790	4,885
 Expenses		
Rent, rates, power and insurance costs	7,040	2,601
Telephone, fax, stationery and other office costs	75	330
Accountancy, legal and other professional fees	1,752	410
Other business expenses	35	35
	<hr/> 8,902	<hr/> 3,376
 (Loss)/profit	 <hr/> (3,112)	 <hr/> 1,509

East Anglian Psychotherapy Network
Balance Sheet
as at 31 March 2024

	Notes	2024 £	2023 £
Current assets			
Cash in hand		<u>1,863</u>	<u>4,963</u>
Current liabilities			
Other liabilities and accruals		<u>839</u>	<u>1,113</u>
Net current assets		1,024	3,850
Net assets		<u>1,024</u>	<u>3,850</u>
Capital account			
Balance at start of period		3,850	2,628
Net (loss)/profit		(2,826)	1,222
		<u>1,024</u>	<u>3,850</u>

East Anglian Psychotherapy Network
Notes to the Accounts
for the year ended 31 March 2024

1 Accounting basis

The accounts have been compiled on a basis that enables profits to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return.

2 Profit and loss account analysis

	2024	2023
	£	£
Sales		
Sales	<u>5,790</u>	<u>4,885</u>
Rent, rates, power and insurance costs		
Rent	<u>7,040</u>	<u>2,601</u>
Telephone, fax, stationery and other office costs		
Software	<u>75</u>	<u>330</u>
Accountancy, legal and other professional fees		
Accountants fees	222	210
Consultancy fees	<u>1,530</u>	<u>200</u>
	<u>1,752</u>	<u>410</u>
Other business expenses		
Subscriptions	<u>35</u>	<u>35</u>