



Name: Mid-Ulster Association for Counselling & Psychotherapy

ANNUAL REPORT

**Registered charity number XT38505 & Charity Commission Number NIC102875
Address Unit A, 137 Annagher Rd, Coalisland BT71 4NE**

NAMES OF THE BOARD MEMBERS NOMINATED & ELECTED BOARD MEMBER ROLE

- Chairperson Joe Coney
- Vice Chair Brian Hagan
- Secretary Daniel Whitelaw
- Treasurer Sarah Connor
- Board Member Austin O'Neill
- Board Member Jolene Graham
- Board Member Kathleen McLernon

STRUCTURE, GOVERNANCE AND MANAGEMENT

- Type of governing document: Constitution
- How the charity is constituted: Association
- Board selection methods: Election

SUMMARY OF THE OBJECTS OF THE CHARITY

This project will provide a much-needed opportunity to work directly with service users and expand counselling and talking therapy services in line with demand and help provide support services for people with ill mental health in the Mid Ulster area.

Further, it will allow MACP the capacity to ensure that all referrals (both self-referrals and referrals from GP partners and other organisations) can be taken and people supported with appropriate support, unique to their needs when they require it.

PROGRESS & ACHIEVEMENTS

1. Our counsellors are provided every six weeks with CPD workshops provided by professionals such as qualified social workers. Workshops completed in: Attachment Theory, Self-Care, Play Therapy, Ethics and the Law, Child Trauma and An Existential Relational Approach to Counselling.

2. We have recently increased from two qualified counsellors to ten since beginning the project and from fifteen volunteer counsellors to twenty.
3. We are currently working on expanding our group therapies and introducing Walk and Talk therapy. The counsellors have attended Saturday Schools where they have covered creative therapies
4. We have taken referrals from more local agencies across Mid Ulster from the start of this project and with the Covid restrictions gradually easing. Agency list at present: Mid Ulster Social Services. Local nursing home staff, Network Personnel, Action for Children, Belfast Central Mission, Physical Disability Team, Extern, Probation Officers and the Mid Ulster Mental Health Team.
5. GPs located in Mid Ulster are more aware of our service and continue to refer suitable clients into our service to help alleviate pressure they face on a daily basis

We can see on a weekly basis the difference we can make to individuals by making them aware of our free counselling service and promoting good mental health in and around our community whether through social media, information events, posters in GP Practices or by word of mouth. In the feedback we receive from clients

Testimonial: "I was so anxious at first going to counselling but I cannot recommend this service enough. Without a shadow of a doubt if I ever have to recommend counselling this service is outstanding".

Testimonial: "I recently finished counselling with my counsellor. I just wanted to say Thank You for the service received and Thank the counsellor for being there for me each week helping me to overcome a traumatic event. Words cannot describe how grateful I am. The counsellor is brilliant at his job and his patience advice and guidance meant a lot so I can get over the trauma and get back to some normality".

We also see our counsellors and volunteers developing as they attend workshops and attend their monthly supervision.

MACP are immensely proud of our achievements and levels of support to date and are motivated to continue to enhance the quality and reach of our services. We know good mental health is an asset and is linked to supporting positive economic and social outcomes for the whole of community and surrounding areas