

Counselling All Nations Service (CANS)

Report of the Trustees for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Since our relatively recent last AGM in April 2023 CANS continues to develop apace and the Board wishes to acknowledge the hard work of our staff, sessional staff and volunteers as we continue this period of growth and development.

OBJECTIVES AND ACTIVITIES

Objectives and aims

We remain true to our mission to improve the mental health and quality of life of people from minority ethnic groups through talking therapies and other support and our vision of a future in a just, supportive and inclusive society, which recognises the importance of mental health. In everything we remember our values of respect, honesty, confidentiality, person centred care, and excellence.

Staff

Mr Lekan Ojo-Okiji Abasi and Ms Jurita Naumane continue as Clinical Coordinator and Assistant Clinical Coordinator respectively and are joined by part time administrative assistants Maryam Naz and Joy Wangui Kirii.

Francesca A Dada and Tin Wai Chan are salaried part time counsellors. Our other counsellors and interpreters are sessional.

This dedicated team work with the Board, in particular as new IT, HR and financial systems are planned and implemented. The Finance Committee under the leadership of Treasurer Mrs Mac McBride ensure good governance as we prepare systems and train staff in their use.

Counsellors and therapists

Our counsellors are from BAME communities and representing at least 9 languages. They are all trained to work with professional interpreters and are trained in EMDR and other psychological therapies e.g CBT. They continue to deliver a professional, high quality service for people from the BAME community living in Northern Ireland with care and compassion. We would also like to acknowledge the professionalism and support of our professional interpreters without whom we could not do our work.

We are also indebted to everyone who has supported CANS in a voluntary capacity.

Fundraising

After several years of service as CANS fundraiser we were sad to say goodbye to Mr Paul Atherton and we thank him for his dedicated support and advice in raising funds, ensuring good governance and in the development of CANS.

We were delighted to appoint Nisha Tandon OBE as fundraiser in May 2023. Nisha was warmly welcomed by Board and staff and brings experience and enthusiasm to the post.

Counselling All Nations Service (CANS)

Report of the Trustees for the Year Ended 31 March 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Clinical Work

In June 2023 the Board, responding to a proposal from the clinical Coordinator and some counsellors agreed that there is a recognised need for specialist 1 to 1 work with BAME young people. The Board agreed that the clinical coordinator present a business plan to develop this work.

We are grateful to all our funders whose generosity supports our work:

Belfast Health and Social Care Trust: Tier 2 Talking Therapies

The National Lottery Community Fund (TNLCF): BAME Counselling Project £284,168.00 3 years funding from Sep 2022: 1 part time Clinical Co-ordinator Salary · 2 part time Counsellors Salary · 1 parttime Book-Keeping & Admin Support salary.

Dormant Account (managed by TNLCF): Making CANS Fit for the future - Business Development & Income Generation Worker £11,590.00 Nov 2022 - Apr 2024 · 1 part time Business Development Income Generation Worker / Fundraising Consultant.

Starling Collective / Corrymeela - Community Foundation NI (CFNI) DoH MH Fund Delivery of counselling sessions over 2.5 years with interpreting for 60 people receiving 8 sessions £44,640.00 Dec 2021 - Apr 2024 · 480 sessions delivered to 60 people over 2.5 years.

Public Health Agency SHSCT / STEP BAME Counselling Project £4,750.00 Dec 2022 - Mar 2023.

CFNi - Comic Relief Empowering Change Programme: Client Paperwork Translation £1,000.00 Jan - Apr 2023 · Selected client paperwork.

CFNi - Wesleyan Assurance Fund: owards Mental Health Awareness Workshops for new entrants Children and Young People £10,000.00 Nov 2022 - Oct 2023 · 96 sessions of MHA workshop.

Premises

We are delighted that in addition to our office space in the Chinese Welfare Association and E Belfast we have also acquired office space in North Belfast.

We would also like to express our thanks to PWC for donating much needed office space for counselling in the centre of Belfast and to West Belfast Whiterock Children's Centre who continue to provide counselling space.

We continue to try to respond to the accessibility needs of clients who may have difficulty due to location, work commitments and child care.

FINANCIAL REVIEW

Financial and IT updates

Continuing our commitment to good governance and adapting to our increasing work, management IT system development is ongoing.

New updated clinical systems are installed and active. This will ensure rapid accurate data capture in real time as we go forward.

The Treasurer and the finance committee continue to work with our Accountant with the installation of a new financial recording and reporting system.

We are indebted to the finance committee, accountant, staff and everyone who continues to support these developments.

Counselling All Nations Service (CANS)

Report of the Trustees for the Year Ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

NI679965 (Northern Ireland)

Registered Charity number

108200

Registered office

Chinese Welfare Association
1 Stranmillis Embankment
Belfast
Co. Antrim
BT7 1GB

Trustees

Dr Linda Mary Agnew GP
Dr Daniel Gboloo-Teye Consultant
Dr Satish Kumar Lecturer
Mrs Angela Doreen Martin Teacher
Mrs Immacula McBride Director
Dr Muhammad Saleem Tareen
Zaheer Khan Baloch Management Consultant (resigned 30.6.22)

The following committees were convened by the board in Feb 2022:

- o Finance Committee: Mrs Mac Mc Bride, Dr Daniel Gboloo-Teye, Mr John Boddu
- o Social Media committee: Mrs Angela Martin, Mrs Pashmina Kashif

Dr Daniel Gboloo-Teye provides supervision for the clinical coordinator.

We would like to thank all the Board members for freely giving their time and expertise.

Company Secretary

Dr Linda Mary Agnew

Independent Examiner

John McCleary FCA
McCleary & Company Ltd
Chartered Accountants
Garvey Studios
14 Longstone Street
Lisburn
Co. Antrim
BT28 1TP

Counselling All Nations Service (CANS)

**Report of the Trustees
for the Year Ended 31 March 2023**

CANS SUPPORT FOR COUNSELLORS, STAFF AND BOARD

The Board would like to pay tribute to the counsellors who work daily with clients. We plan a 2nd residential in Corrymeela for everyone involved with Counselling All Nations in January 2024. We believe that it is important that everyone involved in CANS has the opportunity to meet, relax, listen and learn from each other.

We remain convinced that CANS provides much needed unique client centred service. Our Board and counsellors see the need for CANS in their work and in their own communities. Hearing Our Needs has confirmed these observations.

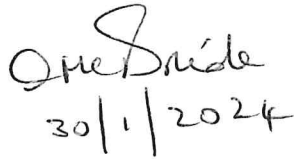
As we look forward, we are embedding ongoing changes in structure and technology so we can build on the growth of the past years and continue to develop the work of CANS.

Approved by order of the board of trustees on 25 January 2024 and signed on its behalf by:



Dr Satish Kumar - Trustee

29/1/2024



30/1/2024