

Respect For All Counselling

Specialist Counselling and Play Therapy
Learning Disabilities, Autism Spectrum and Carers

Annual Report June 2016 - May 2017

“The counselling provided by Respect for All made a genuine and lasting change in my life that has enabled me to move forward and re-establish happiness in my life. Thank you.”

“The counsellor connected with my little boy better than any other person, including family. My little boy gained through the knowledge of this counsellor. Thank you so very much”

“It has helped me to understand how autism affects me and how it can be managed, both by myself and my family. It has helped me accept my autism.”

“My son has complex needs but I do feel that he has benefited from these sessions He developed a very good relationship with his counsellor.”

Chair's Report

We have had another busy and successful year building on our growing and excellent reputation.

We have now grown to a group of 17 counsellors who are either students, volunteers or self-employed counsellors. During the year we held interviews and took on 1 new student and 3 new counsellors each bringing with them new skills, which has gone a long way to provide a better balance in experience and geographic spread, as well as giving us the capacity to continue to provide timely support for our clients as demand for our service continues to increase.

Our counsellors continue to support the running of the Charity and work tirelessly to ensure clients needs are met. The counsellors often voluntarily support clients on issues raised alongside the counselling and our co-ordinators do their best to help clients to access funding for counselling. This goes a long way to help give us our excellent reputation. On behalf of the Trustee's I want to thank our counsellors for freely giving their time to "to go the extra mile".

Stockport CCG continue to fund clients on referral from GP's and this is becoming more well known in the borough as we have an increase in referrals.

We continue to work in Rochdale having successfully won another's years contract form their SIF fund but unfortunately this year's amount was reduced and referrals increased last year so we will have to be mindful as to how the money is allocated. We have started to negotiate with Rochdale CCG about how clients are funded who have a referral directly from GP's or other NHS source.

The small grant from Forever Manchester was used for running groups and we have recently been successful in gaining a further year's grant.

We set up a "working party" of counsellors and Trustees to look at getting further commissions from CCG's which resulted in meetings with Manchester CCGs Autism Strategy group and have been granted commissions from then on a "spot funding" basis. Some of the other Boroughs of Greater Manchester have granted clients one off funding via GP referral and we need to continue to work to obtain a more formal way of working with these boroughs.

In 2017 we have taken on 4 rooms at Mauldeth House which have been painted and furnished with help from some of our counsellors and Trustees. This will enable rooms to be available to all counsellors who wish to use the space, as well as a base for group work in the south of Manchester.

Looking back over the year it has been an exciting time, we have met most of our aims. Over the summer of 2017 the Trustee's have had a series of Vision Planning meetings supported by MACC in Manchester. These showed our many strengths and the challenges that we face in meeting increased demand for our services. The challenge for the year ahead is to develop a strategy for developing the organisation to meet demand without losing any of our unique commitment and specialism.

Judy Turner

Chair of Trustees

Treasurer's Report

The annual accounts show a positive picture. Income rose again to £70,088 (an 11% increase) and costs were controlled below last year's level, allowing Resect For All to make a surplus to invest in future services.

Our income from counselling work commissioned by the NHS and others rose significantly again (66%) but, as anticipated by our strategy to build earned income, grant income fell. Our Rochdale grant has reduced from £25,000 to £15,000, meaning that fewer Rochdale clients can be helped. Stockport NHS Clinical Commissioning Group (CCG) increased their investment in supporting clients with learning disability and autistic spectrum conditions. We also continue to get spot commissions from other boroughs for individual clients.

Administrative costs have not increased on the previous year, although we now plan to increase these next year to meet the increased workload. We have been pleased to see an increase in self-funders (30%) who access our subsidised service.

We have been pleased to reach our current financial target of holding a year's administrative costs in reserve so that the organisation can adapt to changes in income; none of our income is guaranteed for more than a year at a time. Financial risk is also reduced through our use of self-employed counsellors and administrators employed on a sessional basis.

Donations income this year fell to £400, but this still reflects significant individual donations and one sponsored event for which we are very grateful. These donations, and a further £880 authorised by the Trustees, are used to help provide counselling where there is both urgent need and no other available funding. We are also grateful for the support counsellors give in reducing their rates for these clients.

We have plans for the year ahead to further increase NHS commissions while working to obtain grant funding to address the needs of other clients.

Respect For All's annual accounts are available on request from our registered office.

Maggie Walker

Treasurer

Some facts and figures

At least **one in three** adults with autism are experiencing **severe mental health difficulties** due to a lack of support.¹

People with learning disabilities demonstrate the complete spectrum of mental health problems, with a higher prevalence than found in those without learning disabilities.²

Seventy percent of adults with autism say that they are **not getting the help they need** from social services. Seventy percent of adults with autism also told us that with more support they would feel less isolated.³

Autism is much more common than many people think. There are approximately 700,000 people in the UK with autism - that is more than **1 in 100**. If you include their families, autism touches the lives of 2.8 million people in the UK every day.⁴

Only **15%** of adults with autism in the UK are in **full-time paid employment**.⁵

Forty percent of people with learning disabilities experience **mental health problems**, a higher proportion than the general population.⁶

Fourteen percent of carers (approximately 840,000 people in the UK) care for people with learning disabilities, including autistic spectrum conditions.

¹ Rosenblatt, M (2008) *I Exist: The Message From Adults With Autism in England* [London] The National Autistic Society p.3

² (2013) *Mental Health Nursing of Adults with Learning Disabilities* Royal College of Nursing Guidance

³ Bancroft et al (2012) *The Way We Are: Autism in 2012* [London] The National Autistic Society

⁴ Brugha, T et al (2012) *Estimating the Prevalence of Autism Spectrum Conditions in Adults: Extending the 2007 Adult Psychiatric Morbidity Survey* [Leeds] NHS Information Centre for Health and Social Care

⁵ Redman, S et al (2009) *Don't Write Me Off: Make the System Fair for People with Autism* [London] The National Autistic Society p.8

⁶ Cooper, S A, Smiley E, Morrison, J, Williamson, A and Allan L *The British Journal of Psychiatry* December 2006, 190 (1) 27-35

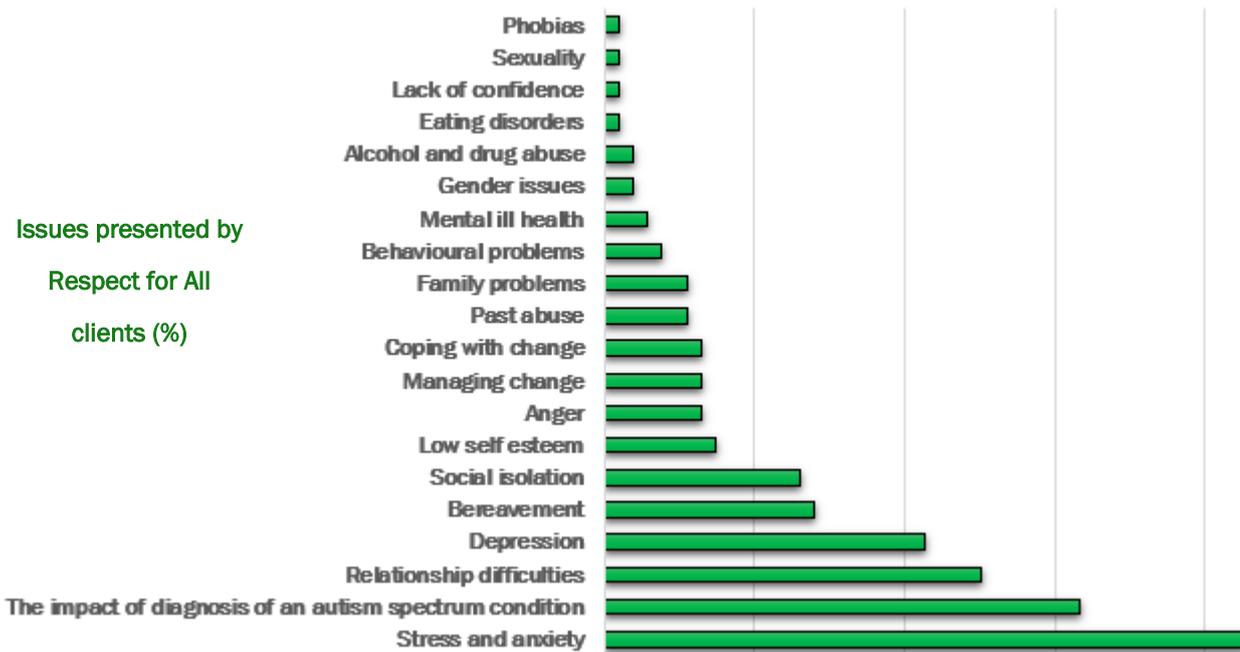
Our achievements

The focus of our work is the provision of counselling to our core client group who are:

- People with a learning disability
- People on the autism spectrum
- Carers of family members of those with learning disabilities and on the autism spectrum.

This year we have been able to respond to 175 referrals from seven of the ten boroughs in Greater Manchester.

At Respect for All we work with any issue brought by our clients, which have included:



Referrals come in from a variety of sources, including NHS services, both Children’s and Adult Services, GPs, education settings, voluntary agencies, family members and self-referral.

Overview

We accepted 175 referrals during the year, and others were kept on a waiting list or advised to approach a GP or other service to obtain funding for counselling. Fourteen clients for whom it was not possible to secure funding from GPs or other services were supported from Respect for All’s own funds.

We serve a diverse client base, meeting a wide range of need. Of the 175 referrals:

Sex:

Male	99	Female	75
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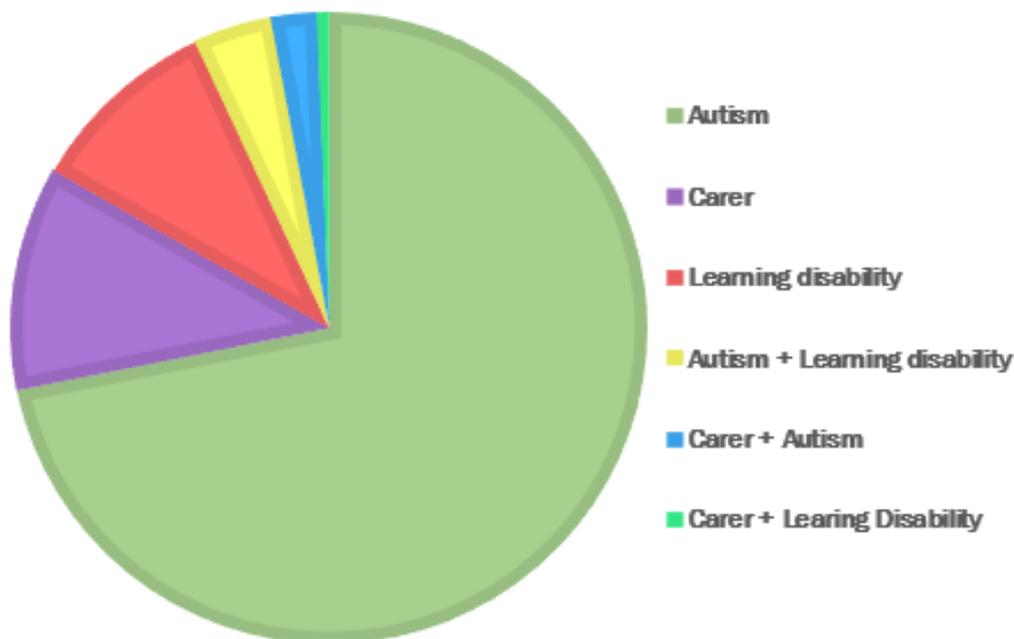
Age:

18 and under	55	Over 18	120
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Ethnicity:

White British	94	White Other	4	Asian	8	Black Caribbean	1
Black African	1	Jewish	4	Mixed Race	2		

We served 125 people on the autism spectrum, 17 people with learning disabilities and 20 carers or families. We provided some with joint counselling: 7 clients were both on the autistic spectrum and had a learning disability; 4 were on the autistic spectrum and carers; and 1 was a carer with a learning disability (see chart below)



Overall CORE 10 and CORE YP (clinical outcomes routine evaluation) results showed a considerable improvement in stress levels as a result of the counselling based on an average starting score of 18.6 reduced to an average completion score of 12.63. Overall, a 68% improvement was evidenced with clients’ relationships, independence, self-esteem, mental health, assertiveness, social skills and ability to lead a fuller life in the community.

Autism support groups

Respect for All delivered support groups for people on the autism spectrum from November 2016 to February 2017. There were two sets of groups, each run over four weeks: a mixed group and a women-only group. The latter was to specifically take account of how autism affects females differently and the challenges this brings to individuals.

Feedback from participants was very positive:

“The group has helped me tremendously in many positive ways. In particular improving my confidence...To be among like-minded people who I can identify with has given me hope, strength and encouragement...Thank you so much.”

“I feel like the group benefited me in helping me to feel empowered to deal with some of the problems I have been facing. I made so much progress I dealing with my difficulties, it gave me confidence, inspired me and helped me to understand myself and gave purpose and meaning to my week and focus.”

“Thank you! For the opportunity to be able to be myself and explore my autism with like minded people. More please.”

The evaluation from the group sessions showed that 100% of the participants felt: the group met their needs; they were satisfied with the group; if they were seeking help again, they would come back to the group; they were understood by the facilitators; the facilitators wanted them to achieve their goals; they were working together with the facilitators in a joint effort; the facilitators had similar ideas to them about the nature of their problems; a good relationship had formed with the facilitators; they enjoyed working in a group; and they would recommend the group.

Stockport

Although Respect for All no longer receives grant funding for its work in Stockport, the number of referrals from GPs has increased, with the counselling fee covered by the CCG. Under the CCG scheme, in the 12 months ending 31st May 2017 we had 60 referrals for one-to-one counselling: 46 were on the autism spectrum, 8 with learning disabilities, 1 carer and 5 people on the autism spectrum who also have learning disabilities. These included 34 males and 26 females, with the primary referral issues including: anxiety (22), the impact of an autism spectrum diagnosis (12), and depression (12).

For our Stockport clients, an average improvement of more than 60% was shown in: relationships, independence, self-esteem, mental health assertiveness social skills and being able to lead a fuller life in the community. Stress levels were significantly reduced.

Of these referrals, 30 had completed their counselling. Of the whole cohort, 18 received 10 sessions or less, while 30 received more than 10 sessions. Counselling is ongoing for the remainder of this cohort.

Rochdale

We have continued to receive funding from Rochdale CCG, although the sum has decreased by 40% from 2016 to 2017, and during the period covered by this report we have received 74 referrals from people living in the borough of Rochdale, 43 of whom were male and 31 female. Of these referrals, 47 were on the autism spectrum, 5 had a learning disability, 15 were carers, 4 were carers on the autism spectrum, 1 was a carer with a learning disability, and 2 were on the autism spectrum and had a learning disability. This funding enables us to help young people and children: of the 74 referrals, 33 were under the age of 18.

Our outcomes assessments showed an average increase of more than 65% with regard to improved relationships, independence self-esteem, mental health, assertiveness, social skills and the ability to lead a fuller life in the community. Of the 74 clients referred, 48 received 10 sessions or less, 19 received more than 10 sessions and counselling is ongoing for the remainder.

Our organisation

Trustees

Judy Turner	Chair
Michelle Keifer	Secretary
Maggie Walker	Treasurer
Mark Holden	Trustee
Eileen Stead	Trustee
Dave Gibbons	Trustee
Barbara McManus	Trustee
Joanne Martin	Trustee

Mission

To provide specialised and accessible emotional and mental health support for children and adults with learning disabilities and with an Autistic Spectrum Condition, and their carers, across Greater Manchester.

Objectives

1. To act as an expert resource for learning disabled people, people with autism spectrum conditions, and their families and carers, through the provision of a counselling service and other forms of support.
2. To raise awareness about issues faced in our work areas by learning disabled people, people with an autism spectrum condition and their families and carers.

Organisational structure

The trustees meet quarterly, a finance sub-group and best practice group meet as required and two working parties meet regularly.

Donations

Donations can be made through our website or sent to our registered office. A Gift Aid form is available on our website www.respectforall.org.uk to send to us by post. We also welcome standing orders.

Respect for All

www.respectforall.org.uk

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