

Respect For All Counselling

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

Annual Report June 2015 – May 2016

Over the last year, the Greater Manchester charity Respect for All has provided specialist counselling to 204 adults and children who have (or care for someone who has) learning disabilities or autism.

If such a counselling had been used when I was younger, maybe some of my issues would not have been so prevalent. I have a better perspective over myself and others and I can make the most of what goes on in my life.

The counsellor was very accommodating with meeting times and understood me. Helped me to relax

I can now recognise when I am on a decline and make changes or address things before they become overwhelming

This kind of support should be on-going not 8 or 10 sessions as these people make positive change to carers like myself. Especially because I am alone in this country and do not have family support.

The counsellor connected with my little boy better than any other person (including family)

Chair's Report – Judy Turner

Again we have had a busy year which has seen RfA go from strength to strength, building on our excellent reputation. We have increased referrals and the numbers assisted, but also unfortunately our waiting list. While we retain sufficient counsellors, we struggle to find funding support for many referrals outside of Stockport and Rochdale. Our counsellors put in volunteer time helping clients to get funding for the service as well as helping run the organisation and carrying out some counselling on a voluntary basis. They are truly the backbone of this organisation.

We have 11 sessional councillors, 1 volunteer counsellor and 1 student on placement. During the year two of our previous student placements became qualified as counsellors. As last year, one successfully applied to join us as a counsellor. This year we interviewed 4 students and accepted one for placement. We also took on one additional therapist, who is also a qualified Clinical Psychologist. We reviewed our induction procedure and developed a full induction manual and an updated set of counsellor terms and conditions. We continue to develop our website and have launched a Facebook and Twitter presence.

We were very pleased to continue our partnership with Rochdale CCG (*Clinical Commissioning Group*) where we have a SIF (*Social Investment Fund*) grant. Demand is high and we have had to introduce waiting lists for this service. We have helped 82 people with autism or learning disabilities or their carers. We have supported local autism strategy meetings and had training for the "Strive" domestic abuse initiative.

Our work is well received in Stockport. Our arrangement with the CCG allows GPs and other health professionals to make referrals for our counselling service, the number of GPs making referrals has increased and 37 clients were referred under this scheme this year.

Our Trustees have met quarterly and carried out additional activity between meetings, working with counsellors on 2 new development "working parties". One covers fundraising from Trust Funds and the other seeks future commissioned work from local authorities and the NHS. We have been unsuccessful in winning any new Trust funding this year, although continued support from Forever Manchester is very welcome. We successfully bid to continue the Rochdale grant and have developed our Stockport service as well as making new contacts in other boroughs

including Salford and Manchester. We increased income from donations including a Christmas quiz which raised in excess of £300.

We review our progress and set objectives for each year. Our aims for the 2016-17 year are to recruit another suitably qualified counsellor, be commissioned to work in one or two additional boroughs and maintain the high quality of our work shown by evaluation and client feedback. Most of all we want to ensure that local people with learning disabilities or autism spectrum conditions get effective specialist counselling to meet their needs.

A huge thank you to all our counsellors for their dedication, our Co-ordinator Gill Linden, and assistant Michelle Keifer and our IT volunteer Myron Szymanskyj. Thanks too to my fellow Trustees.

Treasurer's Report – Maggie Walker

It has been another good year financially. Our income of just short of £63,000 is an 11% increase on the previous year. This increase arises from selling our counselling service to the NHS and other bodies on a client by client basis. A major contributor is Stockport CCG which allows GPs to make funded referrals enabling us to help 37 clients over the year. We still struggle to find statutory funding for many clients in need, so this year we began to offer self-funded sessions at a subsidised rate. We also use our own or other charitable funds or volunteer counselling when other sources of funding are not available. Self-funded sessions have been used by 28 clients.

During the year we developed a reserves policy which commits us to holding a minimum of one year's basic administrative costs in reserve. This gives reassurance that we have time to address changes in our income. Last year's surplus has allowed us to create this reserve for the first time. A financial surplus is essential for our financial sustainability, but under the guidance of the Trustees we also use any surplus to provide counselling support for urgent cases and for a few clients who cannot otherwise access our services.

This year we received £1225 in donations against a target of £1000. RfA annual accounts are available via the Charity Commission website or on request from our Registered Office.

Some facts and figures

At least one in three adults with autism are experiencing severe mental health difficulties due to a lack of support¹.

People with learning disabilities demonstrate the complete spectrum of mental health problems, with higher prevalence than found in those without learning disabilities²

Seventy per cent of adults with autism say that they are not getting the help they need from social services. Seventy per cent 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 around 700,000 people in the UK with autism - that's more than 1 in 100. If you include their families, autism touches the lives of 2.8 million people every day.⁴

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

40% of people with learning disabilities experience mental health problems, a higher proportion than the general population.⁶

14% of carers (approx. 840,000) care for people with learning disabilities including autism spectrum conditions.

¹ Rosenblatt, M (2008). I Exist: the message from adults with autism in England. London: The National Autistic Society, p3

² Mental Health Nursing of Adults with Learning Disabilities

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

⁴ The NHS Information Centre, Community and Mental Health Team, 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, p8

⁶ Mental ill-health in adults with intellectual disabilities: prevalence and associated factors

Sally-Ann Cooper, Elita Smiley, Jillian Morrison, Andrew Williamson, Linda Allan
The British Journal of Psychiatry Dec 2006, 190 (1) 27-35

Our achievements

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

- people with a learning disability,
- people on the autism spectrum; and
- carers or family members of the above

This year we have been able to respond to 204 referrals from 8 of the 10 boroughs of Greater Manchester and we ran 21 group support sessions.

At RfA we work with any issue brought by our clients which have included:

- Bereavement (21)
- Anxiety, and stress (32)
- Depression (28)
- Anger and its management (10),
- The impact of a diagnosis of an autism spectrum condition (41)

And

- Relationship difficulties
- Childhood sexual abuse
- Exploring Aspergers
- Bullying
- Coping with a lifetime of caring
- Alcohol and drug abuse
- Rape and sexual assault
- Understanding a child on the autism spectrum
- Low self esteem
- Communication difficulties
- Transgender issues
- Sexual orientation

Referrals come from a variety of sources including NHS services, both children and adult services, GPs, educational settings, the police, voluntary agencies as well as self-referrals and those from family members.

Overall

We accepted 204 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.

We meet a wide range of need, of the 204 referrals:

Gender	
Male	113
Female	91
Age	
18 and under	51
Over 18	153
Ethnicity	
White British	132
Asian	17
Other	9
Not provided	46

We served 37 people with learning disabilities, 138 on the autism spectrum and 37 carers or families, and provided some with joint counselling. (12 clients were in two of these categories). 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 17.90 reduced to an average completion score of 10.89. The CORE LD evaluations show an average starting score of 16.5 and ending score of 6.43. Overall a 69% improvement was evidenced within clients' relationships, independence, self-esteem, mental health, assertiveness, social skills and ability to lead a fuller life in the community.

Stockport

Our grant from Stockport Learning Disability Development Fund came to an end in September 2015, but we have increased the number of GPs making referrals with the counselling fee covered by the CCG. Under the CCG scheme, in the 12 months ending 31.5.16 we had 37 referrals for one-to-one counselling, 32 were on the autism spectrum including 5 who also had learning disabilities and a further 5 clients were referred with learning

disabilities. These included 13 females and 24 males with the primary referral issues including anxiety (9), depression (8) and the impact of an autism spectrum diagnosis (8). Fourteen referrals were covered by the remaining funding from the Learning Disability Development Fund of which 8 had learning disabilities including two who also had an autism spectrum condition and 6 others were on the autism spectrum.

For our Stockport clients, an average 61% improvement 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.

18 of these referrals had completed their counselling with one-third (6) receiving less than 10 sessions and two-thirds (12) requiring more than 10 sessions.

Rochdale

Having achieved 3 successful years of funding from Rochdale Clinical Commissioning Group we have now entered our 4th year, receiving a further £25,000 as of April 2016. In the time frame of this report we received 91 referrals from people living in Rochdale, Heywood and Middleton. Our outcomes assessments showed an average increase of 70% with regard to improved relationships, independence, self-esteem, mental health, assertiveness, social skills and ability to lead a fuller life in the community. Two-thirds of these clients received 8 sessions or fewer.

Using the Clinical Outcomes Routine Evaluation (CORE) the average first score for this borough was 18.32 and the average end score was 8.38.

We continued to run support groups for people with an Autism Spectrum Condition (ASC) and partners of people with an ASC and we continued co-facilitating support groups with the organization Rochdale Carers for parents of young people and adults with an ASC.

This funding allows us to help young people and children. 38/91 referrals were eighteen or under. Carers or family members make up 36% of clients with 52% people with autism and 12% people with a learning disability. Half of these referrals come from clients themselves or family members. Schools, NHS bodies (28%) and other local organisations also refer regularly.

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 Autism 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 can be made via 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.