

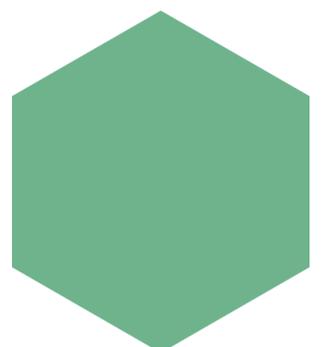
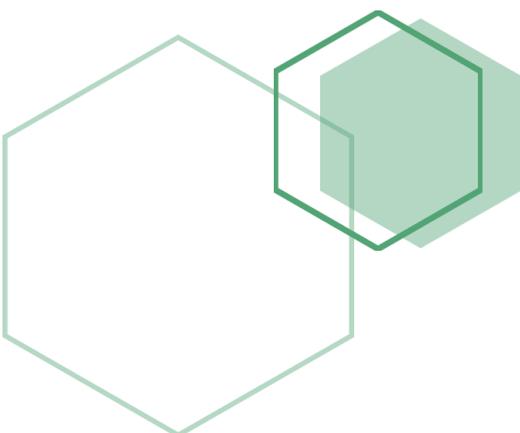


Respect For All Counselling

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

Annual Report

June 2017 - May 2018





Chair's Report

Respect For All has had another successful and busy year, with counsellors and trustees working tirelessly to deliver a high-quality service, sustaining our excellent reputation.

Stockport Clinical Commissioning Group (CCG) has continued to support our work, funding specialist counselling for people with a learning disability and/or autistic spectrum condition. We also successfully secured continued funding from Rochdale CCG, meaning that we can continue to build on our reputation in these areas. Following on from meetings with Manchester CCG, we are now beginning to get funding for people in Manchester. Both Bury and Salford Clinical CCGs have 'spot-funded' a few individual clients and we aim to explore a more formal arrangement with them over time. We have also been able to see more people who are not able to fund themselves by using our own funds and donations.

The rooms we rented in Mauldeth House in Chorlton were decorated and furnished, and were well used for counselling, group work and trustee meetings. Unfortunately the landlord gave us notice to leave the building, due to redevelopment, in May 2018, so we are now looking for suitable premises to rent.

Due to the increased administrative workload we recruited a new part-time, self-employed admin/trustee support worker (experienced in third-sector work, IT literate and enjoys data-handling) who is going to be an asset for us. She is now taking over the joint co-ordinator role and deals with the ever-increasing email enquiries. One of our students qualified this year and continues to work for us on a part-time basis. We also recruited two new students on placement.

Following on from meetings with Manchester Community Central we identified areas that needed improving or restructuring and have spent time consulting all the counsellors for their views. Internal communication was identified as a weak area and as a result we now send out a regular monthly newsletter to all counsellors keeping them up-to-date with Respect For All's work, which has been well-received. We have reviewed our data protection in line with the new guidelines.

The Chair of trustees and the Treasurer attended training with the view of changing Respect for All to a Charitable Incorporated Organisation (CIO). The board has agreed that this is something the organisation should do and is in the process of implementing the change.

We are starting to work on a Big Lottery bid and negotiating with another organisation to work in partnership for whole family work in order to address the big gap in the provision of services for this way of working.

The Chair wishes to thank everyone who is involved with the running of the service and those funders who support us for all their hard work over the year and for their continued support.

Judy Turner

Chair, Respect for All

“The support helped my son open up. Without the support from RFA my son would feel alone”



Respect For All has increased its income again this year.

There **fare wo** main reasons for this. Firstly, Stockport has increased its use of our service by 50%, and secondly, Rochdale has restored our grant to its former level of £25,000. With an income of just over £94,000, this has been our best year ever.

At the same time, costs have been kept low. Both direct and indirect costs increased at a lower level than income and we show a healthy surplus of £18,000. Costs were lower than planned as our new Trustee Support Worker started later in the year than anticipated.

Our financial risk is low; we have no employees, only sessional workers, and no premises commitments. However, if the service were to have to close, it would be devastating for our service users. There are many people in the area who get a huge benefit from our unique services. We rely on limited sources of funding. We therefore need to have reserves to allow us to develop alternative income sources and to maintain a baseline service in case our current income level reduces.

We therefore aim to keep one year's future indirect costs in reserve, which we estimate at £20,000, and to maintain our own charitable counselling fund which allows us to help clients with urgent or desperate need which is not funded elsewhere.

This year's surplus allows us to meet that target for reserves and we will also allocate £2,000 to the charitable counselling fund .

We are very grateful for the voluntary counselling and advocacy work that many of our counsellors undertake on our behalf. We are reviewing rates for administration sessions and are allocating £1,000 towards a training fund so that we can help our counsellors to develop their skills.

Respect For All's Annual Accounts are available on request from our registered office. They are Independently Examined by Smile Accountants Ltd.

Maggie Walker

Treasurer, Respect For All

Treasurer's Report

"I am totally changed because I have got lots of courage and confidence from my counsellor"



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 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 Autistic 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

“It has changed my life...And I never thought it would make me cry and feel so much beauty from it”



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

- People with a learning disability
- People with an autistic spectrum condition
- Carers and/or family members of those with learning disabilities and/or autistic spectrum conditions

This year we have been able to respond to 172 referrals from all of the ten boroughs in Greater Manchester (Bolton, Bury, Manchester, Oldham, Rochdale, Salford, Stockport, Tameside, Trafford and Wigan).

Others were added to our waiting list whilst funding is sought to support counselling for them. Twenty seven clients were self-funding. Nineteen clients for whom it was not possible to secure funding from GPs or other services were supported from Respect For All's own funds.

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



Clients come to us through a number of routes, including from support organisations and health professionals (58%), family members (22%) and self-referral (20%).

Seventy eight clients completed their counselling during this period, with an average of 8.5 sessions per client.

Overview

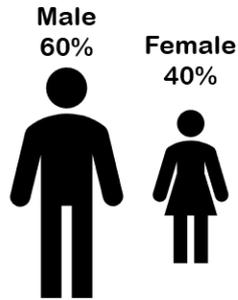
“I am learning to see more molehills than mountains”



Who we helped

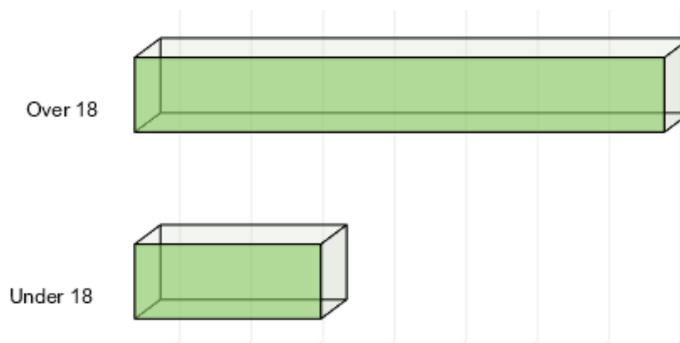
We serve a diverse client base, meeting a wide range of need. Of the 172 clients who received counselling from Respect for All:

Sex:



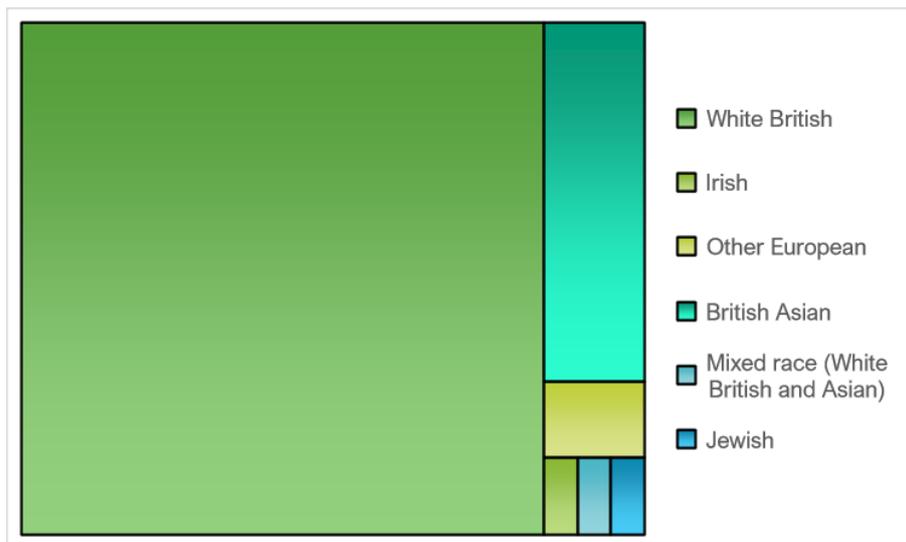
Sixty percent of our clients were male and forty percent were female.

Age:



Twenty six percent of our clients were aged under 18 and seventy four percent were 18 and over.

Ethnicity:

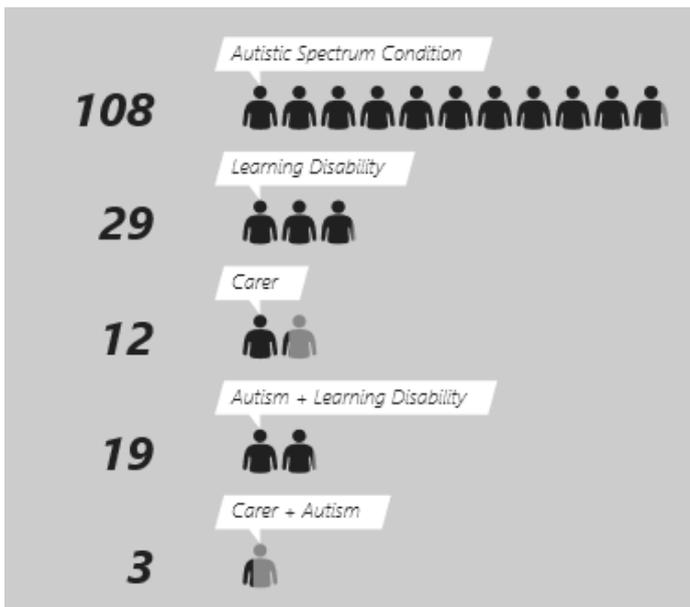


The ethnicity of our clients broadly reflects the wider demographic distribution of ethnicities in Greater Manchester.

*“I am much happier just doing what suits me and not **dong** what is socially expected”*



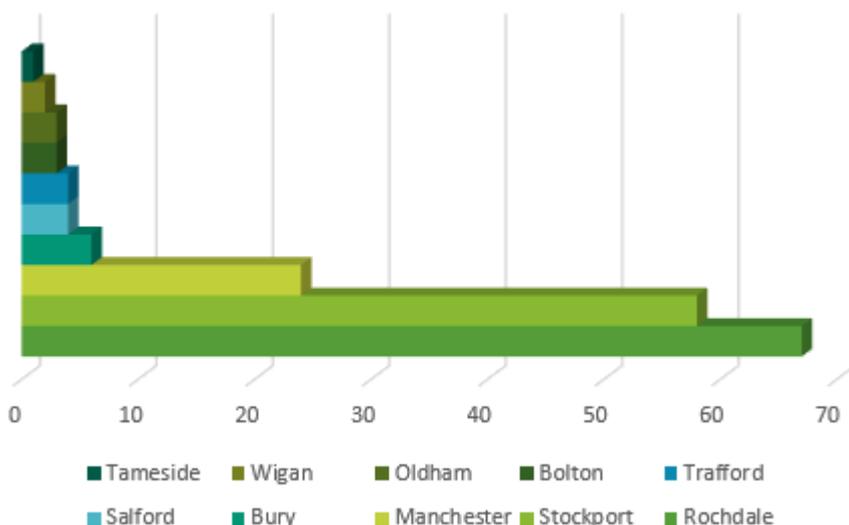
Of the 172 clients we supported:



Overall CORE 10 and CORE YP (clinical outcome routine evaluation) results showed a considerable improvement in stress levels as a result of the counselling, based on an average starting score of 18.26 reduced to an average completion score of 12.32. Overall, a 63% improvement was evidenced with clients' relationships, independence, self-esteem, mental health, assertiveness, social skills and ability to lead a fuller life in the community.

We continue see a significant number of clients from Stockport, referred through their GPs, with the counselling fee covered by the CCG. In Rochdale, we receive funding from the CCG to support clients. Of the 172 clients we have seen, 67 were from Rochdale and 58 were from Stockport (almost 73% of our total client base).

This year we have seen clients from all ten of the boroughs in Greater Manchester:



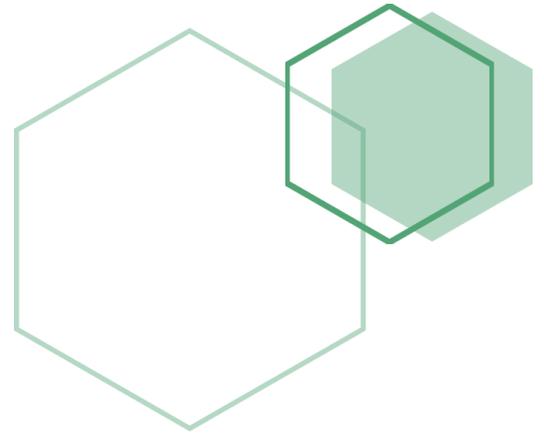
Our work

"I know what I need now for my own mental wellbeing and I feel okay asking for it"

Trustees during 2017/2018

Judy Turner (Chair)	Maggie Walker (Treasurer)
Mark Holden	Eileen Steed
Dave Gibbons	Michelle Keifer*
Barbara McManus*	Joanne Martin*

(*Resigned during the course of the year)



Mission: to provide specialised and accessible emotional and mental health support for children and adults with learning disabilities and autism spectrum conditions, and their carers, across Greater Manchester.

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

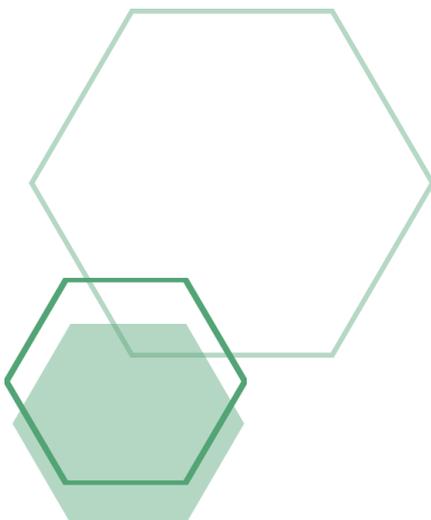
Organisational structure: the trustees meet quarterly, a finance sub-group and best practice group meet as required and two working parties meet regularly.

Donations

Donations can be made through our website or sent to our registered office by post.

A Gift Aid form is available on our website.

We also welcome standing orders.



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www.respectforall.org.uk

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