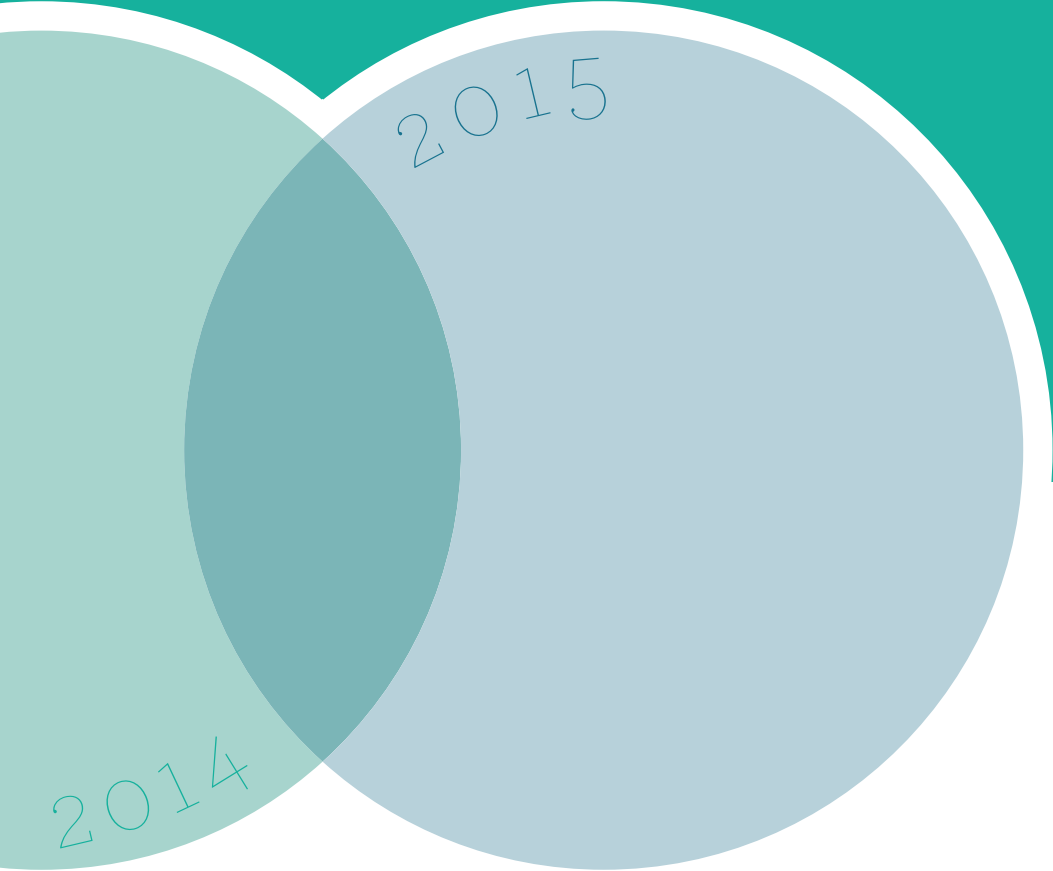


ANNUAL REPORT



Coming Up For Air

by Jo McFarlane

After Maya Angelou's "Still I Rise"

*Up from a past
that's rooted in pain
I've survived, I'm alive,
I'm chancing again.*

*Far from the hurt
that swallowed me whole
I'm coming up for air,
I'm as strong as a bear.*

*Down in the hollow
You whispered my name,
told me "take up your place"
Now I'll never be the same.*

*I'm the wind, I'm the rain,
I'm the hummingbird's song,
Free to be me,
I belong, I belong.*

Introduction



I am pleased on behalf of the Board of Trustees to introduce NEECS Annual Report for 2014 -2015. This illustrates another successful year, offering counselling to the people of North East Edinburgh.

Our CORE service continues with funding from CEC, although, as for many other organisations, our funding from the CEC has been cut by 5%.

Our Short Term Service (STS) funding from NHS Lothian continues unchanged; it is due for a review later in 2015.

Our “16 - 25” Service, for young people who are at risk of harm continues with funding from Edinburgh Lothian’s Health Foundation.

We have also secured funding this year from :-

- EVOT - to allow us to develop a new website.
- Bank of Scotland Foundation - to increase our STS capacity by 12 counselling sessions a week.
- Sainsbury’s Community Fund - for room hire.

Demand for our services continues to be very high - since January 2015 we have received a 100% increase in self referrals and currently our waiting lists are regrettably closed for CORE and STS services. We hope to open the waiting lists as soon as possible.

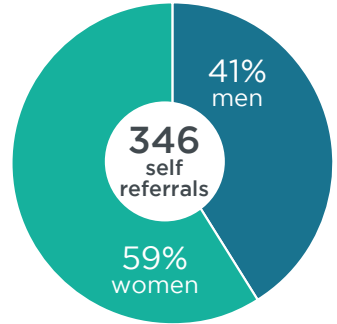
We are very grateful to all our funders for their continued support, and to our clients who are invited to contribute to the cost of counselling as and when they are able to do so.

On behalf of the Trustees, I would like to thank our staff Lorna Gallacher, our Manager, Mairi Norman, our Administrator, our Counsellors, our Supervisors and our Volunteers, who have all contributed so much to another successful year at NEECS.

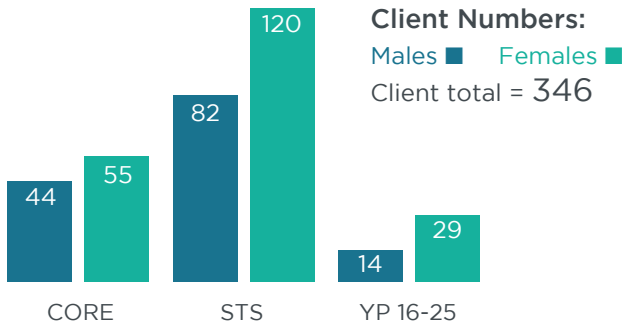
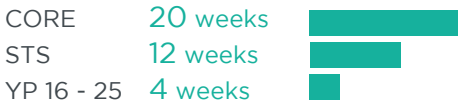
A handwritten signature in blue ink that reads "Fiona Skinner". The signature is written in a cursive, flowing style.

Dr Fiona Skinner, Chair.

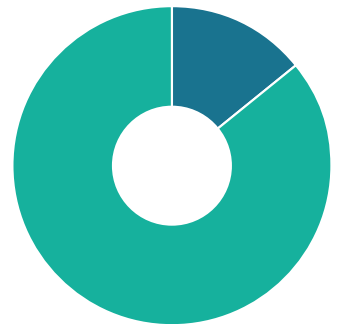
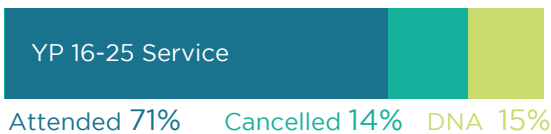
Summary of Year



Waiting list times:



Use of Sessions:



Client Feedback:

- 86% found counselling very helpful
- 14% found counselling quite helpful
- 0% found it not helpful.

Presenting issues YP 16 - 25

16 -25 Young Persons service

- 89% anxiety and depression.
- 70% suicidal ideation
- 59% loss
- 58% anger
- 58.8% self harm, misuse of drugs illegal/prescribed
- 35% relationship
- 24% eating disorder
- 12% academic failure
- 11% isolation
- 5% disability/ physical health.

Presenting issues - adults

- Anxiety - 85%
- Depression 66%
- Relationship - 75%
- Loss - 76%
- Work - 55%
- Anger - 46%
- Parenting - 37%
- Physical health and disability - 35%
- Bereavement - 20%
- Childhood sexual abuse and domestic abuse - 25% lower due to feedback forms being filled at the end of the third block.
- Suicide/ suicide ideation/ self harm - 25%
- Alcohol and drug misuse - 23%
- Sexuality and gender - 9.5%
- Legal issues - 6%
- Caring 6%
- Culture 6%

“Talking about things was really helpful.”

“I have been able to identify skills to help me deal with the issues in my life.”

“I feel heard and understood.”

“Thank you, it’s really making a difference, making sense to how I behave in relation to others.”

“The sessions helped me look at things in a different way. Also, it helped release pressure out of my chest.”

[client quotes: YP 16 - 25]



“I am in a much happier place now and feel ready to face life again.”

“Much more relaxed and able to cope. I feel a great deal of the weight has been lifted.”

“I have so much more understanding of myself, my situation and of the things that have happened to me, after being able to discuss them in counselling. I am on the whole able to keep feeling the strength, worth and purpose as counselling has helped me find myself.”

“I have never spoke about what happened to anyone. Now I have a voice and can admit I was abused as a child.”

[CORE Quotes]

“Working with my counsellor was an absolute privilege. The relationship between us and the supportive environment she provided, enabled me to talk openly about difficult areas of my life for the first time ever.”

“I feel more positive and less anxious about the future. Counselling really helped to lead me through the quagmire of emotion and now I am off on my journey with strength I was lacking before”.

“I am now full of energy and excitement about the future and feel more comfortable in my own skin.”

“NEECS has been invaluable to me. In only 6 weeks the change in myself and my life is incredible”.

[STS Quotes]



Income & expenditure account and statement of
financial affairs for the year ended 31st March 2015

RESTRICTED FUNDS

UNRESTRICTED FUNDS TOTAL

Period ended 31 st Mar 2015	Short Term Service	16-25 Service	Total		
INCOMING RESOURCES					
51701	Grants - City of Edinburgh Council			58883	58883
20157	Lothian NHS	20000	6880	26880	26880
-	EVOT for website	523		523	1938
-	Bank of Scotland	14620		14620	14620
71858		35143	6880	42023	60298
8713	Donations - General			10343	10343
19882	- from predecessor charity				
100453	Total Incoming Resources	35143	6880	42023	112664
RESOURCES EXPENDED					
Expenditure in connection with charitable activities					
Staff Costs:-					
30412	Salaries	9619	929	10548	39790
36555	Sessional workers & supervision	13917	4121	18038	45579
500	Recruitment	68		68	250
67467		23604	5050	28654	56965
Property Costs:-					
6336	Rent, rates, insurance, repairs	2333	-	2333	8635
2670	Heating, lighting, cleaning	760	-	760	2833
9006		3093	-	3093	11468
Office Expenses:-					
4187	Stationery & other office expenses	1091	-	1091	3985
930	Telephone	220	-	220	907
-	Website	421	-	421	1560
5117		1732	-	1732	6452
81590		28429	5050	33479	103539
Governance Costs:-					
550	Independent Examiner's Fee	149	-	149	550
1114	Legal Costs	-	-	-	-
1664		149	-	149	550
83254		28578	5050	33628	104089
Net incoming (outgoing) revenues for period before transfers					
17199		6565	1830	8395	180
	Transfers	-	-	-	-
Net incoming (outgoing) revenues for year after transfers					
		6565	1830	8395	180
	Funds at 1st April 2014	-	2482	2482	14717
	Funds at 31st March 2015	6565	4312	10877	25774

20th Year Anniversary

NEECS began in 1995, developed in the local community for people on low incomes who wish to improve their mental wellbeing. Women and men from 16 up to any age, who live in our catchment area can self refer for counselling.

Getting Involved

Please think of joining us on the board as a Trustee and have an active part in decisions about running the service.

Volunteer as a receptionist.

More information on these opportunities are on our website.

www.neecscounselling.org.uk

Tel: **0131 557 4478**

email: neecscounselling@btconnect.com

Counsellors

Morna Barber
Barbara Hendrie
Caroline Hickson
Andrew Pritchard
Andrew Thomson
Anne Milton
Sue Torrance
Sylvie Stainton
Paula Williams
Eric Johnstone,
Carol Targett (Dec 2014)
Caroline Russell (Feb 2015)

Supervisors

Carolyn Dougill
John MacFadyen

Staff

Manager - Lorna Gallacher
Administrator - Mairi Norman

Volunteer Receptionists
Lindsey Lupdag
Esra Pandadis

Board of Trustees

Fiona Skinner (Chair)
Jan Bateman (Treasurer)
Ruth Fulton (Secretary)
Mary Ferguson
Michael Walker
Sylvia Boal
Noor Maraghi.



north east edinburgh counselling service

Member of COSCA. Member of British Association for Counselling and Psychotherapy.
NEECS is a Scottish Charitable Incorporated Organisation (SCIO) SC023482.

31 Haddington Place, Leith Walk, Edinburgh, EH7 4AG