



north east edinburgh counselling service

# ANNUAL REPORT

# 2021/22

[neecscounselling.org.uk](http://neecscounselling.org.uk)



NEECS is a Scottish Charitable Incorporated Organisation (SCIO) No. 023482

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## INTRODUCTION

The last year has undoubtedly been a hugely challenging time for NEECS. The ongoing uncertainty and lack of long-term funding posed a huge risk to the future of NEECS along with the continued impact of the Covid-19 pandemic. In the latter half of this financial year, it was with a very heavy heart that the Board of Trustees took the difficult decision to start the process of winding the charity up - after serving the people of North East Edinburgh for over 26 years.

At the last minute, the Edinburgh Health and Social Care Partnership stepped in and agreed to support NEECS. Our Service Level Agreement will officially commence in April 2022. We are extremely grateful that we can continue our crucial work. The voices of support from the sector that helped us to keep going are a testament to the quality of our service and confirm our long-standing reputation in the community.

We are also very grateful to The Robertson Trust for their Year 2 support of our dedicated service for young people aged between 16 and 25. Referrals to this service remained high. Our thanks also go to the staff at Baillie Gifford who voted NEECS in second place in their 'Charity of the Year' award, resulting in a grant of 5k.

As we look ahead to 2022/23, there is reason for optimism. We are working on re-instating the service in order to see clients again from April 2022. On behalf of the Board of Trustees I would like to express our gratitude to our counsellors, supervisors and staff - especially Mairi - who have stuck with us throughout this period. We hope to recruit a new manager in due course who - along with the Trustees - will set out the long-term vision for NEECS and take the organisation into a sustainable future. Borrowing from the Leith motto, 'Perseverance' is guiding us into 2022/23.

**Jess Crichton, Chair**



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## ABOUT US

NEECS was established in 1995 to support the people of North East Edinburgh improve their mental wellbeing. We provide free and donation based one-to-one professional counselling for young people and adults who are experiencing poor mental health.

Our aims are to reduce anxiety and depression, build resilience, and equip clients with the tools and confidence to make positive choices about their future.

We are proud and privileged to serve the people of Leith, Lochend, Restalrig, Meadowbank and beyond into parts of Piershill, Pilrig, Newhaven, Craigmillar and Portobello. The area is diverse, vibrant, and creative, but it also represents some of the most deprived postcodes of Edinburgh.

NEECS is a small charity, but we make a significant difference to local people's lives. Counselling offers a safe space for clients to talk through their mental health difficulties, explore their feelings and process their thoughts without judgement. We teach coping techniques, offer tools grounded in psychological theory, and build clients' self-confidence so that they develop constructive, effective strategies to overcome challenges and make positive decisions going forward.

Our trusted team of counsellors have decades of experience between them, working in a variety of mental health settings (e.g. NHS, charities, private practice) and bringing with them a range of counselling tools and approaches.

All of our counsellors are registered with BACP or COSCA.

## THE NUMBERS

707

counselling sessions offered

617

counselling sessions attended

177

of those sessions delivered through our Young Persons Service (16-25)

21

DNAs ('did not attend')

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## COUNSELLING OUTCOMES

### GAD-7, PHQ-9 & YP Core reporting measures

The Generalised Anxiety Disorder scale (GAD-7) and the Patient Health Questionnaire (PHQ-9) are widely used reporting measures of generalised anxiety disorder (GAD) and major depressive disorder (MDD). NEECS counsellors assess each service user at the start of their counselling sessions using GAD-7 and PHQ-9 scores. These are taken again following the final counselling session.

For our Young Persons Service we use the YP Core measure.

Form name & focus	Average 'before' score	Average 'after' score	Average Difference
<b>GAD-7 (anxiety)</b>	13.2 (moderate anxiety)	5.5 (mild anxiety)	<b>7.7</b>
<b>PHQ-9 (depression)</b>	13.1 (moderate)	6.2 (mild)	<b>6.9</b>
<b>Core YP</b>	18.3 (moderate)	8.3 (mild)	<b>10</b>



The biggest difference in scoring results was presented in a service user who started with a depression score of 20 (severe) and ended with a score of 1 (none-minimal)

## SERVICE USER FEEDBACK

“

### CLIENT A:

I would not be the same person if it wasn't for the therapy I received through NEECS over the years. I am a much happier, kinder and more balanced individual for it. It has taught me how to navigate extremely difficult situations, how to recognise unhealthy patterns of attachment and foster healthy relationships (with myself and others) and has helped me steer towards acceptance and away from perfection.

I am also able to recognise my emotions, understand the link between my thoughts and my feelings and thus manage my anxiety and depression, to such extent that I have not suffered from the latter for nearly two years!

It has been so beneficial that it has spurred on me to make a number of meaningful changes in my life such as quitting smoking, going back to studying and working towards my big dream to relocate to the countryside.

”



## SERVICE USER FEEDBACK

“

### CLIENT B:

After finishing the counselling sessions I felt I could face the memories of what had happened to me without the level of fear and distress that I had been feeling before. [...]

I felt more able to recognise and hold these thoughts and feelings calmly when they did arise.

I was able to care for myself better and begin to face looking for work.

”

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## OUR SUPPORTERS

# Thank you



for supporting our Young Persons Service.



for supporting us with an unrestricted grant through their 'Charity of the Year' programme.

**And all individual supporters who made a donation to NEECS in 2021/22.**



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## RECEIPTS AND PAYMENTS ACCOUNT

	<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds</i>	<i>2021 Total</i>
	£	£	£	£
<b>Receipts</b>				
Grants	5,000	10,000	15,000	93,032
Donations	6,285	-	6,285	6,568
	<u>11,285</u>	<u>10,000</u>	<u>21,285</u>	<u>99,600</u>
<b>Payments</b>				
Charitable Activities Costs	-	55,577	55,577	95,129
<b>Net Receipts/-Payments</b>	<b><u>11,285</u></b>	<b><u>(45,577)</u></b>	<b><u>(34,292)</u></b>	<b><u>4,471</u></b>
<i>Transfers Between Funds</i>	(37,162)	37,162	-	-
Net Surplus/-Deficit for the Year	(25,877)	(8,415)	(34,292)	4,471
<i>Funds Brought Forward</i>	30,100	14,910	45,010	40,539
<b>Funds Carried Forward</b>	<b><u>£4,223</u></b>	<b><u>£6,495</u></b>	<b><u>£10,718</u></b>	<b><u>£45,010</u></b>



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**BOARD OF TRUSTEES**

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NEECS is a Member of COSCA and a Member of British Association for Counselling and Psychotherapy.

[necscounselling.org.uk](http://necscounselling.org.uk)

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