



north east edinburgh counselling service

ANNUAL

REPORT

2022/23

neecscounselling.org.uk



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

01

INTRODUCTION

Despite the challenging circumstances in which we found ourselves in and the lack of security for the sector in general, this last year has brought positive change to NEECS. We begun our 12 month Service Level Agreement with the Edinburgh Health & Social Care Partnership in April 2022 and Julia Ossenbruegge joined us as our new Manager in September.

Alongside the Board of Trustees, Julia will work to secure sustainable funding sources and operating models for NEECS to make sure we continue to serve the community of North East Edinburgh.

On behalf of the Board of Trustees, I would like to express our continued thanks to our counsellors, supervisors and staff at NEECS who continue to make NEECS what it is.

Jess Crichton, Chair



It's been a privilege to join NEECS part way through the year 2022/23 and to experience the importance of the work that we do - first and foremost in the counselling space, but also through the structures that support the therapeutic work.

I'm excited that we've paved the ground for new opportunities that will come into being in 2023/24. At the heart of this, we will work in partnership with others and link directly into the communities that we're here to support.

Julia Ossenbruegge, Manager



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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.

Easy access to free counselling has the potential to greatly improve people's lives. When counselling helps one person, it benefits the whole community. Counselling equips individuals with increased resilience and better coping techniques. This leads to individuals feeling in control of their lives, making positive choices and enjoying improved relationships.

North East Edinburgh Counselling Service fills a much-needed gap and can even provide a lifeline for those who cannot afford to pay for counselling.

The demand for our service is particularly high amongst young people – 55% of our service users in 2022/23 were under 35.

Our experienced team of self-employed counsellors and supervisors are trained in a range of counselling tools and approaches. All of them are registered with professional bodies BACP or COSCA.

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THE NUMBERS FOR 2022/23

212

referrals made to the service

829

counselling sessions offered*
(working with 124 service users)

100

per cent of service users
contacted within 5 working days

9.4

weeks average wait time for a
service user to be seen

30

DNAs ('did not attend')

*Of the total number of sessions offered, 124 were assessment sessions which count as the first of eight sessions. 42 sessions were cancelled in advance by the client. 21 sessions were cancelled by NEECS (primarily due to illness) and 30 sessions were DNAs.


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COUNSELLING OUTCOMES

GAD-7 & PHQ-9 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.

Form name & focus	Average 'before' score	Average 'after' score	Average Difference
GAD-7 (anxiety)	11.9 (moderate anxiety)	5.8 (mild anxiety)	6.1
PHQ-9 (depression)	13.7 (moderate depression)	7.5 (mild depression)	6.2



The biggest difference in scoring results was presented in a service user who started with a depression score of 16 (moderately severe) and ended with a score of 0 (none).

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SERVICE USER FEEDBACK

CLIENT A:

“*My counsellor has helped me to rebuild my life.*”

“When I started counselling, I was really down, unmotivated, stressed and helpless. I just could not imagine how my life could ever change for the better. Over my time at NEECS, my mental health - thus my overall wellbeing - has improved beyond my expectations.

[My counsellor] has helped me to rebuild my life. A life where I have a choice and I am no longer a helpless victim of bad circumstances. I have learnt to believe in myself.

My new attitude and approach to life changed my relationships and, overall, everything for the better. After almost a year of unemployment, I have received a job offer in my field. I feel happy and proud of myself for what I achieved.”



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SERVICE USER FEEDBACK

“

Meeting with my counsellor was like a beacon of light in weeks where the darkness felt overwhelming and all encompassing.

The parts of me that have felt irrevocably broken and shattered have been cradled and given kindness.

”



Client B

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FEEDBACK FROM GENERAL PRACTITIONERS

“

My name is Dr Samuel Watt. I am a GP Partner at Brunton Place Surgery in North East Edinburgh. The patients at our practice have greatly benefited from the service provided by the North East Edinburgh Counselling service, which has supported and treated our patients for the last 27 years.

Their ongoing work has helped to reduce the burden of anxiety and depression in our patient group, building their confidence and resilience, helping our patients to make positive choices for their futures. The mental health needs of patients in the North East Edinburgh area is a significant and growing problem and is the most common reason for patients seeking assessment at our practice.

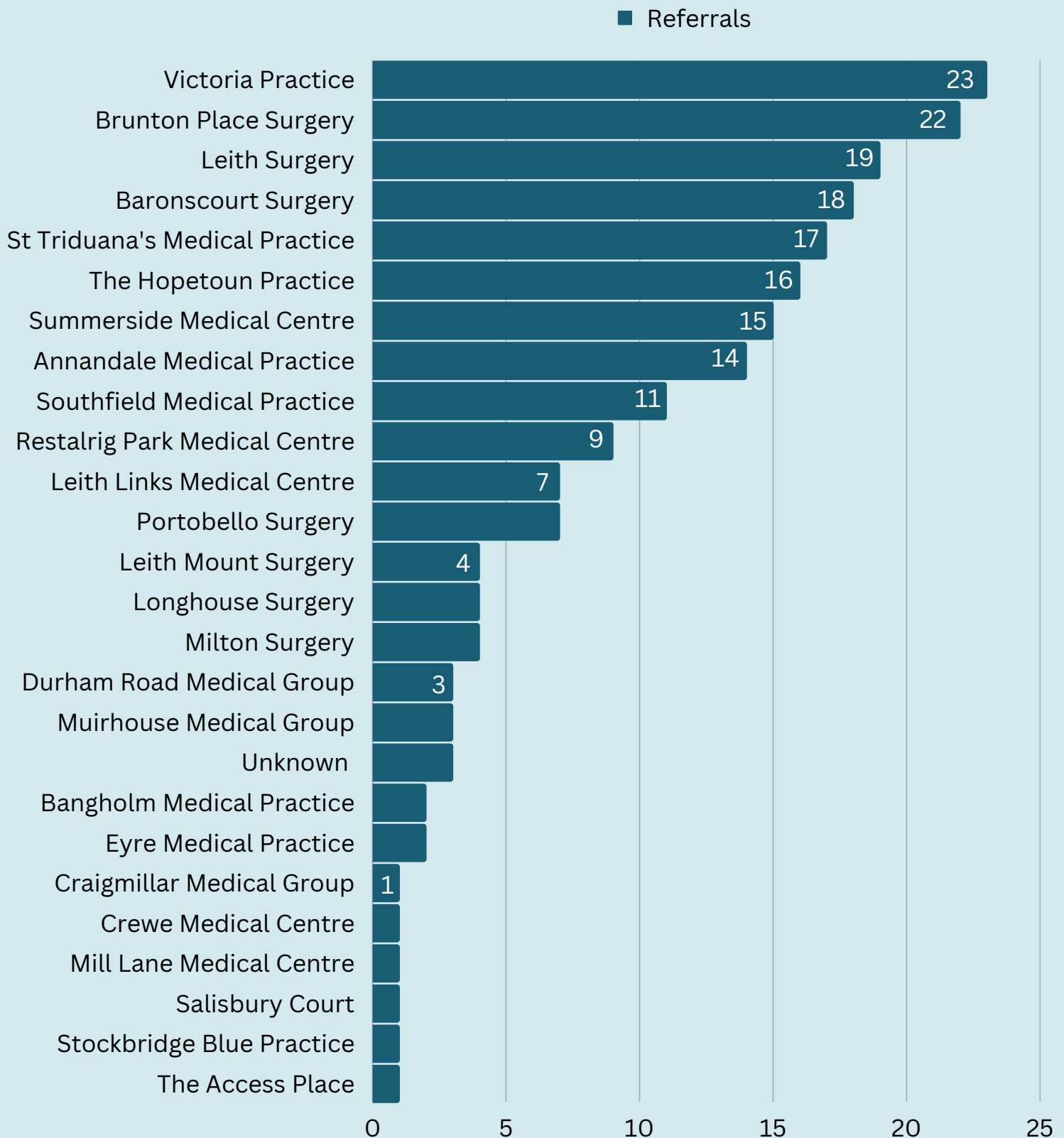
Our patients have regularly reported positive feedback regarding this service, and we have noted long term improvement in the mental health of patients who have been supported by this service.

We feel this service is an integral and beneficial part of the local community and that this is a service that should be secured and expanded in the future.

”

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REFERRALS BY GP PRACTICE



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OUR SUPPORTERS

Our work in 2022/23 was made possible through a Service Level Agreement with the Edinburgh Health & Social Care Partnership.

Edinburgh **Health and
Social Care** Partnership



Our special thanks go to **Link Up Women's Support Centre** who chose NEECS as one of their beneficiaries following the winding up of their charity. The funds will be spent in accordance with their purpose.

We also like to thank The Hugh Fraser Foundation for supporting our work with a grant.

THE HUGH FRASER
FOUNDATION

And of course, we're hugely grateful to **all individual supporters** who made a donation to NEECS in 2022/23.

Thank you.

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RECEIPTS AND PAYMENTS ACCOUNT

	<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds</i>	<i>2022 Total</i>
	£	£	£	£
Receipts				
Grants	-	90,654	90,654	15,000
Donations	3,228	-	3,228	6,285
	<u>3,228</u>	<u>90,654</u>	<u>93,882</u>	<u>21,285</u>
Payments				
Charitable Activities Costs	<u>4,993</u>	<u>62,518</u>	<u>67,511</u>	<u>55,577</u>
Net Receipts/-Payments	<u>(1,765)</u>	<u>28,136</u>	<u>26,371</u>	<u>(34,292)</u>
<i>Transfers Between Funds</i>	6,495	(6,495)	-	-
Net Surplus/-Deficit for the Year	4,730	21,641	26,371	(34,292)
<i>Funds Brought Forward</i>	4,223	6,495	10,718	45,010
Funds Carried Forward	<u>£8,953</u>	<u>£28,136</u>	<u>£37,089</u>	<u>£10,718</u>



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BOARD OF TRUSTEES

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(JOINED JULY 2022)
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SEPTEMBER 2022)
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SUPERVISORS

BARBARA MALINEN
JOHN MACFADYEN

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

necscounselling.org.uk

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