

1.10.2019

Annual Report 2018-2019

Trustees : Dr John Mason (Treasurer)

Mr Tim Hunter

Mrs Sue Purseglove

Dr Michael Miller (Chair and temporary Secretary)

The Trustees meet monthly (currently 2nd Wednesday of the month) throughout the year, with the exception of August. Liason with others for advice and help on issues eg. our website or fundraising is done on an ad-hoc basis. Matters concerning financial management, data protection etc are discussed regularly in accordance with guide-lines of the Charity Commission.

Our aim (as set out in our Trust Deed) is to raise money to provide grants to individuals in financial need who wish to access psychotherapy. Grant making is made on the basis of a financial assessment of the applicant. Currently ,when given, a grant will be made up to a maximum of £ 25 (per session of weekly psychotherapy) for up to 12 months. We will consider renewing a grant to an individual whose circumstances warrant it.

During this financial year (1.4.2018– 31.3.2019) we provided financial assistance to twelve people to fund the psychotherapy that

they could not otherwise afford , totalling £4316 in grant payments. Of these twelve , five were new(or renewed) recipients of CPAT grants; and the total of cheques issued during the year was £3,994. Sixteen psychotherapists registered with us.

As noted in last years report, we launched a concerted fundraising effort in May 2018 sending out 48 letters to various national and local charitable bodies requesting help with funding. To date we have received £8,375 from three charitable trusts or funds , of which £6,375 was received in the financial year ending 31.3.2019. Our expenditure on this fundraising effort was £ 385.

We have now completed the Charity Commission's policy requirements as summarised on our website (<https://cambridgepsychotherapyassistancetrust.org/wp-content/uploads/2019/03/CPAT-Policy-summaries-.pdf>), with Tim Hunter acting as Lead for Safeguarding and Sue Purseglove for Data Protection. In addition to this we have adopted the requirement that all Trustees should have DBS checks and we have taken out a group insurance to cover the differing activities CPAT is concerned with. Finally, we are now in possession of all the CPAT records from our inception in 1989 and are currently deciding what can be disposed of and what should be retained.

During the coming year we will continue to offer grants to appropriate applicants . We have recently begun to consider offering grants for longer periods of time where warranted , although we would not wish to undermine a basic principal of CPAT in encouraging the applicant's autonomy and independence .

Dr Michael Miller Chair, CPAT