

1.10.2020

Annual Report 2019-2020

Trustees : Ms Fliss Cadbury
Dr John Mason (Treasurer)
Dr Michael Miller (Chair / Secretary)
Mrs Sue Purseglove

The Trustees meet monthly (currently 2nd Wednesday of the month) throughout the year, with the exception of August. Liaison with others for advice and help on issues e.g. our website or fundraising is done on an ad-hoc basis. Matters concerning financial management, data protection etc are discussed regularly in accordance with guidelines 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. However, our current funding position restricts the maximum we can give in an individual grant to, generally, £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 (1.4.2019– 31.3.2020) we provided financial assistance to ten people to fund the psychotherapy that they could not otherwise afford, totalling £5289 in grant payments. We received donations of £6723.64 which together with the subscriptions fees of the 16 psychotherapists who registered with us meant that our income for the year was £7540.91. Follow-up reports were sent to four major donors (John Booth Foundation; Denman Trust; Strangward Trust; Ainsworth Trust) to show how their money has been spent.

We updated our Safeguarding and Equality policies and agreed that all policies will be reviewed annually and in accordance with the Charity Commission. Our website domain (www.cambridgepsychotherapyassistancetrust.org) was renewed for a further 5 years (also dropping the co-existing co.uk domain) and our SSL certificate was renewed for a further 2 years. In accordance with GDPR we reviewed all the records held since the inception of CPAT in 1989, retaining anonymised data and destroying records beyond a five year limit in accordance with our privacy policy.

Tim Hunter resigned from the position of Trustee and has been replaced by Fliss Cadbury (who has also taken on the role of note-taker to the monthly trustee meetings and agreed to be the reference person for any matters arising in connection with our Safeguarding Policy.

CPAT continues to play an important role in the local psychoanalytic psychotherapy community with a committed core of psychotherapists willing to see patients in financial hardship at reduced rates.

Dr Michael Miller, Chair, CPAT