

1.10.2021

Annual Report 2020-2021

Trustees : Dr John Mason (Treasurer)

Ms Fliss Cadbury

Mrs Sue Purseglove

Dr Michael Miller (Chair /Secretary)

The Trustees meet monthly (currently 2nd Wednesday of the month and via Zoom) 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. When given, a grant will typically be for a maximum of £ 25 (per session of weekly psychotherapy) for a year (usually around 45 weeks to allow for the psychotherapist's leave arrangements). In certain cases this can be extended for a further period upon application.

During this year (1.4.2020 – 31.3.21) we have awarded grants to fourteen recipients , totalling £ 8,266 (*14 refers to the number of recipients whose grant cheques were cashed during the financial year. Sometimes there is considerable delay between the issuing and cashing of cheques. 18 people were in receipt of a grant during the year. Of these, 8 were new grant recipients, and 10 carried over their grants from the previous year*). Nineteen psychotherapists registered with us. We received donations totalling £4900 including the Denman Trust (£2000) and the Strangward Charitable Trust (£2500).

We continue to collect information from our applicants through our diversity questionnaire . This shows very clearly that we are fulfilling our Charitable aims by assisting those in Cambridge who are most in financial need and from diverse ethnic backgrounds.

This period has been, as for everybody , very challenging .One major consequence for CPAT has been that alongside moving over to virtual trustee meetings , we have stopped meeting with applicants as part of the application process. Whilst the loss of direct personal contact (in both cases) is important we have found, particularly in relation to applications, that the process is actually more streamlined and has removed some of the anxiety associated with applicants having their finances scrutinised in person. Recently a major donor who has also been involved as a psychotherapist to several applicants confirmed that the process of application is experienced as being both straightforward and helpful.

In relation to future planning we are anticipating that the demand for help from CPAT will grow as a consequence of a general increase

in mental health difficulties and economic hardship in relation to Covid. We are therefore keeping our financial situation under close review and exploring additional ways to fundraise.

Dr Michael Miller Chair