

11 Bishops Rd., Trumpington, Cambridge
CB29NQ
www.cambridgepsychotherapyassistancetrust.org
info@cambridgepsychotherapyassistancetrust.org
Tel: 07494 500 070

1.10.2023

Annual Report 2022-2023

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. Liaison 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 and other policy matters are discussed regularly in accordance with the 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 the year, 1st April 2022- 31st March 2023, we awarded new grants to nine applicants , amounting to £9,144. Four grants ran over from the previous financial year . The total of grant cheques cashed during the year was £5,703. The total of cheques issued was £6,418. The number of recipients of grant cheques was thirteen . One recipient received a second grant. 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.

The composition and tasks allocated to the Trustees remains the same and we continue to meet via Zoom interspersed with in-person meetings on an ad-hoc basis.

The biggest ongoing hurdle for CPAT is raising the funds to finance our grants. Whilst we are able to raise a modest amount via the subscriptions of the psychotherapists registered with us, the bulk comes from individual donations. We make regular applications to large grant giving bodies which have been successful on occasion but there is only one charity that has supported us on a regular basis. In spite of the donations we receive(for which we are very grateful) without the large donation from the charity we would very quickly run out of money.

As we know only too well there are many people living in Cambridge who apply to CPAT because they cannot afford what to them is the luxury of psychotherapy to try and help with their difficulties. We also know that Cambridge is a very affluent city and I implore anyone who is familiar with the work of CPAT and who is in a position to do so to help fund our grant giving activities. We are a very small organisation with virtually no overheads so any money raised goes directly into grants. A typical grant towards the cost of a years worth of psychotherapy is approximately £1000 and to keep pace with current demand means having to raise £10,000 a year. Because the grants given are spread over the year and often cross over from one financial year to the next , we have managed so far with a lower annual income but this is not something that can be relied upon particularly given the current economic situation.

In the light of this from April 2024 the annual subscription for psychotherapists registered with CPAT will increase to £100. If you are in a position to help us financially or you know of anyone who could please act now to help maintain the future of CPAT.

Dr Michael Miller Chair

CPAT

Cambridge Psychotherapy Assistance Trust