

Thriving on



2008 ANNUAL REPORT

Culturally Responsive Services

ABOUT SIRI

SIRI comes from a Nigerian word meaning "goodlife" as its everybody's aspiration. SIRI's programmes clarify and re-establish positive relationships between family members, friends, neighbours, support networks and their environment. The delivery process is rooted in the clients' cultures and guided by professional ethics of counselling. SIRI facilitates medical condition by helping the client and their personal support network to understand the nature of his/her illness. The aim is for SIRI users to grow and develop through to independence.

MISSION STATEMENT

Working together we will become the provider of choice caring for disadvantaged people suffering from psychosocial and emotional difficulties, each other and the community

CHAIRMAN'S MESSAGE:

Since SIRI opened in 1996, it has consistently set an innovative and responsive course. Our commitment has never been greater. We continue to forge alliances with community, national and international agencies to create support programmes that address the special needs of disadvantaged people targeting the African and Caribbean people.

Our message is a clear and simple truth: Psychiatric disorders are medical illnesses whose treatment is as effective, or more effective, than treatment for other common medical conditions, such as heart disease, diabetes or arthritis. Psychiatric disorders, common and often disabling, can be devastating without proper diagnosis and care. Our mission is to provide a broad spectrum of the highest quality and most accessible services and to train tomorrow's mental health practitioners to meet the evolving needs of our clients, their families and the community.

SIRI's programme evaluation data collected over the years (using BASIS-32 – Licensed Evaluative Measurement Tool) indicated a high level of clients' involvement in holistic counselling:

- 88% of clients were active in establishing weekly contacts
- 90% completed contract requirement and
- 95% attended assigned therapeutic activities trading treatment hours for time in structured community-based activities.
- 98% Increased satisfaction with services

This report provides examples of how we are meeting these goals.

Patrick Mgbеojikwe
Chairman
Board of Trustees

REPORT OF THE BOARD OF MANAGEMENT

PRINCIPAL ACTIVITIES

SIRI was established to provide a major health programme by the development of holistic model of care in the Community. SIRI's services include:

Holistic Counselling	Befriending and Assertive outreach
Mental Health/Dual Diagnosis Management	Drug/Alcohol misuse
Children and Families Creative Arts	Welfare Benefits
Immigration & Asylum Support	Vocational Rehabilitation
Parenting Lifeskills Training	Domestic Violence Support
Advocacy	and Health Promotion

Creating sustainable Black-led organisation is at the heart of SIRI's agenda to build a flourishing fair society based on opportunity and choice for

everyone. SIRI wants to see disadvantaged people in control and giving them the tools to shape their future.

The commitment and dedication of our members continue to be fully tested. The volunteer workforce stepped up the community resolve and met their responsibilities throughout the year. Despite the increasingly more

challenges a great deal was achieved. SIRI's unique strength is derived from its wide range of members who represent the private, public and community sectors, and this distinguishes it from all other sectoral interest groups.

SIRI's experience over the years identified clear correlations between most forms of psychopathology and one or more of the followings:

- ⇒ *emotionally damaging infant and childhood experiences*
- ⇒ *poverty and degrading life experiences*
- ⇒ *powerless and low self-esteem and*
- ⇒ *loneliness, social isolation, and social marginality*

*SIRI continues to adopt **primary prevention** in recognition of the fact that most mental health conditions are not identifiable by objective tests and/or real organic diseases. We focused on activities designed to reduce*

environmental stressors, build peoples' competencies and life skills:

Direct Community Services – providing educational experiences to the community as a whole through preventive education.

Direct Client Services – addressing the immediate needs of clients as well as people identified as at risk for developing future mental health problems through outreach and counselling to them.

Indirect Community Services – comprising efforts designed to make the social environment more responsive to their needs as a whole through collaborative working with relevant key agencies.

Indirect Client Services - meeting the special needs of vulnerable people in the community through creating new helping networks and client-advocacy services.

MOBILIZING RESOURCES FOR CHILDREN & YOUNG PEOPLE

All parents learn that their child's pre-adolescent and adolescent years can be tumultuous. Many of the illnesses we see are not what the typical child mental health practitioner sees. We understand that children and adolescents who have suffered serious physical abuse tend toward violent acts themselves. Family Violence is chronically under-reported and children are often the "hidden victims"; responses to domestic abuse often solely focus on the victim or perpetrator and not the children.

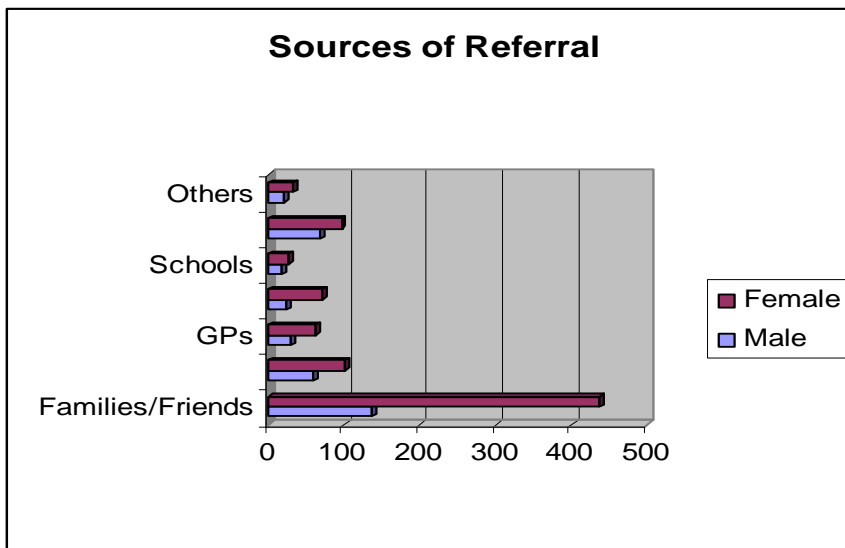
Backed by concerns and voluntary gifts a pilot project in 2008 that is aimed at "Reducing future disadvantage for African and Caribbean Boys" was established. The project incorporates the child's parent(s) and school in order to help him to identify his feelings and manage them in an appropriate manner whilst at the same time helping to restore the family unit through group counselling sessions and workshops. By working with the child's school, we also aim to prevent and/or rectify any deterioration in the child's academic and social behaviours. Our priority is helping to ensure a child's **safety**.

EXPANDING ACCESS and OPTIONS

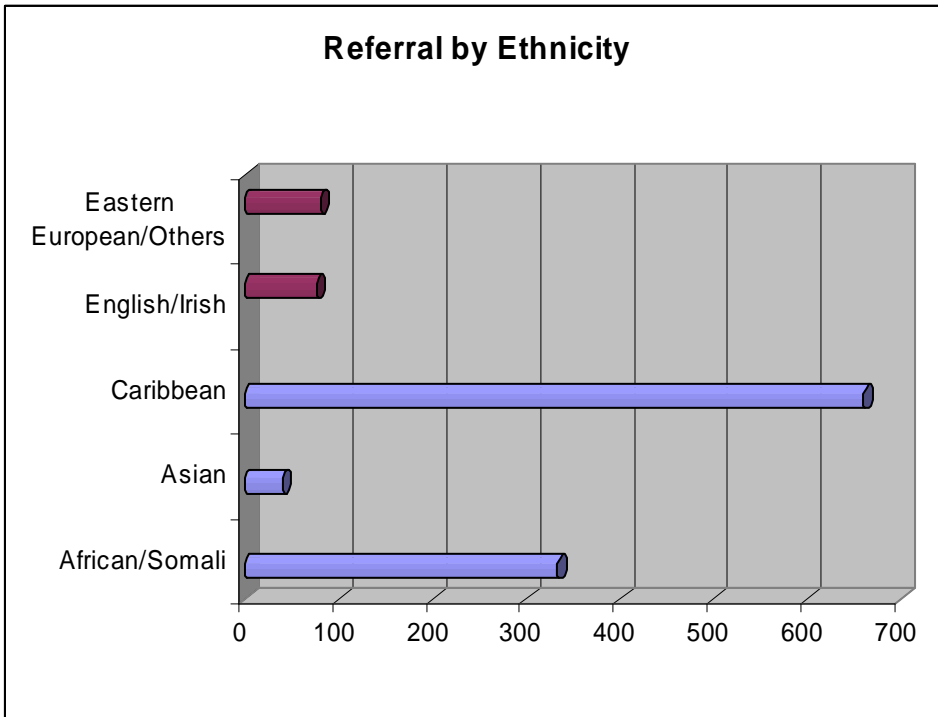
SIRI established an array of new programmes and services on and off its Central and Brent Offices:

The Parenting Classes for Abusive Men offers a flexible and confidential service aimed at assisting men in changing their abusive behaviour; dismantle belief systems and prevent child abuse by teaching parenting lifeskills. The programme offers an unparalleled level of assessment and support.

The Vocational Rehabilitation Programme sensitively support mental health service users into regaining their confidence, self esteem, structured lifestyle through gradual daily structured activities. This programme enables the individual to re-establish a positive identity; building a meaningful life and taking responsibility and control.

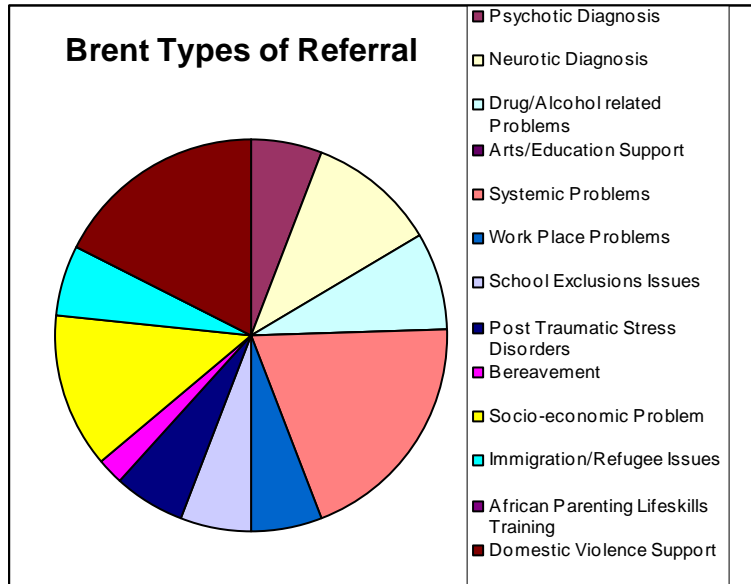


	Male	Female	
Families/Friends	137	437	
Self	61	101	
GPs	31	63	
Social Services	25	71	
Schools	19	27	
Voluntary/Community Groups	69	97	
Others	21	33	
Total	363	829	1192

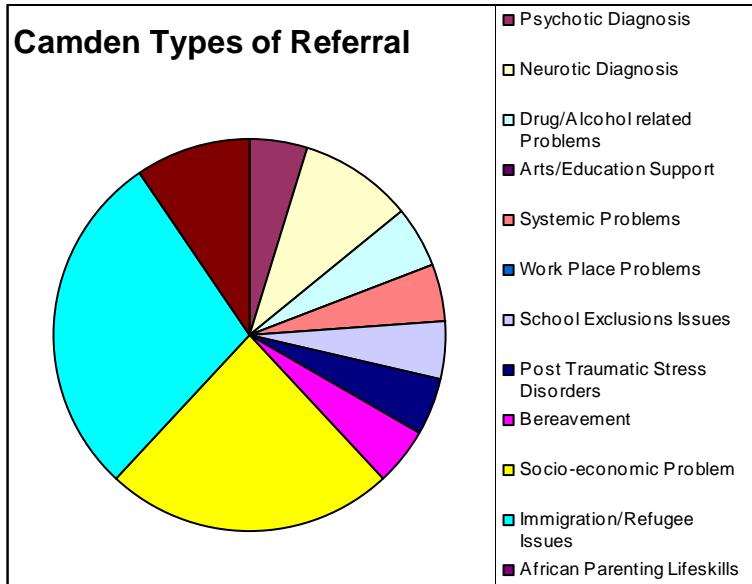


Referral by Ethnicity

	Male	Female	Total
African/Somali	101	233	334
Asian	23	17	40
Caribbean	182	479	661
English/Irish	30	47	77
Eastern European/Others	27	53	80
	363	829	1192

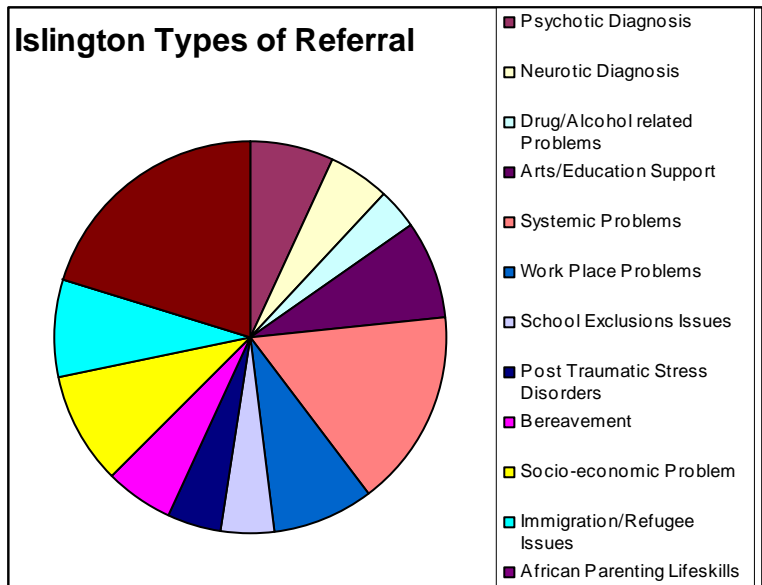


Brent	Male	Female	Total
Psychotic Diagnosis	5	16	21
Neurotic Diagnosis	9	10	19
Drug/Alcohol related Problems	7	2	9
Arts/Education Support	0	0	0
Systemic Problems	17	27	44
Work Place Problems	5	3	8
School Exclusions Issues	5	1	6
Post Traumatic Stress Disorders	5	17	22
Bereavement	2	13	15
Socio-economic Problem	11	31	42
Immigration/Refugee Issues	5	11	16
African Parenting Lifeskills Training	0	0	0
Domestic Violence Support	15	30	45
Sub-Total	86	161	247
Total			247

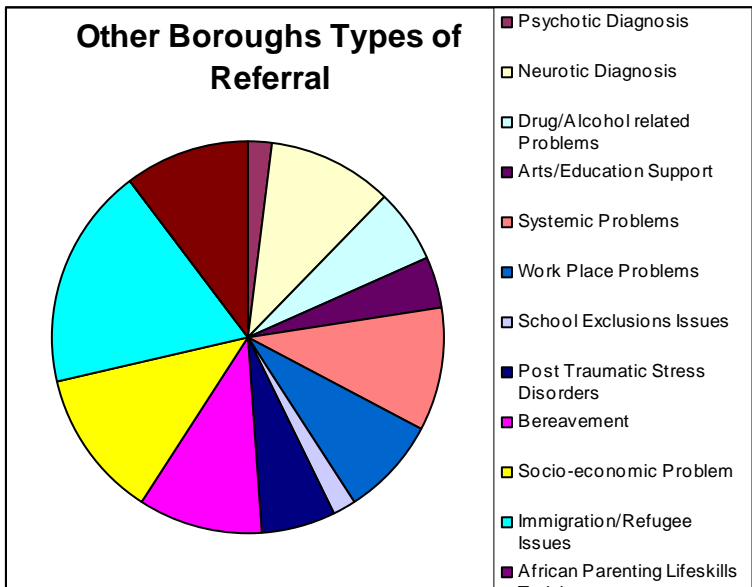


Camden

	Male	Female	Total
Psychotic Diagnosis	1	16	17
Neurotic Diagnosis	2	12	14
Drug/Alcohol related Problems	1	7	8
Arts/Education Support	0	0	0
Systemic Problems	1	10	11
Work Place Problems	0	2	2
School Exclusions Issues	1	1	2
Post Traumatic Stress Disorders	1	3	4
Bereavement	1	9	16
Socio-economic Problem	5	11	16
Immigration/Refugee Issues	6	17	23
African Parenting Lifeskills Training	0	9	9
Domestic Violence Support	2	5	7
Sub-Total	21	102	123
Total			123

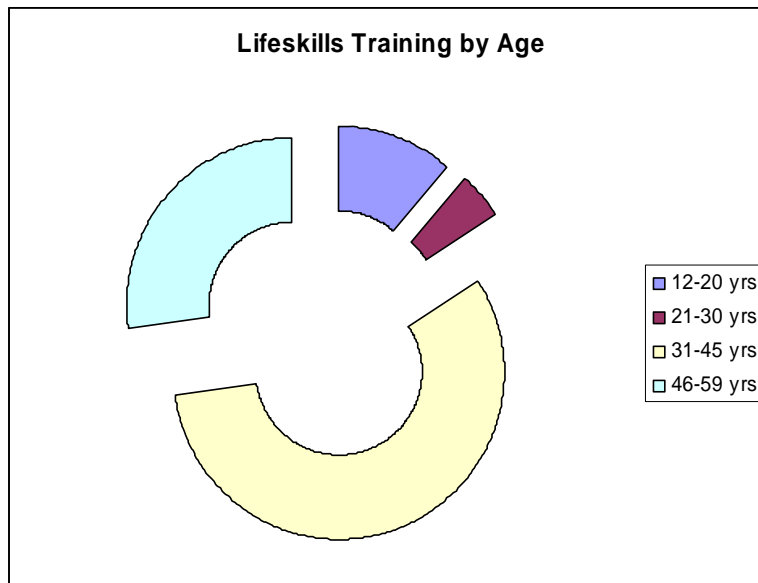
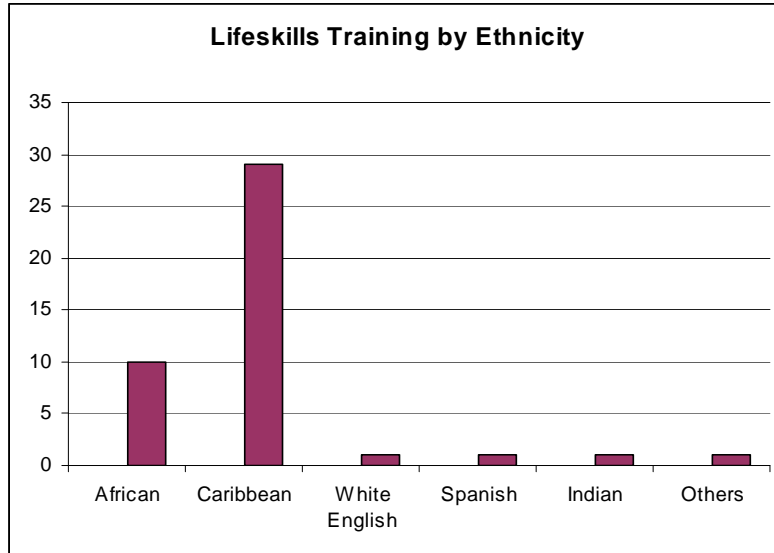


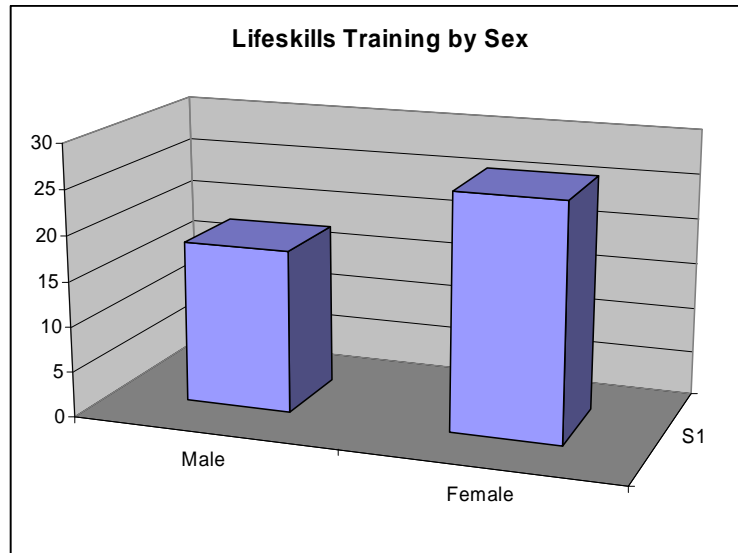
Islington			
	Male	Female	Total
Psychotic Diagnosis	14	27	41
Neurotic Diagnosis	10	23	33
Drug/Alcohol related Problems	7	20	27
Arts/Education Support	16	31	47
Systemic Problems	33	47	80
Work Place Problems	17	30	47
School Exclusions Issues	9	10	19
Post Traumatic Stress Disorders	9	21	30
Bereavement	11	27	38
Socio-economic Problem	19	57	76
Immigration/Refugee Issues	16	37	53
African Parenting Lifeskills Training	0	37	37
Domestic Violence Support	41	91	132
Sub-Total	202	458	660
Total			660



Other Boroughs	Male	Female	Total
Psychotic Diagnosis	1	3	4
Neurotic Diagnosis	5	17	22
Drug/Alcohol related Problems	3	13	16
Arts/Education Support	2	1	3
Systemic Problems	5	17	22
Work Place Problems	4	9	13
School Exclusions Issues	1	1	2
Post Traumatic Stress Disorders	3	9	12
Bereavement	5	7	12
Socio-economic Problem	6	9	15
Immigration/Refugee Issues	9	13	22
African Parenting Lifeskills Training	0	5	5
Domestic Violence Support	5	9	14
Sub-Total	49	113	162
Total			162

HILLSIDE HOUSING TRUST LIFESKILLS TRAINING PARTNERSHIP





Centre of Excellence

In 2008, 4 student counsellors/psychotherapists and social workers were offered placement at SIRI. 27 volunteers completed the in-house training allowing for greater confidence, competence and fast response rate for users needs. As a research site for a major international institution of excellence, SIRI shall continue to serve as a vehicle and a bridge between research and practice. SIRI shall continue to address professionals' and prospective professionals' attitudes towards a more responsive and sensitive cultural intervention.

The unique positioning, innovation and sensitivity of the project has been recognised and as a result request for Social Work Assessment and Parenting Capacity Assessment are on the increase.

Strengthening SIRI

The motivation for the continued popular participation by SIRI's volunteers and users is the collective effort by the people to pool their efforts and whatever other resources to attain the objectives they set for themselves.

Without the support of volunteers SIRI would be unable to provide the services it does. From the Trustees to student placements and regular volunteers our work is sustained by their assistance. Service users' involvement in the running of SIRI is also an important part of SIRI. We are therefore grateful to all of those who volunteered their valuable time and support for their continued involvement.

Core staff are desperately needed to provide main services, which are consistent with SIRI's vision. This can only be achieved with long-term financial base. We are therefore appealing to funding agencies to recognize that our development is no easy task and cannot be approached in a tokenistic way.

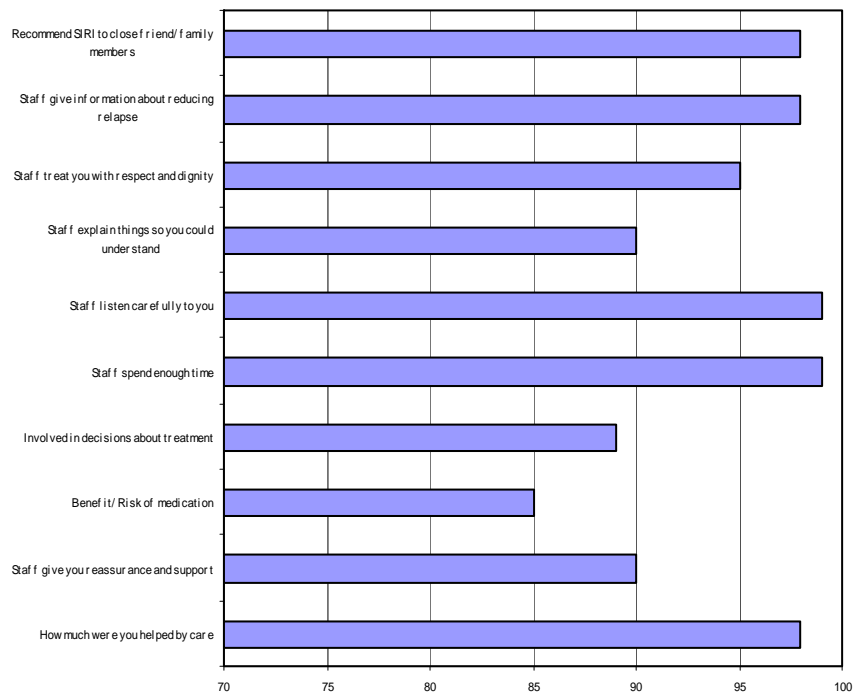
Clients Perception of Care at SIRI

In keeping with our quality assurance policy, BASIS-32 (Behaviour and Symptoms Identification Scale) – a licensed outcome

evaluative measurement tool developed by McLean Hospital/Harvard Medical School, Massachusetts, USA was used to find out the clients' perception of care at SIRI in addition to evaluating therapeutic progress.

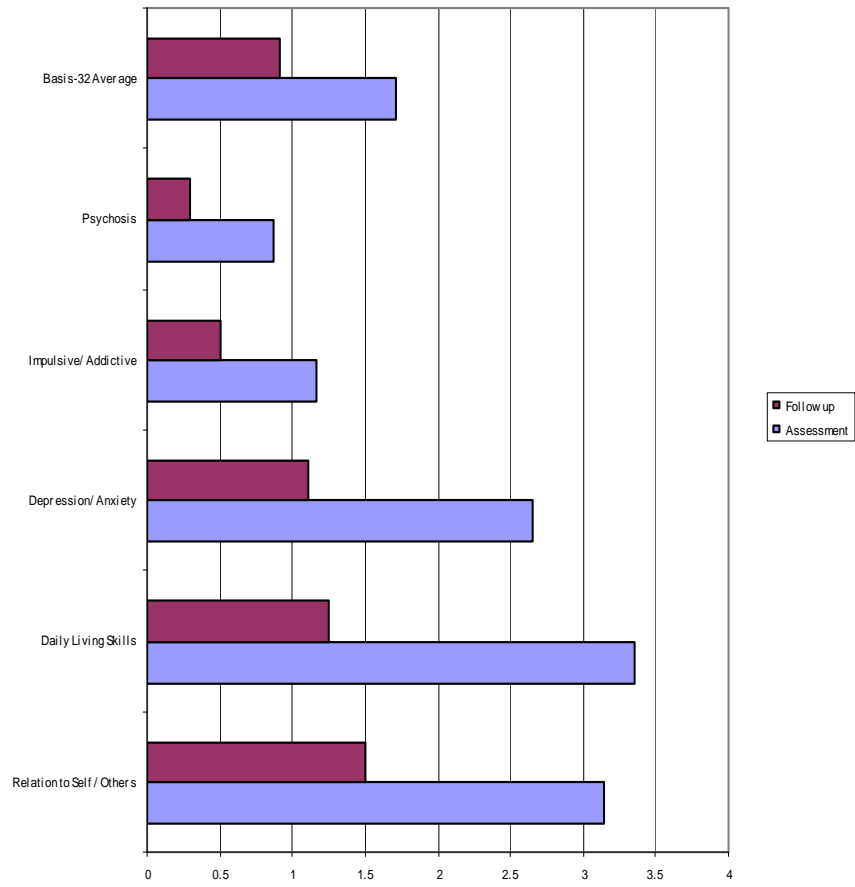
1123 (94.21%) completed the forms, which is more than sufficient to obtain reliable data. The results (as in previous years) were very encouraging and motivational for all concerned.

Percentage of Clients Reporting Favourable Perception of Care



Mean Basis-32 Scores at Assessment and Follow up after one year

N = 530 P's < 0.01



Fundraising Breaks Record

Giving to SIRI reached an all time high in 2008, reported Rev(Mrs) Theresa Ayertey, Treasurer. *“We raised over £200,000.00 from individuals and Foundations – the greatest annual total of gifts in SIRI’s 12 year history, said Rev. Ayertey. The contributions are a wonderful show of support for the exceptional work we do at SIRI. Our donor’s generosity will enable SIRI to continue its mission of culturally sensitive care and support.*

Rev(Mrs) Theresa Ayertey
Treasurer

OUR TEAM

BOARD OF MANAGEMENT

Patrick Mgbeojikwe, Chairman

David Hughes, Deputy Chair

Rev(Mrs) Theresa Ayertey, Treasurer

Dr Edwin Sawacha

Sedia Nallo

Mrs Akpesiri Godwin

Peter Swaray Mac Jajua

Emmanuel Kanu

Rev Jim Ewetade

Sharon Johnson

Lettice Noto

Teddy Williams

Tayyib Bah

Ideta Fredrick

Valerie McPherson

Dr Tony Ogefere, JP Company Secretary

STAFF

Dr Tony Ogefere, JP Executive Director/Clinician-in-Chief

Gerald Chenwi, Finance Manager

Anita Jajua, Social Worker

Jessie Hall, Counsellor

Elaine Raphael, Counsellor

Justine Timbou, Counsellor

Janet Eruvbetere, Family Support Consultant

Catherine Miller, Brent Office Manager (till October 2008)

Imani Quow, Operations Manager (from October 2008)

Tina Short, Office Manager

Professional Advisers

Accountants/Auditor

Davidson & Co. Ltd.
62 Kenworthy Road
London E9 5RA

Bankers

HSBC Plc
584 High Road
Wembley
Middlesex HA0 2DB

Solicitors

Mills Chody – Solicitors
226-228 Kenton Road
Kenton
Middlesex HA3 8BZ

Prof. Phillip G. Levendusky
Harvard Medical School/McLean Hospital
115 Mill Street, Belmont
Massachusetts, USA

Dr. 'Dele Olajide
South London & Maudsley (NHS) Trust
Maudsley Hospital
Denmark Hill
London SE5 8AZ

Angus Igwe
Centre for Personal
& Professional Development
The Old Brewery, Twyford
Near Winchester
Hampshire SO21 1RG

T H A N K Y O U

SIRI would like to thank the following bodies that provided us with grant funding and/or purchased our services during 2008. Lloyds TSB Foundation, Becton Family Foundation, USA, The Baily Thomas Charitable Fund, Hillside Housing Trust. McLean Hospital, Boston, Massachusetts, USA, Ipitomi UK Limited. We would also like to thank the charities, companies and other organisations, and the many individuals who made donations or grants to help us in our work in 2008.



*77A Evershot Road
Finsbury Park
LONDON N4 3DF*

www.siricounselling.com

info@siricounselling.com

Tel: +44(0) 844 880 1861

Fax: +44(0) 844 880 1863

+44(0) 7956 266 257 (Emergency)

Registered Charity No: 1063799

A Company Limited by Guarantee No: 3405697