

# THE COUNSELLING SPACE

ANNUAL REPORT  
2023



# REPORT

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# 01. Delivery

In 2023, The Counseling Space delivered within all areas of the support we offer to our communities, otherwise not available or easily accessible. We offered in person and online six to ten weekly one-on-one counseling sessions for individuals, young people and and couples.

We also offered free quarterly group workshops on mental health in a variety of settings, such as local charities, unions, women's organizations and youth organizations.

During 2023 we delivered a total of 459 free counseling sessions to individuals, couples, groups and community sessions both online and in person.

**459**

**Free mental health sessions delivered for the community**

**45**

**Individuals & couples over 16 years old accessed free therapy**

**167**

**Adults engaged in free mental health community groups**

## 02. Challenges

The Counseling Space is a continually growing community project that has become a key support service for members of Hackney, Tower Hamlets, Inslington and wider communities and neighboring boroughs. We are often a “go-to project” for urgent local support, especially in areas where we have seen an increase in people affected by social determinants affecting trauma, such as people facing evictions, homelessness, cost of living crises, addictions, and broken family relationships.

Space remains a challenge for the project; In 2023 we ran a pilot program providing somatic trauma therapy that has been highly successful with feedback lasting impact on the health of women who participated in the program. The pilot program of somatic therapy sessions was delivered to 11 women who had experienced violence and trauma.



## Opportunities

Our challenges are also opportunities and we look forward to securing funding to help us with the cost for a bigger therapy room and permanent space for the massage trauma therapy we hope to make accessible for the community on a regular basis.

# 03. Funding & Collaboration

## 453 FREE therapy sessions delivered for the community

Thanks to the funding support of the National Lottery Community Fund, The Crib Project and the continued support of the Mill Co. Project and Rose Lipman building, we have been able to deliver a total of 453 free, accesible sessions funded to members of the communities, many of them who would not able to access or afford this therapeutic support elsewhere.



"...this project has helped us as a couple... we have identified cycles that were not always healthy or helpful in our relationship"

"..therapy is expensive, I lost my job, my income, and my English is limited. The Counselling Space has helped me access support could not simply afford"



## 4. What's next?

Mental health is a human right, the staggering estimated 1.6 million people on mental health waiting lists are impacting our communities.

We believe in the need to diversify the provision of supports and services to meet emerging needs affecting the mental health of our communities.

Our goal for 2024 is to diversify the support we offer and expand what has been a success, we hope to secure funding for the delivery of:

**Trauma Massage Therapy:** We want to embed the pilot project that we carried out last year and which was very successful and praised by all its users. We want to offer 4 to 6 therapeutic massages for women who have experienced different types of trauma and who would benefit from this somatic approach to relieve stress, muscle pain, blood pressure, insomnia, stored trauma, increase self-esteem, body image and supports the increase of hormones which relieves symptoms of depression.

**Tree of Life (ToL) Workshops:** The Tree of Life (ToL), designed by Ncube (2006) in Zimbabwe, was developed to support vulnerable children. Tree of Life uses metaphors and questions to encourage people to tell empowering stories and hear stories of hope, strength and shared values, as well as foster community connection.

We also hope to secure the extension of current funding to deliver our regular sessions, as well as the programs we have developed through evidence-based expertise, such as techniques to break cycles of abuse, relationship breakdown, identity and chronic anxiety.

**~Thank you~**

# THE COUNSELLING SPACE



Adults

Young People

Families

Couples

*Free therapy for the community*

Sessions by appointment only  
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