

The Harbour



Providing a free and professional psychodynamic counselling and psychotherapy service for people affected by a physical life-threatening illness

ANNUAL REVIEW
2008 - 2009

SERVICE PROVISION

The Harbour was established in 1991, with the objective of enhancing the quality of life for those suffering from, or affected by, a physical life-threatening illness. It provides a professional counselling and psychotherapy service, free of charge.

We see:

- individuals aged 18 and over, suffering from a life-threatening illness.
- carers, and those in a close relationship to someone with a life-threatening illness.
- those bereaved within the last 2 years by a close relative or friend with a life-threatening illness.
- couples affected by life-threatening illness.

Our experience has shown that a life-threatening illness can give rise to serious emotional and psychological disturbances, and that counselling and psychotherapy can offer reliable support and care which helps with the process of coming to terms with a distressing and frightening situation. The Harbour, with its focus on psychological care, complements the medical and physical care provided for patients elsewhere.

The counselling or psychotherapy provided aims to:

- explore the impact of having a life-threatening illness.
- pay attention to fears, anxieties and concerns.
- explore any difficulties in relationships, including with family and friends.
- pay attention to how clients think about and relate to any treatment.

To carry out these aims we:

- provide an initial assessment to explore the client's needs.
- assess whether The Harbour offers an appropriate service for the client, and if not we suggest alternatives where available.
- provide regular weekly psychodynamic counselling or psychotherapy by professional trained staff. This may be for short, medium, or long-term periods up to two years.
- offer a regular time and space as the familiarity and regularity of the environment helps clients to feel safe.
- maintain confidentiality.

The Harbour's service is delivered by qualified and experienced counsellors and psychotherapists. The Harbour also offers supervised placements for counsellors and psychotherapists in training. The Harbour is a member of the British Association for Counselling and Psychotherapy (BACP) and adheres to its Codes of Ethics and Practice.

There are no geographical limits for our clients provided they can access the service in central Bristol on a regular basis. If clients become too ill to continue their sessions at The Harbour but wish to continue to be seen, at home or elsewhere, we will try to do this wherever possible.

“ I feel supported in a subtle way. Taken seriously, I feel I have had something from it that will stay with me. It is not easy to define but it's something solid, constant, a point of reference. ”



Trustees' Report

Welcome to our 2009 Annual Review, which gives an overview of The Harbour's activities during the past twelve months.

The Trustees and staff have addressed many issues during the year including changes in personnel, reduction in income and an ever increasing demand for the service.

The Trustees were sorry to lose the services of John Pearce, chairman for the past two years, in November. The Trustees took the decision to rotate the position of chairman for twelve months which has enabled all the Trustees to have a greater involvement with the organisation. This has been a very positive experience for all concerned. We are fortunate in continuing to attract new Trustees and we are optimistic that further new appointments will be made during 2009.

Despite the difficult economic climate the Trustees and staff remain committed to delivering and developing the much valued services of The Harbour. The quotations scattered throughout the report are extracted from client evaluation forms (with permission) and speak for themselves.

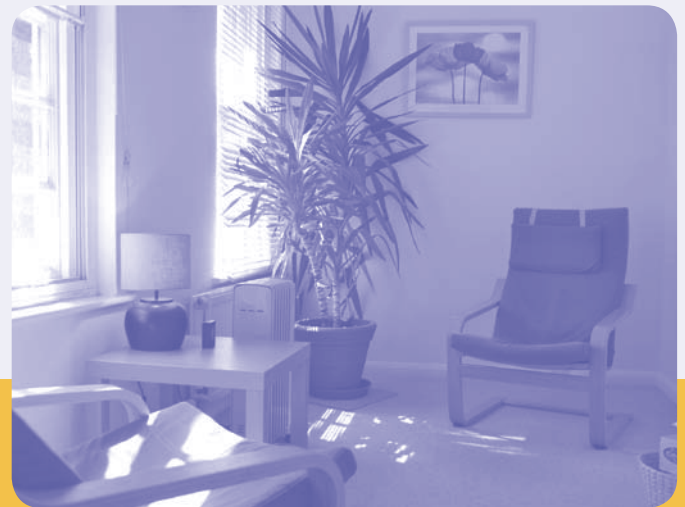
Finally our thanks go to our staff, patrons and funders without whose continuing support The Harbour would not exist.

Trustees of The Harbour

VISION STATEMENT

To enhance the quality of life for people directly or indirectly affected by a physical life-threatening illness

“When I attended assessment I felt I'd had a good chat in a safe place and that I didn't need counselling! One year later I had been given a rope up that mountain (During that year my daughter had serious problems and I could not have understood the events or coped as well without the help). I could never have afforded to pay for what The Harbour gave me. It was a gift and I remain extremely grateful. The tools I developed continue to help me. ”



“ I feel more of a complete person. I relate to other people in a different way and have made future life plans which I would not have been able to before. For the first time in my life I am not afraid. I can live my life for myself and not through other people. ”

BUSINESS MANAGER'S REPORT

When managers of small third sector organisations are asked what they enjoy about their role, many would reply that it is the variety of opportunities and challenges they encounter in their everyday work. Our experiences at The Harbour during the past year reflect this. We have seen staff and trustee changes, which although part of normal working life, are still challenging for everyone concerned, especially within a small organisation. We have enjoyed the benefits of improvements to our own building and 'survived' the ongoing redevelopment work in Frogmore Street, our home.



The need for our service will always outstrip what we can provide and this year, again, we have had to close our waiting list for significant periods of time and our level of activity is slightly reduced compared to recent years. The reasons for this are complex but mainly due to counselling staff changes during the year. We were sorry to lose Carmen Alfonso and Hilary Lindsay when their fixed term contracts came to an end and then shortly afterwards Claire Mackinnon moved away from the area. However we were delighted to welcome Ally Kessler as Claire's replacement in November and Paul Hapney, a placement trainee, in December. When counsellors leave they are unable to take on new clients in the months leading up to their departure and new staff need to build up their case load slowly, hence the drop in activity over a prolonged period. The staff team found the changes challenging but remain as strong and dedicated as ever.

A major achievement within the organisation was the restructuring of the salary system for the clinical staff and with the help of John Deval (Treasurer) and Barbara Stapleton (an external advisor) a much clearer and robust system has successfully been put in place.

Another supportive staff initiative has been the appointment of Paul Hoggett as an external facilitator of regular staff group meetings. This provides an opportunity for all the staff to think about and discuss the work of The Harbour.

What a difference a year makes! This time last year I was

“ Having a space where I could focus specifically on my health issues was particularly helpful. I am very grateful for my appointments. After all the medical and surgical care, The Harbour was the only place where a professional had time, space and concern for my emotional health. ”

“ Some issues were hard to deal with but I knew that I needed to go through that to get anywhere and move on in my life. I would recommend it to other people looking for this service. ”

reporting from a relatively sound financial position but this past year income has dropped back to pre 2007 levels. Our expenditure remains very much in line with our budget but unlike many non 'voluntary' organisations we start each year with less than 50% of our income guaranteed. Regardless of how busy we are, there is no corresponding increase in this income, and we still have to fundraise the balance. This year we invested in researching additional trusts and the number of donations has increased but the amounts awarded have been smaller.

Our relationship with Bristol NHS PCT continues to be strong and we meet regularly with our NHS Commissioning partners who are supportive of the service we provide. We were disappointed not to make the final round in our bid last autumn for increased funding for service development.

We continue to develop our model of good professional practice and are consulted by practitioners in other organisations and related fields. We participate in local specialist forums, such as the Bristol, North Somerset and South Gloucestershire Palliative Care Advisory Group, Bristol Bereavement Forum and the Regional HIV Liaison Group. In all these forums we promote the benefits of providing careful attention to the emotional and psychological needs of people affected by a life-threatening illness, as is now recognised in the recent national Cancer Strategy and End of Life Care Strategy. We are currently a member of a small working party, including Hospice and NHS professionals, to map current provision and set standards of psychological care in 'end of life' and

bereavement. The remit of the group covers both NHS and the voluntary sector services across Bristol, North Somerset and South Gloucestershire.

We are constantly trying to build on relationships with funders and were pleased to be invited to give a presentation describing the work of The Harbour at the St Monica Trust 'Celebration of Giving' in December, which was very positively received. During the year we were delighted to receive two specific grants from South Gloucestershire Council and BCWA Simply Health to enable us to refurbish our disabled toilet, kitchen and an adjoining counselling room. Although the improvements were fairly minor the boost to morale was significant.

The need to provide more detailed data in funders' evaluation reports has enabled us to build up a clearer picture of our clients' progress through the referral system which in turn has led us to look at some of our procedures and the information that we provide. Client evaluation forms also continue to provide very positive feedback to the organisation. These reports inform the staff team's thinking about policy and procedures at The Harbour which we feel is a very healthy process.

The strategic plan for the development of the service continues to be a goal and although the disappointing financial position at the end of the year means that concerted fundraising efforts will need to be made to consolidate the existing level of service we must not lose sight of what we would like to achieve.

Jane Stockall

“ I don't feel that I've made fundamental changes but I am more able to ask for help and acknowledge when I am doing too much. Just having the time and space for me was helpful - when you are acting as a carer it can be exhausting and this gave me the support I needed in order to support others. Just to say thank you for being there and keep up the good work! ”

“ The challenge to my thinking processes was helpful and admitting things I didn't want to, made me face up to them. ”

CLINICAL MANAGER'S REPORT

I am satisfied that our clinical work continues to be of a very high standard, with clients (in their sessions) and therapists (in supervision) both benefiting from the regular opportunity to slow things down and pay good attention to their experiences. Our service is neither needed by, nor appropriate for, everyone affected by a life-threatening illness but for those who do come to The Harbour their regular contact with a therapist is often of great importance.

It was difficult to lose three valued and committed members of staff in the autumn, and painful that none of the three were leaving by choice. In an organisation that is sensitive to issues of loss and dying in our clients, the loss of staff can be felt particularly acutely. As in our work with clients, so also in the staff team, the benefit of paying good attention to distress is that it can bring relief and allow people to move on well; and later in the year we were able to conduct a good recruitment and interview process and are delighted to have appointed Ally Kessler to the clinical team in November.

I want to record my thanks to Claire Mackinnon, Hilary Lindsay and Carmen Alfonso who all left during the year taking with them a wealth of experience and qualities of intelligence, sensitivity and a personal commitment to the work. They are greatly missed.

The current therapists are Mike Snudden, Liz Salter, Paul North, Ally Kessler and Paul Hapney who together constitute a thoughtful and very engaged clinical team. I want to thank them all for their careful attention to their work and their commitment to the organisation. Julie Cox does a remarkable amount of work for the clinical team in few hours, and we are all grateful for her contribution.

The clinical work takes place within a broader context, and it is appropriate that I am also involved in ensuring the best environment for the work. I will highlight four issues that I have been thinking about this year: the staff team and the organisation; contact with others; survival, national policy and the funding environment; and the value of the work.

The staff team and the organisation

The therapists at The Harbour need to be working in an environment which supports them in paying attention to experiences that can be difficult to think about. Our clients need us to stay seriously engaged with them through the most painful situations. This work-in-the-face-of-death can be particularly taxing emotionally and it helps us if we can think carefully about the pressures that we come under to cut off emotionally and distance ourselves from the impact of the work. Supervision helps each therapist to pay attention to how they deal with these difficulties in the session. It is also important that we think about the relationships and the structures that develop in the organisation, and whether these support us in remaining open to the work, or are developed defensively to protect us from the emotional work we need to do. This year we appointed Paul Hoggett as a consultant to the monthly staff team meetings and his own openness and even-handed perceptiveness help us in approaching and addressing these questions.

Contact with others

Illness is often accompanied by a narrowing of the social circle of relationships. Contact with the closest family and friends can become intensely important, while contact with more peripheral figures is lost. In a parallel process the therapists at The Harbour can also feel caught up in intense and rather claustrophobic work, and in the fantasy that no-one outside could understand. I think it is important for our health as an organisation that we struggle to describe and communicate the work and I am pleased that we have been able to promote The Harbour's work effectively in a number of ways in the past year.

Survival, national policy and the funding environment

Because I believe in the value of the work we do, I am passionate to see The Harbour not only survive but develop in what may become a difficult economic climate for many charities. Partly because our clients are often facing both uncertainty and death, it is important for them that their

therapists feel at least tolerably secure in being able to continue to work with them. It is therefore important that we can offer our therapists a realistic expectation of continuing employment. As Jane highlights in her report, The Harbour has very little guaranteed continuing funding, and is currently dependent on very many small grants from trusts to which we have to apply annually.

One question that is being increasingly thought about, at a national level as well as locally, concerns the relationship between medical treatment and psychological support for those approaching death and those who are bereaved, and the financial implications of each. Put crudely, the national debate is about how much money should be spent on (sometimes very expensive) medical treatment which can extend life by a few months, and how much money (comparatively very little) should be spent on providing good psychological support to people who are approaching death or bereavement. Reading national policy guidelines one can track the NHS struggling to give a proper value to quality of life and quality of death (difficult things to measure) as well as to extension of life (easily measured in weeks or months). It is easy to get the impression that the NHS struggles to face the inevitability of death, and to see itself as having a proper role to play in paying good attention to the dying patient. A raft of national policy documents stress the value and importance of psychological support for people facing death or bereavement, but on the whole the money is not yet following the policy. It is in this context that our application last year for a Service Development Grant from the PCT was well received, but ultimately unsuccessful.

The value of the work

At The Harbour our experience is that providing a high quality of psychological support has a significant impact on our client's physical health also. A client of mine arrived at The Harbour having been unable to work for a year following diagnosis with a rare and very frightening illness. He had suffered several strokes, frequent incapacitating migraines and untreatable chronic insomnia which left him both disorientated and desperate. He had been prescribed medication for depression and anxiety with little effect and had been admitted briefly to psychiatric hospital. It was difficult to disentangle which of his symptoms were the result of stress and which a direct organic manifestation of his illness. I saw him for two years during which he returned to work and his health improved considerably. He had no strokes in the course of his therapy, few migraines, and very little recurrence of his insomnia. In my opinion his therapy contributed significantly to these health changes, and although the physical development of his illness will no doubt be relentless, he will be much better able now to manage the symptoms, and these will be less likely to be exacerbated by psychological stress. When he left The Harbour he had developed considerable insight into what he needed to do to support his psychological health. This improved resilience is likely to have continuing positive effects on both his physical and psychological health, with a concomitant reduction in costs to the NHS.

We would like to have the funding to be able to help very many more people but we are satisfied that The Harbour offers a remarkable and effective service to the clients who do come.

Mark Budden

“All of the counselling was helpful but the fact that it was approached and undertaken at a measured and unhurried pace was perhaps the most important aspect. I regard the improvements in my well-being and functionality as extraordinary – perhaps almost miraculous. There were also some marked improvements in various aspects of my ‘organic health’. I know I can’t rely on the latter of these benefits being permanent, though I will do all I possibly can to preserve them. I consider myself very fortunate for the opportunity to have been assisted in a journey/process of radical repair (to some extent an emotional/psychological and spiritual rebuild) by a patient and highly skilled counsellor (possessed of an enormous capacity to listen, understand and encourage) who has helped facilitate, challenge and add positive shape to a long conversation with myself. ”

First impressions

I started working as a psychotherapist at The Harbour 6 months ago and I wanted to write about the nature of the place – for those who work here as well as those who come here for help.

Working exclusively with people affected by life-threatening illness is a very particular kind of therapeutic practice. What our clients are facing is at the sharp end of experience, literally, a matter of life and death. It is powerfully affecting to hear about tragedy and loss, and to be confronted with the devastating effects of debilitating illnesses.

The Harbour strives not only to provide a harbour for our clients to which they can come and find an understanding and attention that they may not get anywhere else, but also to take into account the demands and difficulties of this important and moving work.

In the culture of our society the needs of people in the caring professions can often be sidelined. This is bad for the carers, and ultimately bad for the people who need our help. It leads to burnout, high turnover, and a cynical and stressed workforce.

Our clients are having to suffer experiences that can feel so painful as to be almost unbearable. For us to help them, we have to be able to face and endure feelings of sadness, helplessness and despair, just as they do. It is the work that goes into creating the thoughtful and supportive environment here that makes it possible for us as therapists and counsellors to continue to “be there” at these difficult times.

Ally Kessler

On placement at The Harbour

I applied for a placement at The Harbour as part of my professional training for a doctorate in psychological counselling. I had some experience of working with people in acute emotional upheaval but nevertheless anticipated with some trepidation the emotional intensity of the client work. Several successful application steps later I was lucky enough to begin work at The Harbour. My starting date was, however, delayed by a couple of months because somebody close to me was finally losing his battle with a terminal illness.

Forged from traditional masculine material Kenny (not his real name) endured his trauma in his habitually taciturn manner; his inner-turmoil only periodically finding expression in a sudden outburst of anger or the baffling neglect of important personal affairs. Kenny’s relative stoicism in the face of his terrible illness couldn’t however shield his family from the deep strain of witnessing the inexorable progression of his terminal illness. What beforehand seemed like typical snags or stresses in the fabric of their family life were gradually torn into long tears and gaping holes. Only time will tell if, or how well, these injuries can be repaired.

Living a long way away Kenny and his loved ones didn’t have access to The Harbour. This is a pity. If they had been able to use its services they would have been offered a sustained and intimate reflective space within which they could attempt to explore and express their disorientating and disjuncting feelings of loss, anger, helplessness, and chaos – feelings that are present to differing degrees for everyone affected by life-threatening illness.

“ My counsellor allowed me to discuss whatever was bothering me. This could have been my wife’s illness, my job, my relationship with friends and family. I needed this. I found out that my reaction to my wife’s illness was partially about me and who I was as a person. This allowed me to examine my own personality and what made me ‘me’. ”

“ When I first attended The Harbour I was feeling lost in the middle of an endless sea. My counsellor helped me find some direction again in my life. It was the most precious gift I’ve been given. ”

On placement at The Harbour I have learnt that the therapeutic service it provides requires careful thought and nurturing on many levels. The walls of a physical harbour are made of enduring stone but the emotional containment provided by The Harbour requires continual re-construction on a daily basis through the commitment, collaboration and careful thought of all of its staff members. The Harbour has become an important place for me and I feel privileged to be able to make a contribution to its structure and maintenance.

Paul Hapney

Working with couples at The Harbour

.....

It is well documented that the couple relationship is a valuable resource in maintaining psychological health in times of life-threatening illness. I have been counselling heterosexual and same sex couples at The Harbour since 2004, offering both short term (6-12 sessions) and longer term contracts for up to 2 years.

Last year, I completed a Masters degree in Adult Couple Attachment at the Tavistock Centre for Couple Relationships in London (TCCR). This has informed my work with couples at The Harbour in the context of illness, which can pose a threat to the couples' attachment system and sense of security in the world. The capacity for both partners to need and value care provided by each other is an important part of developing a 'secure base' and can influence the capacity to face loss and grieve.

Life-threatening illness affects partners, families and friends and can often disturb the dynamics and established roles in our close relationships. Couples come to The Harbour facing myriad loss and uncertainty; maybe the imminent death of a partner or child, the impact of a diagnosis, the treatment and subsequent side-effects, the loss of a sexual relationship or the threat of the disease progressing. This can bring with it all kinds of intense anxieties and fears that threaten to overwhelm the couple and may seem to undermine the very fabric of the relationship itself. Counselling can be a helpful forum in which to explore together the shared impact of this experience. This can be painful as partners may apportion blame to the other, feel guilty or abandoned. However, as a consequence some couples can experience a deeper intimacy and develop the capacity to 'grow more closely apart'.

Liz Salter



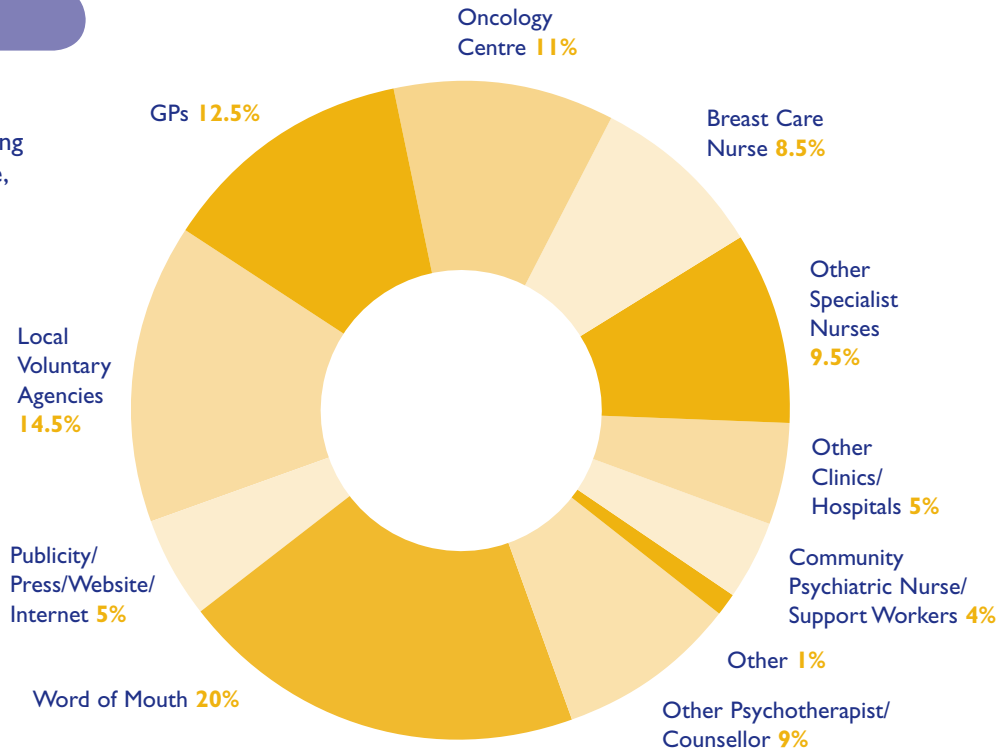
A couple writes...

“ We both felt confused as if our world had fallen around us. We are now able to make the best of the situation that we are left to deal with. My husband can now articulate his feelings more so than he did before and I feel generally better all round. Having the opportunity to voice feelings normally concealed or kept private and having our counsellor's occasional comments helped to make us see things from a different aspect. And opening up thoughts in us both, that although perhaps stressful, was at the same time helpful. ”

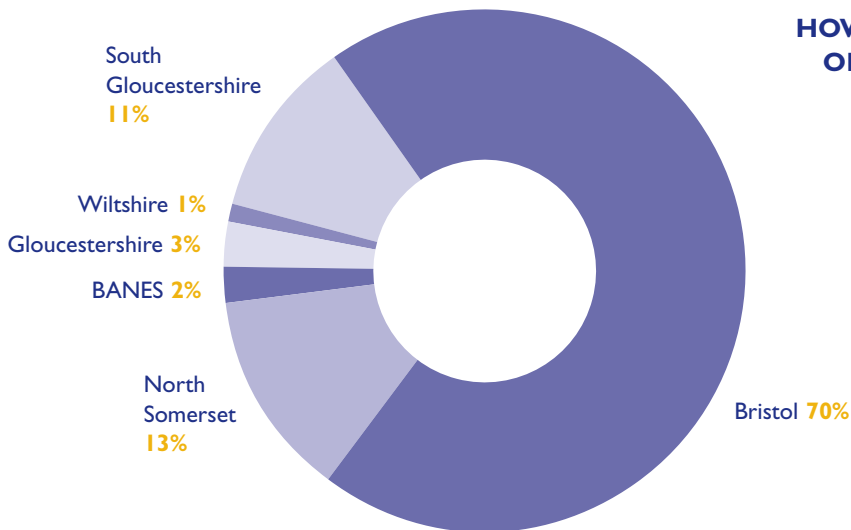
ABOUT OUR SERVICE

From April 2008 until March 2009, The Harbour has provided 1398 counselling and psychotherapy sessions to 116 people, 87 of whom have received regular counselling. 78% of these clients were women and 22% men. 13% of our clients came from black and minority ethnic backgrounds.

“I was given extra sessions due to my cancer recurrences which was really helpful. I could tell my counsellor everything and that made it better.”



HOW CLIENTS HEARD OF THE HARBOUR



PLACE OF RESIDENCY

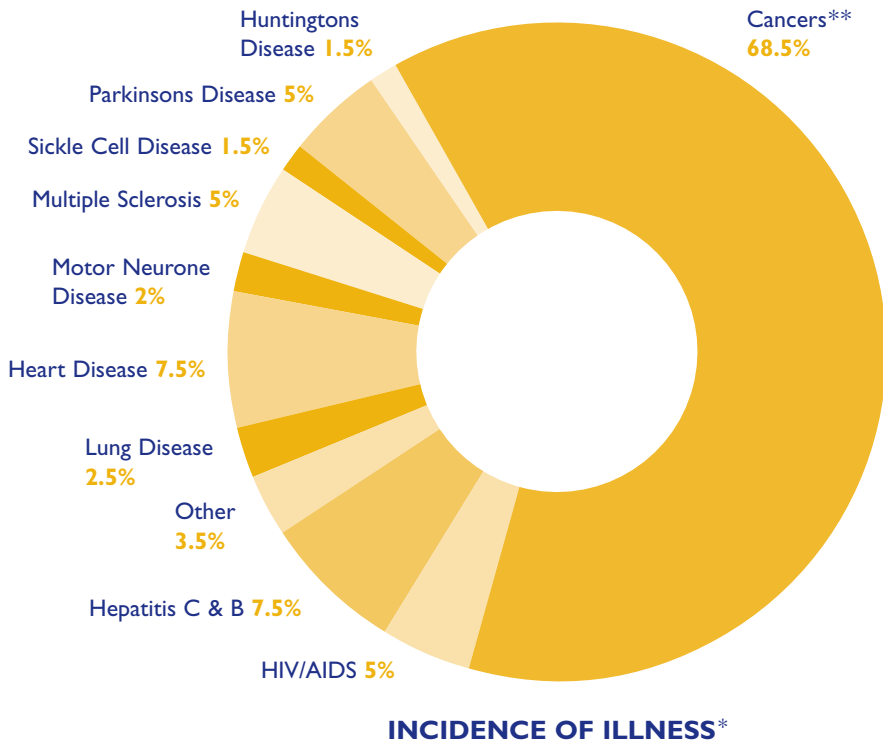
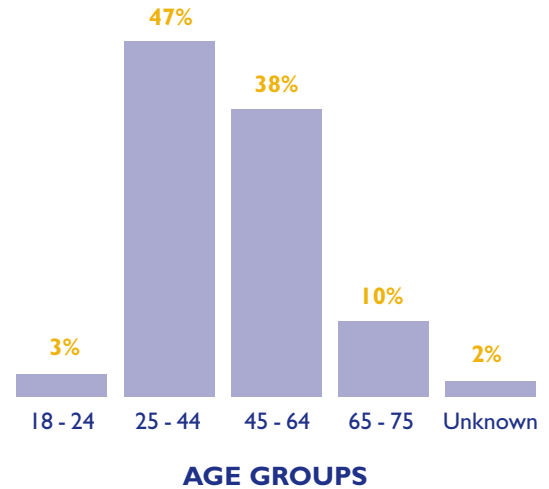
“My mother’s death led to a re-evaluation of my life and counselling helped me to get through the aftermath but interestingly it opened up other areas of who I am and how I cope. I’m more kind to myself now and understand my childhood a bit more. I try to be more real with people.”

“I thought the wait would be longer. I was glad it wasn’t.”

CLIENT PROFILE*

Person living with a life-threatening illness **36%**
 Carer or someone close to a person with a life-threatening illness **48%**
 Person bereaved through a life-threatening illness **24%**

“The level of honesty, intelligence and diplomacy in dealing with my anger and the understanding I was shown was amazing and so appreciated.”

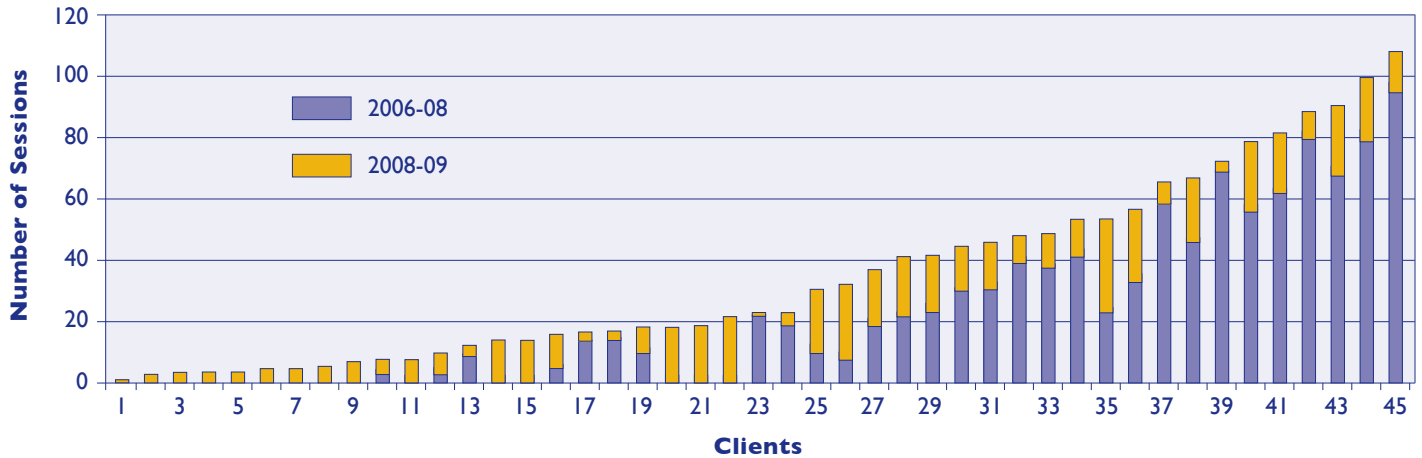


“I have a very much more positive attitude and can now plan ahead – further than a day. I feel that The Harbour has helped me to move on with my life and to feel normal again.”

* These percentages add up to more than 100% as a number of clients are living with more than one illness and/or are caring for someone with a life-threatening illness whilst living with one themselves.

** This includes Breast Cancer, Bowel Cancer, Bone Cancer, Cervical Cancer, Kidney Cancer, Leukaemia, Liver Cancer, Lung Cancer, Lymphoma, Melanoma, Mouth Cancer, Non Hodgkins Lymphoma, Prostate Cancer, Spinal Cancer, Stomach Cancer, Throat Cancer, Brain Tumours, Multiple Cancers and Other rare forms of Cancer.

COMPLETED CONTRACTS 2008 - 2009



The graph above illustrates clients who finished counselling during 2008/09, the number of sessions in that particular year and the number of sessions in total.

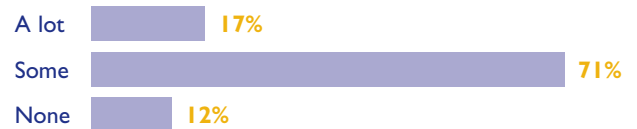
EVALUATION SUMMARY

At the end of counselling, clients are sent evaluation forms. 57% of these were returned during 2008/09. Below are some statistics taken directly from these.

How would you rate your emotional well being now compared to when you started counselling at The Harbour?



Have you made any changes in your life since beginning counselling?



Have you noticed any significant changes in yourself as a result of your counselling?



“ I now feel much more able to understand my feelings and how others may feel towards me. Many things that used to stress me out seem unimportant. I am generally less anxious. My attitude to my job has also changed, its not the most important thing in my life. I can walk away if need be. ”

Statement of Financial Activities (Including Income and Expenditure Account)

for the year ended 31st March 2009

	Unrestricted Funds £	Restricted Funds £	Total Funds 2009 £	Total Funds 2008 £
INCOMING RESOURCES				
Incoming resources from generated funds:				
<i>Voluntary income:</i>				
Donations	31,155	13,267	44,422	81,129
<i>Activities for generating funds:</i>				
Bank Interest	3,882	-	3,882	5,764
Incoming resources from charitable activities:				
Grants and contracts	53,044	9,816	62,860	60,639
Other	305	-	305	1,969
Total Incoming Resources	88,386	23,083	111,469	149,501
RESOURCES EXPENDED				
Costs of generating funds:				
Costs of generating voluntary income	14,158	-	14,158	12,602
Charitable activities:				
Provision of counselling services	104,983	19,635	124,618	119,712
Governance costs	3,581	-	3,581	4,312
Total Resources Expended	122,722	19,635	142,357	136,626
Net incoming resources for the year	(34,336)	3,448	(30,888)	12,875
Transfer between funds	-	-	-	-
Net movement in funds	(34,336)	3,448	(30,888)	12,875
Reconciliation of funds				
Total funds brought forward	82,047	12,369	94,416	81,541
TOTAL FUNDS CARRIED FORWARD	47,711	15,817	63,528	94,416

Balance Sheet

as at 31st March 2009

	2009 £	2008 £
FIXED ASSETS		
Tangible fixed assets	5,649	6,476
CURRENT ASSETS		
Debtors and prepayments	4,111	4,111
Cash at bank and in hand	65,349	112,345
	69,460	116,456
CREDITORS		
Amounts falling due within one year	11,581	28,516
NET CURRENT ASSETS	57,879	87,940
NET ASSETS	63,528	94,416
RESERVES		
Restricted funds	15,817	12,369
Unrestricted funds		
Designated	3,057	3,705
General	44,654	78,342
	63,528	94,416

The accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

The full report and accounts were approved by the trustees on 19th June 2009 and have been submitted to the Charity Commission and registrar of Charities. Further information and a full copy of the annual report is available on request.

Signed on behalf of the trustees



John Deval, Treasurer
19th June 2009

Financial position of the Charity

Income for the year is shown as £111,469 which is a 28% decrease on the previous year due to a fall in donations from Trusts. Expenditure increased by 2% to £142,357 giving an overall deficit of £30,888, compared with a surplus in the previous year of £12,875. The total funds carried forward are £63,528.

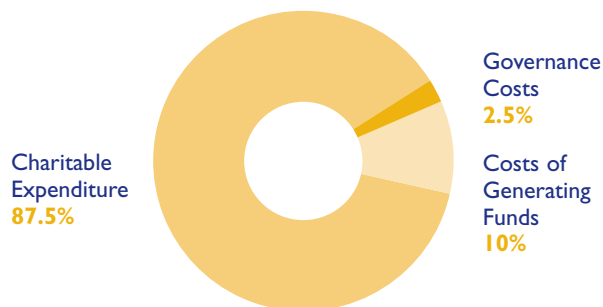
Reserves policy

The management committee have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets ("the free reserves") held by the charity should be six months of the resources expended, which equates to £70,000. At this level, the management committee feel that they would be able to continue the current activities of the Charity in the event of a significant drop in funding until new funding was secured.

At 31 March 2009 the free reserves amounted to £42,062. The Trustees are addressing ways in which this reduction in free reserves against the reserves policy can be resolved.



Where the money came from



Where the money went

STAFF

Jane Stockall
Business Manager

Julie Cox
Administrator

Clinical Team

Mark Budden
Clinical Manager

Mike Snudden

Liz Salter

Paul North

Ally Kessler
(joined November 2008)

Paul Hapney
(joined December 2008)

Louise Tew
(left May 2008)

Hilary Lindsay
(left September 2008)

Carmen Alfonso
(left September 2008)

Claire Mackinnon
(left October 2008)

Book-keeping Services

Ann Rugman

MANAGEMENT COMMITTEE

John Pearce
Chairman
(resigned November 2008)

John Deval
Treasurer

Mary Lanyon
Secretary

Gundula Dorey

Graham Briscoe

Pam Hitchins

EXTERNAL SUPERVISORS

Eva Gell

Jill Brown

PATRONS

Polly Lloyd

Susan Osman

Dr Christopher Richards

Tom Robinson

Labi Siffre

Benjamin Zephaniah

Jill Brown

Dr James Brennan



DETAILS

The Harbour
30 Frogmore Street
Bristol BS1 5NA
Tel 0117 9259348
Email: info@the-harbour.co.uk
www.the-harbour.co.uk

Reporting Accountants

Hollingdale Pooley
Bramford House
23 Westfield Park
Clifton
Bristol
BS6 6LT

Bankers

The Cooperative Bank plc
PO Box 101
1 Balloon Street
Manchester
M60 1EP

CAF Cash Ltd
King Hill
West Malling
Kent
ME19 4TA

Our thanks go to the following for their funding and/or support

AXA Hearts in Action • A & S Lass Charities Ltd • Albert Hunt Trust • Basil Brown Charitable Trust • BAWA Healthcare & Leisure • BCWA • Bristol Primary Care Trust • BMT Defence Services Ltd • Burges Salmon Charitable Trust • Calleva Foundation • Cooper Gay Charitable Trust • Coutts Charitable Trust • Fitton Trust • Hoddell Charitable Trust • Hospital Saturday Fund • James Tudor Trust • John Lewis plc • J & M Britton Charitable Trust • Kidani Memorial Trust • Lark Trust • Lloyd Robinson Family Charitable Trust • Lynn Foundation • McArthur Group Ltd • Merchant Venturers • Nani Huyu Charitable Trust • Needham Cooper Fund • Norie Trust • Mrs P C Gluckstein Charity Trust • Oakdale Trust • R S Brownless Charitable Trust • Reuben Foundation • Renishaw plc • Rotary Club of Bristol • St Johns Wives Group • Sir Cliff Richard Charitable Trust • Summers & May Charitable Settlement • South Gloucestershire County Council • Spielman Charitable Trust • Sir Jules Thorn Charitable Trust • Truemark Trust • Verdon Smith Family Charitable Trust • Wessex Water • Wilkinson Hardware Stores • Westbury on Trym Methodist Church Wives & Friends Group

And to all those clients and anonymous donors who have contributed financially in the past 12 months.



The Harbour
30 Frogmore Street
Bristol BS1 5NA
Telephone 0117 9259348
info@the-harbour.co.uk
www.the-harbour.co.uk

Reg Charity No 1008360
Reg Co No 2681075

HOW YOU CAN HELP

The Harbour is a registered charity No 1008360 and is committed to providing its counselling and psychotherapy free of charge. To ensure a free service we have to raise approximately 60% of our income each year from private sources, charitable trusts, companies etc. Your contributions are therefore very important to us, no matter how much or little they may be.

You can support The Harbour by making a donation, Giving As You Earn, giving by legacy or taking out a deed of covenant. We are able to claim Gift Aid on any donation by a UK Tax payer which adds 28p to each £1 donated.

For further information about supporting The Harbour please contact us at:

30 Frogmore Street,
Bristol BS1 5NA,
Telephone 0117 9259348
or email us at info@the-harbour.co.uk