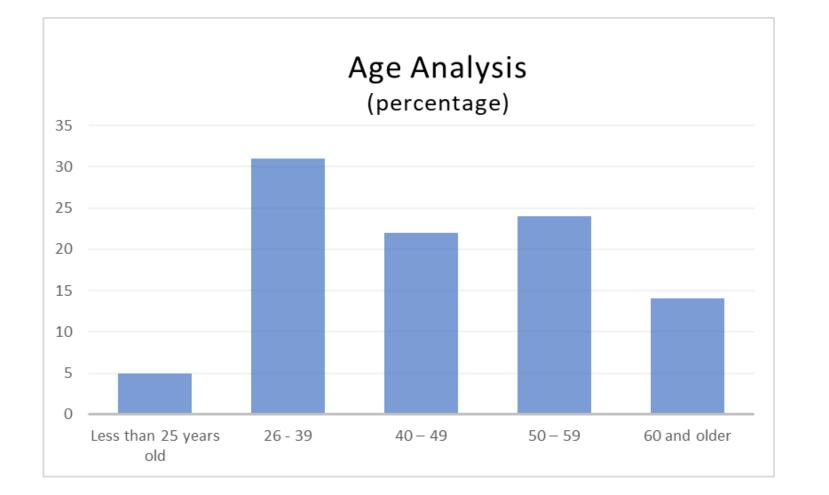
# Caravan Clients



Between April to December 2017 volunteers were asked to fill out an anonymous tickbox questionnaire about each client session. This was done without asking the client any questions. 1118 client sessions were recorded this way. The two forms used are on the right.

The volunteers were also asked to write down a key word or phrase for the theme of the session.

This data has then been used for fundraising and to understand a little more about the Caravan demographics.



**Gender Analysis** 49% of clients are male 51% female

The Caravan sees an almost equal number of male and female clients, suggesting that the Caravan reaches those who normally don't go to therapy. Its drop-in nature and lack of barriers to support, as well as its confidentiality may partly explain why.

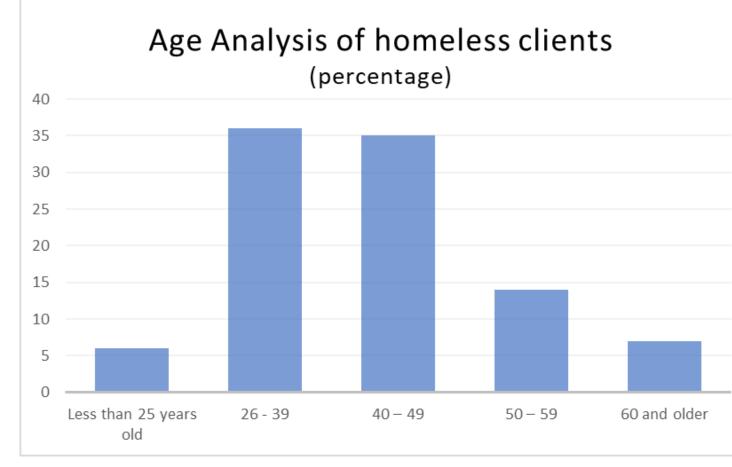
						Age				Been here before?			Mental	THEME OF SESSION			
Day	Time	м	F	<25	26-39	40-49	49-59	60+	In crisis?	First time	Regular			(e.g. anxiety, loss, anger, etc) - one word or phrase if possible.			
MON	1100																
MON	1200																
MON	1300																

						Age			Homeless status			Been here before?				
late	time	м	F	<25	26-39	40-49	49-59	60+	rough sleeper, bad housing, couch surfing etc	At risk	In crisis?	First time	Regular		Mental Health issues	health issue / disability

Homeless analysis 22% of clients who visit the caravan are homeless. Of those:

71% are rough sleepers, couch surfers or those in inappropriate housing. 28% are at risk of becoming homeless.

42% of homeless clients were in a state of crisis at the time they visited the caravan.



Where are the older homeless clients? The Age analysis for all clients versus homeless clients reveals an uncomfortable reality for homeless clients.

The life expectancy for homeless people is in the low 40's.

Of the homeless clients, 77% were male, and 23% female.

Being homeless encompasses those who are rough sleepers, as well as those who are couch surfing or in inappropriate accommodation or at risk.

#### **Session Themes**

Overwhelm Trauma Loneliness Self-hatred Self-worth Befriending Failure Transgender Procrastination Exhaustion Stress Paranoia Upset Food Mother Forgiveness Cancer Life Illness Ending Feelings Acceptance Suicide Money Conflict Meaning Frustration Boundaries Vulnerability Rejection Dying Pain disempowered Mental Health Racism Depression Listening Bullying Men Addiction Holidays Anxiety Loss Dissociative Boredom Early life Childhood Abuse Resentment Self-doubt Life Skills onships Bereavement Incest Betrayal Identity Friendships Abandonment Work Self-harm Guilt Disconnected Shame Anger Aspergers Being heard Life Balance Sexuality Childhood trauma Borderline Self-criticism Mental Health Diagnosis Christmas Self-confidence Chronic illness Delusions Body Image Separation truth Family Divorce Eating disorder Jealousy Confidence Schizophrenia Fear Stuck transition Health Persecution Police and legal Intimacy Sexual issues Somatising Social Anxiety transpersonal Powerlessness Individuation Bipolar Sexual dysfunction Job tiredness

Those at risk of losing their home can be due to financial difficulties, or relationships ending, or because of mental or physical health issues or addiction.

Housing insecurity currently causes of a lot of anxiety and stress and has profoundly affected the issues clients bring to the Caravan.

> Homeless clients are 75% more likely to have mental health issues, they are 60% more likely to have addiction issues, and they are 135% more likely to talk about a health issue that concerns them

> > 2209 clients were seen in the Caravan in 2017

In 2017 the Caravan was open 98% of the time, and was busy 77% of that time.

19% of the clients have a contract, meaning that the Caravan is available for drop-ins 80% of the time.

The Caravan is open 7 days a week, from 11am weekdays and 10am at weekends, and up until 7pm each night.

Crisis 21% of clients reported they were in a state of crisis when they came to the Caravan

As a drop-in service, the Caravan is there for people at the point they are in crisis. Many clients are referred by their GP or other NHS source to the Caravan, as waiting lists are often many months. The Caravan is a lifeline for those in a state of emergency.

#### Issues

36% of visitors displayed some degree of mental health issues 9% referenced addiction in their conversation with the therapist 8% of visitors had health issues that concerned them.

#### **Homeless Issues**

64% of visitors displayed some degree of mental health issues 15% referenced addiction in their conversation with the therapist 19% of visitors had health issues that concerned them.

Caravan volunteer counsellors start on the backup list and eventually take up a permanent two or three hour slot, which they hold for one year.

Each caravaner commits to coming to a regular monthly Saturday morning group supervision in the church hall at St. James's church

#### History

In 1982, Trudy Harvey, a student therapist asked Donald Reeves, the Rector of St James's Church, Piccadilly, for permission to sit in what was then an info and support service caravan, and to see if anyone would drop in. Gradually, other students followed her, and before long, the 'Peace Caravan' as it was originally known, became' The Caravan Help and Advice Centre', and eventually 'The Caravan Drop-In and Counselling Service', its current name.

#### 50% of those who visit the caravan are first time visitors

20% of the clients seen in the caravan are contract clients The other 30% who drop in regularly see different therapists. This transitional state enables clients to have a relationship with the Caravan rather than a specific individual.

#### Sometimes these regulars develop a relationship with a specific therapist.

To continue to see the same therapist for longer than 6 weeks requires the client to make a contract with the therapist. The commitment to hold the time-slot for the client and for the client to trust the Caravan with their personal information deepens the work as the client moves into an often unfamiliar experience of feeling held.

Sometimes clients move from the position of outsider to engaging with society via experiences of belonging, and the Caravan is part of that transitional process by being a liminal space.

# The Caravan



## Drop-In and Counselling Service

St James's Church, Piccadilly, London W1J 9LL Monday-Friday 11.00am-7.00pm, Saturday-Sunday 10.00am-7.00pm

Physical and mental health, and addiction, can have a dramatic impact on housing security and contribute to a chaotic life. Being able to drop-in enables these groups of clients to develop a relationship with the caravan and come when they are able.

### Mailing list

If you would like to be emailed with occasional events or news from the Caravan, then do please email events@thecaravan.org.uk and we will add you to our list. Otherwise you can call us on 020 3137 9984 and leave your contact details.

We review our lists on a regular basis and will get in touch to give you an option to stay on the list. Our privacy statement is at http://www.thecaravan.org.uk/privacy.

The Caravan drop-in service has become part of the history of Piccadilly and St. James.

#### **Contact details**

The Co-ordinator The Caravan Drop-In and Counselling Service St James's Church 197 Piccadilly London W1J9LL

Phone 020 3137 9984

# Email info@thecaravan.org.uk