



September Overview

highlights & key stats

September was a busy month at Power to Live. We applied for and received a place on the Media Trust's Headlining Mental Health Strategic Communications Course 2022, at no cost to the charity. We are currently attending seminars specifically tailored to creating marketing strategy for mental health charities. Additionally, we will be receiving coaching support from Higson Consulting in January 2023, pro bono, to help develop a pitching strategy when asking for funding. Also, a grant application was submitted to the Schroder Charity Trust. Finally, one of our partners, the Drive Forward Foundation, has increased the funding they allocate towards our work with their service users and have recommended us to other organisations.

Accreditation Program for Psychological Therapies Services (APPTS) Update: We are currently reviewing standards and preparing for the self-review process. The peer-review date is set for 27 March 2023.

Key Stats for September:

Sessions delivered: 155

Number of therapists: 12

Clients currently on waitlist: 5

Wait time for treatment: 2 weeks

September Updates



We have new therapists joining us in November which will shorten wait time and increase capacity. To accommodate more face-to-face therapy requests, we've a therapy room in Kings Cross in addition to Wood Green. Please request your preferred location during assessment.

Senior Therapist Service



As a charity, we invest in high-intensity, research-driven training for all of our therapists to provide the best possible therapy experience for our clients. We now offer treatment with qualified, senior therapists who have over two years of training and experience in behavioural therapy with P2L. Book with a senior therapist for a donation of £45 per session, well below the market rate of approx. £120+. Book online today at www.powertolive.uk/booknow.

Spread the Word

If you have benefited from our service, please recommend our treatment to family, friends and coworkers! Your recommendation is the best compliment we can receive.

If able, please consider making a donation so we can continue to share our work with others.

Power to Live Foundation
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