

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Carefree Kids</b>	
If your organisation is part of a larger organisation, what is its name? <b>N/A</b>	
In which London Borough is your organisation based? <b>Waltham Forest</b>	
Contact person: <b>Mrs Emma McGulgan</b>	Position: <b>Fundraiser</b>
Website: <b>http://www.carefreekids.org</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1111949</b>
When was your organisation established? <b>04/11/2005</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Improving Londoners' Mental Health</b>
Which of the programme outcome(s) does your application aim to achieve? <b>More children and young people receiving specialist help, resulting in improved mental health</b> <b>A reduction in suicide and self-harm amongst the recognised at risk groups</b>
Please describe the purpose of your funding request in one sentence. <b>We are applying for funding to cover our qualified Volunteer Coordinator post who supports and delivers training to our volunteers.</b>
When will the funding be required? <b>03/09/2018</b>
How much funding are you requesting? Year 1: <b>£33,060</b> Year 2: <b>£33,721</b> Year 3: <b>£34,395</b>  <b>Total: £101,176</b>

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

### **Outputs and outcomes**

What are the main activities or outputs you want to deliver? Please include no more than 5. By activities or outputs we mean the services, products or facilities you plan to deliver. If you plan to deliver work over more than one year you should include activities over the full grant period requested. Try to be specific.

**Deliver 2,700 one to one early intervention sessions to children throughout Waltham Forest and adjacent boroughs over three years to support them with their mental health problems, family challenges, bereavement in order to improve their academic and personal well being.**

**Train and support a minimum of 50 volunteers per year with a min of 70% of them going on to deliver the one to one sessions to children in schools.**

**Develop our training package to schools, teachers and parents to enable us to become more sustainable and be delivering these packages by 2021.**

**Provide support to 80 parents over three years, giving them the tools to support their children, this includes: 1;1 sessions, therapeutic training sessions, advice, referral to other agencies. By working with parents we offer them the opportunity to get the help they need to deal with the problems they face.**

**Aims of your organisation:**

Since 2005 we have been providing emotional support to children, teenagers and their parents and carers. Our sole objective is the Improvement of the mental health of children and young people In East London. We do this with the aim to give children and young people experiencing mental health issues the early intervention and support they need to become resilient. Our theory of change is to enable children and young people to:

Have improve emotional well-being and mental health

Thrive (rather than simply survive)

Participate in healthier relationships

Raise resilience levels and coping strategies

Take up new opportunities, to realise potential and improve attainment

Gain confidence and ability to make healthy choices

Develop self-esteem to participate positively in community

**Main activities of your organisation:**

We use non-directive therapeutic play, art, drama and dance/movement therapy to help release troubling emotions that may be difficult to communicate verbally or in other ways. We do this by training volunteers to deliver one to one sessions to the children we work with. The child is introduced to a specially equipped play room set up by Carefree Kids at the school they attend. This room contains an extensive range of toys and arts materials, all carefully selected to facilitate emotional expression. The child is told that they can use the room in whatever ways they choose, within the limits of safety, and that everything that goes on remains confidential unless the volunteer is worried about a child protection issue. Secondary school students usually have access to a more limited range of materials and our approach to them is tailor-made to their individual needs, which vary widely. This usually incorporates art, drama, dance and movement or music therapy.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>0</b>	<b>5</b>	<b>6</b>	<b>55</b>

**Property occupied by your organisation**

Is the main property owned, leased or rented by your organisation?	If leased/rented, how long is the outstanding agreement?
<b>Rented</b>	<b>3 years</b>

What main differences or outcomes do you hope the activities you have described above will achieve? Please include no more than 5. By differences or outcomes we mean the changes, benefits, learning or other effects that result from the work your project would deliver. These might be for individuals, families, communities or the environment.

**Improved mental health - Working on a 1:1 basis the children we work with are able to work through their mental health issues in a safe environment and learn ways in which to express their feelings rather than bottling them up which in cases can lead to violent, disruptive behaviour.**

**Improved wellbeing, relationships and behaviour - Children will be overall happier, their wellbeing will be markedly improved, exhibited by their behaviour and, in particular, their ability to form and participate in healthy friendships and have positive and harmonious relationships with adults, both in and out of school.**

**Better life chances - Due to increased mental and emotional wellbeing, improved ability at school, and ability to cope and break cycles of family problems will in many cases from our experience stop repetitive behaviour of parents and older siblings, enabling the child to make better informed choices in life.**

**Parents are supported - By working with parents we offer them the opportunity to get the help they need to deal with the problems they are facing. By doing this parents are able to support their child as their mental health and well-being is increased.**

**Volunteers gain new skills, which are transferable and will aid future employment prospects, some of our volunteers have gone on to become teachers, therapists and also work for Carefree Kids.**

Do you plan to continue the activity beyond the period for which you are requesting funding? If so, how do you intend to sustain it? If not, what is your exit strategy?

**The Cranfield Trust are giving us pro bono support to develop our sustainability plans which include: Developing a training package for teachers based on our model to enable them to, spot children who are having emotional difficulties and ways to support vulnerable children outside our intervention and developing a parent support training course (this is in response to feedback from parents)**

## Summary of grant request

Waltham Forest NHS Clinical Commissioning Group has stated that young people in Waltham Forest are admitted to hospital with mental health problems more often than young people in other parts of the country. The Waltham Forest Child & Adolescent Mental Health Transformation Plan 2015-2020 also highlighted a gap in the current service provision for early intervention and prevention.

In addition to this the Transforming Children and Young People's Mental Health Provision, 2017 Green Paper by the Department of Health and Department of Education highlighted the ample evidence for the need of training professionals and non-professionals to do therapeutic work that support early intervention and prevention of mental health amongst our children and young people

Despite mainly attending mainstream schools, the majority of the children and young people we work with suffer from significant mental health problems. The children referred to us face a wide variety of social, emotional, and behavioural problems and are referred to us for reasons such as, sexual related concerns, domestic violence - witnessed and/or victim, being withdrawn and having low self-esteem and difficulties in managing behaviour and aggression.

Our main activity is 1:1 therapeutic play in schools mainly in Waltham Forest, but also in the adjacent boroughs of Redbridge, Enfield and Newham. We train and supervise volunteers who deliver the therapeutic play. Once a volunteer is ready to work on a 1:1 basis the volunteer is given written details of the child and school. They then visit the school to meet the SENCo and class teachers. The first session is an opportunity for the child to begin to get to know the room and its contents, meet the volunteer and begin to understand about the sessions. The child is told that they can use the room in whatever ways they choose, within the limits of safety, and that everything that goes on remains confidential unless the volunteer is worried about a child protection issue. Sessions continue for as long as needed, in some cases we have stayed with a child for a whole year. Last year we trained and supported 55 volunteers who then went on to deliver 984 sessions to 115 emotionally distressed children.

The difference our project will make for the children we work with will firstly improve their mental health. Secondly because of better mental health children will have improved wellbeing, improved behaviour, increased academic achievement and better relationships. Carefree Kids has been offering services for 13 years. Over this time, we have developed an approach which we know achieves good results. Most of the children we helped in the past year have achieved significant differences as a result of our high-quality, well-supervised therapeutic work. Our monitoring from last year showed that 64% had improved behaviour and attitude to school, 95% showed a positive response to therapeutic play and 95% improved their confidence and coping skills.

All of the sessions that we offer to children are led by the child, so they get the best possible outcome. To date our volunteers have ranged between 19-75 years old and have come from over 60 countries. Our volunteers are our lifeline and without them we would not be able to support the children we do. We support them throughout their training and whilst delivering 1:1 sessions through weekly supervision meetings. We actively encourage staff and volunteers to use public transport when they have to travel, we now have dedicated spaces in schools so toys (we use wooden and cloth toys wherever possible, rather than plastic ones) do not have to be transported in private cars allowing for the use of more public transport.

## Who will benefit?

### About your beneficiaries

How many people will benefit directly from the grant per year?

**150**

In which Greater London borough(s) or areas of London will your beneficiaries live?

**Waltham Forest (73%)**

**Redbridge (14%)**

**Newham (10%)**

**Enfield (3%)**

What age group(s) will benefit?

**0-15**

**25-44**

**45-64**

What gender will beneficiaries be?

**All**

What will the ethnic grouping(s) of the beneficiaries be?

**A range of ethnic groups**

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

**11-20%**

## Funding required for the project

### What is the total cost of the proposed activity/project?

Expenditure heading	Year 1	Year 2	Year 3	Total
Volunteer Coordinator post	28,550	29,120	29,702	87,372
NI & PAYE @13.8%	3,939	4,019	4,099	12,057
Pension @ 2%	571	582	594	1,747
Volunteer costs of recruiting, training, supervision and delivering 1:1 sessions	34,800	35,300	35,500	105,600
Library for volunteers to use resources to aid their training and delivery of sessions	500	500	500	1,500
Office & establishment costs 25% of overall cost	6,488	6,779	7,083	20,350
	0	0	0	0

<b>TOTAL:</b>	<b>74,848</b>	<b>76,300</b>	<b>77,478</b>	<b>228,626</b>
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### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Fees from schools	18,200	19,110	20,066	57,376
Training for school staff	1,800	1,800	1,800	5,400
Friends of Carefree Kids	780	819	860	2,459
	0	0	0	0

<b>TOTAL:</b>	<b>20,780</b>	<b>21,729</b>	<b>22,726</b>	<b>65,235</b>
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### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
J A Clark Charitable Fund	30,000	0	0	30,000
The Tony And Sheelagh Williams Charitable Foundation	15,000	15,000	0	30,000
D C R Allen Charitable Trust	10,000	0	0	10,000
A number of smaller Trusts	42,000	0	0	42,000

<b>TOTAL:</b>	<b>97,000</b>	<b>15,000</b>	<b>0</b>	<b>112,000</b>
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### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Volunteer Coordinator post from Oct 2018	28,550	29,120	29,702	87,372
NI & PAYE @13.8%	3,939	4,019	4,099	12,057
Pension @ 2%	571	582	594	1,747
	0	0	0	0

<b>TOTAL:</b>	<b>33,060</b>	<b>33,721</b>	<b>34,395</b>	<b>101,176</b>
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## Finance details

Please complete using your most recent audited or independently examined accounts.

Financial year ended:	Month: <b>March</b>	Year: <b>2017</b>
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Income received from:	£
Voluntary income	150,298
Activities for generating funds	0
Investment income	0
Income from charitable activities	8,550
Other sources	5,237
<b>Total Income:</b>	<b>164,085</b>

Expenditure:	£
Charitable activities	139,442
Governance costs	35
Cost of generating funds	4,850
Other	0
<b>Total Expenditure:</b>	<b>144,327</b>
<b>Net (deficit)/surplus:</b>	<b>19,758</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement In Funds:</b>	<b>0</b>

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	120,783
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>120,783</b>

Reserves at year end	£
Restricted funds	37,317
Endowment Funds	0
Unrestricted funds	83,466
<b>*Total Reserves (B):</b>	<b>120,783</b>

**\* Please note that total Assets (A) and Total Reserves (B) should be the same.**

### Statutory funding

For your most recent financial year, what % of your income was from statutory sources? 0%
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### Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:
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N/A



### Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	<b>Year 3 £</b>	<b>Year 2 £</b>	<b>Most recent £</b>
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	0	0	0

### Previous grants received

Please list the grants received by your organisation from charitable trusts and foundations (other than City Bridge Trust) during the last THREE years. List source, years and annual amounts. Please include the 5 largest only.

<b>Name of Funder</b>	<b>Year 3 £</b>	<b>Year 2 £</b>	<b>Most recent £</b>
Big Lottery Fund Reaching Communities	50,064	63,960	52,098
Worshipful Company of Mercers	26,958	26,958	26,958
Global Make Some Noise	26,710	0	0
Garfield Weston Foundation	0	7,500	15,000
Worshipful Company of Vintners	10,000	1,075	10,000

### Declaration

I confirm that, to the best of my knowledge, all the information I have provided in this application form is correct. I fully understand that City Bridge Trust has zero tolerance towards fraud and will seek to prosecute and recover funds in every instance.

Please confirm: Yes      Full Name: **Emma McGuigan**

Role within                      **Fundraiser**  
Organisation: