

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Transgenerational Change Limited	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Richmond	
Contact person: Mr Mark Griffiths	Position: Chief Executive
Website: http://www.theschoolandfamilyworks.co.uk	
Legal status of organisation: Charitable company	Charity, Charitable Incorporated Company or company number: 07347746
When was your organisation established? 17/08/2010	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Improving Londoners' Mental Health
Which of the programme outcome(s) does your application aim to achieve? More children and young people receiving specialist help, resulting in improved mental health
Please describe the purpose of your funding request in one sentence. To help us invest in the core infrastructure necessary to safely deliver long lasting change to more disadvantaged children with mental health difficulties
When will the funding be required? 03/09/2018
How much funding are you requesting? Year 1: £23,000 Year 2: £23,000 Year 3: £24,000 Total: £70,000

Aims of your organisation:

Our purpose is to advance the education and promote the wellbeing and mental health of children and other members of disadvantaged families through the provision of therapy, support and practical advice.

Main activities of your organisation:

We work in partnership with schools in areas of high deprivation. Together, we create communities of disadvantaged families whose children are "failing" at school. Symptoms of failure are disruptive (or inexplicable) behaviour, social isolation and an unwillingness to engage in learning. From our previous experience, we know that the root cause of these symptoms are mental health issues in the children, their parents or, almost always, in both caused by trauma that can be linked to some or all of domestic violence, drugs/alcohol, poverty, bereavement, isolation and involvement with the criminal justice system.

At each school, our community members will be up to eight children at any one time, a parent/carer for each child and representatives from the school and SFW. Community activities are focused on weekly three hour extra-curricular, multi-family therapy group sessions that take place in school time. Our communities are known as "Family Groups".

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	7	8	2

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?
Rented	One month's notice

Summary of grant request

This grant request is to provide essential core funding to enable us to expand our activities. More specifically, we are asking the Trust to fund our Practice Development Consultant (?PDC?) whose role is to manage and support the team of therapists who deliver our key intervention, Family Group (?FG?).

In a larger, commercial organisation, the PDC might be called our Chief Operating Officer. She line manages all the therapists and, together with SFW's Independent Clinical Supervisor, provides advice on particularly difficult issues. She also ensures that all FG communities are managed in accordance with SFW's proven methodologies and quality standards.

Delivery of FG is the joint responsibility of the FG's co-facilitators, being, in each case, a SFW therapist and a senior member of the school's staff (usually the Deputy Head or SENCO). The specific activities and outcomes of FG are detailed in the following sections of this application.

There is overwhelming evidence that early intervention projects designed to help disadvantaged families struggling with mental health issues are badly needed in London (and elsewhere). The analysis behind the government's 2011 'Troubled Families' Initiative indicated that 120,000 families with the characteristics of many of our FG families were costing the taxpayer £9 billion per year (equivalent to £75,000 per family) of which £8 billion was estimated to be reactive spend. Similarly, the Early Intervention Foundation estimates that, in England and Wales, we spend £17 billion per year on addressing damaging problems that affect children and young people such as mental health problems and dropping out of school. To reduce this cost and prevent substantial suffering and wasted potential, interventions such as FG are regarded as crucial.

Our own experience confirms the need for FG and that we are the right organisation to deliver this unique intervention. Specifically:

? Schools want it. Almost all the headteachers we approach readily admit that they lack the time and expertise to deal effectively with children from disadvantaged families with mental health issues. Frequently, relationships with these families are fraught, with siblings, parents and relatives also having 'failed' at school (often the same school). Helping such children is important to any school with a social mission to help every child reach his or her potential. More pragmatically, our partner schools also recognise that investing in a specialist intervention such as FG helps them achieve other key objectives by freeing up significant amounts of management time and allowing teachers to concentrate on teaching

? Parents and children value it. Qualitative feedback given to independent researchers is consistently positive, particularly as most FG participants believe that they have been poorly served by other services. For the first time ever, they have been welcomed into a supportive community that recognises the challenges that they are facing

? FG works. Our Theory of Change, Logic Model and Evidence Strategy have been refined by the lessons we have learnt from working with communities since our formation in 2010. In that period, FG's effectiveness has been externally verified by a number of independent organisations including OPM 'Office for Public Management and Project Oracle

FG is a community that is focused on improving the mental health of children. All community members will have access to specialist help from FG's co-facilitators, our PDC, SFW's Clinical Supervisor and, if necessary from other specialist services. There is therefore complete alignment with the Trust's programme outcome for Improving.

Londoners? Mental Health. Similarly, the active involvement of diverse families in the objectives and activities of each weekly FG session, together with its open and inclusive nature, mean that we fully comply with all relevant Principles of Good Practice

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? **Yes**

What Quality Marks does your organisation currently hold?

None

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.

We work with the school to identify families whose children would benefit most from joining Family Group. This involves challenging the school to identify quiet or passive children who are not fulfilling their potential as well as the obviously disturbed and disruptive children whose mental health issues are more apparent

We make contact with the families and persuade them to commit to Family Group ("FG"). This is often a significant challenge as many of these families are "hard to reach" - ie extremely isolated and suspicious of all support services (including the school)

When we have a critical mass of community members, we begin our weekly three hour FG sessions. Each session is constructed in accordance with SFW's well-developed Theory of Change to reflect the issues that the children are facing and to allow the underlying trauma to be processed

Each family participates in FG for as long as is required - usually for about a year - and the children then "graduate". Subsequently, the children continue to receive support from the school. In addition, the SFW therapist is available when required to help graduate children and parents

Our therapists continuously promote the theory and practice of FG amongst all teaching and non-teaching staff. This not only enhances the effectiveness of FG, it also provides school staff with insights into the behaviour of other children who are not formally part of the FG programme.

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.

Child personal development - improved mental health and enhanced wellbeing for all participating children (Measurement tools - Goodman's SDQ, My Outcomes, feedback from children and case studies)

Child educational performance - improved attendance at school; better behaviour in class; greater engagement with teaching staff; enhanced attainment (Measurement tools - school records and feedback from teachers)

Adult personal development - improved mental health and enhanced wellbeing for all participating adults (Measurement tools - My Outcomes, feedback and case studies)

Parenting progress - enhanced skills and confidence for each participating parent; improved relationships between each participating parent and his or her child; significantly reduced social isolation for all participating parents and an understanding that the issues that they are facing are not unique (Measurement tools - feedback and case studies)

An improved school environment - better relationships between the school and the FG families; enhanced skills for all teaching and non-teaching staff; an understanding amongst all school staff that FG families are struggling with extreme versions of the problems that we all face (Measurement tools - feedback and case studies)

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?

We have been in business since 2010. Our business model assumes that our community members (most obviously, our partner schools) will part-fund our work but we have always relied on philanthropic donations (from charities, companies and individuals) to make us sustainable. We intend to continue with this mixed funding model during and beyond the period of funding.

Who will benefit?

About your beneficiaries

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

208

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

London-wide (100%)

What age group(s) will benefit?

0-15

25-44

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?

1-10%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary	19,150	19,150	20,000	58,300
Pension costs	957	957	1,000	2,914
National insurance	1,493	1,493	1,600	4,586
Travel and other costs	1,400	1,400	1,400	4,200
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	23,000	23,000	24,000	70,000

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
No specific funding for this role	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
None	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary	19,150	19,150	20,000	58,300
Pension costs	957	957	1,000	2,914
National insurance	1,493	1,493	1,600	4,586
Travel and other costs	1,400	1,400	1,400	4,200
	0	0	0	0
TOTAL:	23,000	23,000	24,000	70,000

Finance details

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

Financial year ended:	Month: August	Year: 2017
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Income received from:	£
Voluntary Income	0
Activities for generating funds	0
Investment income	170
Income from charitable activities	277,715
Other sources	0
Total Income:	277,885

Expenditure:	£
Charitable activities	265,374
Governance costs	0
Cost of generating funds	0
Other	0
Total Expenditure:	265,374
Net (deficit)/surplus:	12,511
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	12,511

Asset position at year end	£
Fixed assets	197
Investments	2
Net current assets	52,750
Long-term liabilities	0
*Total Assets (A):	52,949

Reserves at year end	£
Restricted funds	0
Endowment Funds	0
Unrestricted funds	52,949
*Total Reserves (B):	52,949

*** 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%

Organisational changes

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

The only significant change is that we have recently strengthened our Board by appointing relevantly qualified experts with functional expertise in clinical practice and charity fundraising respectively. Both are experienced female professionals with first hand knowledge of our work. We are confident that they will enhance the effectiveness and diversity of our Board.

Previous funding received

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

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	19,000	10,000	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.

Name of Funder	Year 3 £	Year 2 £	Most recent £
John Lyon's Charity	27,000	25,000	30,000
Richmond Parish Lands Charity	22,000	18,250	18,250
Lankelly Chase Foundation	0	27,899	20,000
Paul Hamlyn Foundation	55,751	52,934	0
Hammersmith United Charities	12,500	11,000	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: **Mark Peter Griffiths**

Role within **Chief Executive**
Organisation: