

MEETING: 14/11/2018

Ref: 14687

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

The WISH Centre

Adv: Jack Joslin

Base: Harrow

Benefit: Harrow

Amount requested: £124,701

(Revised Request: £138,183)

Amount recommended: £138,300

The Applicant

The WISH Centre (WISH) is a registered charity that supports children, teenagers and young women who self-harm or have experienced sexual or domestic violence, abuse or neglect. The charity achieves this through providing a unique range of activities including one-to-one counselling, weekly peer support groups, online or text support, and telephone help. WISH works mainly in Harrow but has recently expanded provision into Merton following a successful pilot.

The Application

This application aims to expand the therapeutic support for young people who self-harm in Harrow. Over a three-year period the charity plans to reach an additional 300 young people aged between 10-19 years old. Your funding is being sought to fund a full time Therapist who will work with young people to combat the short and long-term effects of trauma or abuse and to support into recovery young people who are self-harming. Working across Harrow the Therapist will work at local schools during the day and in the Centre in Harrow in the evening. This additional capacity at the WISH Centre will allow them to formerly join the Harrow Heads Up Consortium that your Committee supported in 2017.

The Recommendation

WISH has been delivering in Harrow since 2004 and has been the only charity in the borough delivering specialist interventions for young people that self-harm. It has a highly specialist therapy team and offers a range of services to young people. The charity works to BACP clinical standards and employs trained and accredited clinical psychologists and psychotherapists. This application meets the outcomes of your Improving Londoners Mental Health programme as it will be delivering very specialist mental health support to young people while allowing the service the capacity to become a partner of the Harrow Heads Up Partnership. At assessment the applicant acknowledged they had left out key costs from the budget including Clinical Supervision and a contribution to overheads, so these costs have now been included. Funding is recommended as follows:

£138,300 over three years (£45,200; £46,100; £47,000) to cover the cost of a full-time Therapist, clinical supervision and a contribution to organisational overheads. Funding is conditional on receiving updated and SORP compliant accounting policies.

Funding History

N/A

Background and detail of proposal

Self-harming is the deliberate injuring of oneself with the intent of coping with or distracting from emotional pain, overwhelming thoughts or feelings or to combat

disassociation related to a traumatic experience. It includes a range of behaviours; most commonly cutting using knives, razors, or glass but also through deliberate breaking of bones or ingesting poisonous substances. Research from Affinity for NHS (2010) showed that 1 in 5 young people self-harm, and over 48,000 young people are admitted to hospital every year because of it. It should be noted that the numbers of young people self-harming are rising. Very few charities specialise in this work and statutory services tend to be slow and support generic mental health issues. There are no other services involved in reducing self-harm in Harrow. A recent evaluation of the service outlined how 87% of the young people that engaged with the service stopped self-harming.

This application is looking to develop the capacity of the WISH Centre to deal with the increased need they are experiencing in Harrow. At assessment the Director outlined how they have a constant waiting list for the service which can be as much as 6 months. An increase in awareness around issues of sexual violence and sexual exploitation has also led to additional referrals from other agencies. In 2017 the WISH Centre had to drop out of the Harrow Heads Up Consortium that your Committee supported due to lack of capacity. This application is to increase the support available for young people in Harrow, while also allowing WISH to give two days to the Harrow Heads Up Partnership and formerly join as a partner.

Financial Information

WISH Centre is continually supported by a range of Trusts and Foundations for the work that it does as well as receiving contract income from Harrow and Merton council. The Charity hold reserves within the stated 3 to 6 month policy and have a stable turnover. Comic Relief have recently funded WISH to work with Spring Impact to see how the model of working could be replicated elsewhere. At assessment it was noted that the Charity needs to update its accounting treatment of grants to ensure it is SORP Compliant. Funding will be conditional on this being updated and approved by your officer.

Year end as at 31 March	2017 Examined Accounts £	2018 Draft £	2019 Forecast £
Income & expenditure:			
Income	342,420	301,050	321,968
- % of income confirmed as at 23/10/2018	n/a	n/a	64%
Expenditure	(307,297)	(264,356)	(319,899)
Total surplus/(deficit)	35,123	36,694	2,069
Split between:			
- Restricted surplus/(deficit)	20,372	528	(8,466)
- Unrestricted surplus/(deficit)	14,752	36,166	10,535
	35,124	36,694	2,069
Cost of Raising Funds	703	793	4,500
- % of income	0.2%	0.3%	1.4%
Total Operating expenditure	307,297	264,356	319,899
Free unrestricted reserves:			
Free unrestricted reserves held at year end	57,034	93,200	103,735
No of months of operating expenditure	2.2	4.2	3.9
Reserves policy target	76,824	66,089	79,975
No of months of operating expenditure	3.0	3.0	3.0
Free reserves over/(under) target	(19,790)	27,111	23,760