

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: The WISH Centre	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Harrow	
Contact person: Mrs Rowena Jaber	Position: Centre Director
Website: http://www.thewishcentre.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1125263
When was your organisation established? 02/03/2004	

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? A reduction in suicide and self-harm amongst the recognised at risk groups More children and young people receiving specialist help, resulting in improved mental health
Please describe the purpose of your funding request in one sentence. Enabling 300 vulnerable young people in Harrow to stop self harming
When will the funding be required? 01/09/2018
How much funding are you requesting? Year 1: £40,747 Year 2: £41,561 Year 3: £42,393 Total: £124,701

Aims of your organisation:

WISH supports children, teenagers and young women who self harm or have experienced sexual or domestic violence, abuse or neglect. We currently work in Merton and Harrow, and in 2016/17 we supported 230 people.

Our vision is a society free from self-harm, abuse and social injustice. Our mission is to eliminate self harm, violence and abuse and to empower those affected through early intervention, prevention and recovery support.

Our aim as expressed in the constitution is "to relieve the distress and suffering of women, youth and children who have been victims of abuse, violence and neglect and of those who self harm in particular but not exclusively by providing support services, advice, information and counselling."

Main activities of your organisation:

WISH has developed a unique model of support for young people who self harm. Each young person presenting to our service follows a pathway which can be tailored to their individual needs. Activities consist of:

- ? Raising awareness of our service through outreach to schools and local agencies.
- ? Fast referral mechanisms into our service through partner agencies or self/family referral.
- ? Psychosocial assessments including integrated risk assessment. This leads to a Personal Support Plan which details actions to address the self-harming.
- ? Therapeutic treatment including one-to-one counselling and peer support group.
- ? WISH also provides telephone, online and text help for young people who need rapid assistance.
- ? Holistic help. Each young person can also access other support including advocacy support with school or access to social activities.

Our results are that 87% of young people stop self-harming and 93% have improved emotional wellbeing. We work to NICE and BACP standards and employ qualified and accredited clinical staff.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
4	5	8	25

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	2 years

Summary of grant request

PROJECT NEED

NHS Figures show that 1 in 5 young people self-harm, and the numbers are rising with more accessing hospital each year. This distressing activity is generally caused by underlying issues in their lives such as domestic violence, poverty, child abuse, sexual violence, family breakdown, bereavement, and increasingly digital sexual exploitation and bullying. 70% are girls (although the number of boys are increasing), and the most at-risk group of all is BAME girls. Most are teenagers but they can be primary school aged. There are no other services involved in reducing self-harm in Harrow.

PROJECT DELIVERY

This Project will expand our therapeutic support for young people in Harrow who self-harm. We will specifically target high risk groups such as BAME girls, although no one is excluded. It will specifically fund a new full-time Therapist who will be an experienced and trained counsellor accredited by the BACP. Each week this person will provide twenty one-to-one counselling sessions and also facilitate a peer support group. These structured therapeutic activities will help combat the underlying trauma that is triggering their self-harm and give them coping mechanisms and resilience that will stop or reduce it. The activities will take place at local schools (making us easy to access in the daytime) and also at our centre in Harrow. They are part of an overall pathway and package of support provided by WISH including out-of-hours support and holistic interventions.

PROJECT AIM AND OUTCOMES

This project will support 300 vulnerable young people in Harrow to stop or reduce their self-harming over a three-year period. It will lead to them being happier and healthier, and generally help them to have a much more positive future than they would otherwise. It will attain this by achieving these measurable differences:

- ? 250 young people stop self-harming.
- ? 250 young people avoid entering harmful situations such as online grooming.
- ? 250 young people have improved coping mechanisms against future self-harming.
- ? 250 young people report improved emotional wellbeing.

WHY WE ARE THE RIGHT ORGANISATION

WISH has been supporting young people who self-harm into recovery for over 14 years. We have developed a unique model that has won numerous awards. Results from our service are uniformly excellent. In 2016/17 we supported 230 young people who were self-harming. Of this number 87% stopped self-harming, 94% had improved emotional wellbeing, 86% had improved coping mechanisms, 79% stopped suicide ideation, and 89% recovered from the impact of abuse.

HOW WE WILL MEET THE TRUST'S PROGRAMME OUTCOME

This project fully meets the Trust's Programme outcomes as it will lead to a reduction in suicide and self-harm amongst the recognised at-risk groups such as BAME young girls and transgender young people.

HOW WE WILL MEET THE TRUST'S PRINCIPLES OF GOOD PRACTICE

This project fully meets the Trust's Principles of good practice as:

- ? We involve clients at all levels as 50% of our trustees are young people who have self-harmed. They also lead on the activities they take part in.
- ? We welcome people from all backgrounds. 68% of clients in 2016/17 were from a BAME background. 57% were female, 35% were male and 8% transgender.
- ? We value and support volunteers, and particularly welcome ex-clients who wish to volunteer.
- ? We actively reduce our carbon footprint through recycling and energy saving for example.

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?

BACP Accreditation

NICE Standards

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.

300 young people who are self-harming receive personal support plans

90 young people who are self-harming attend weekly peer support sessions

210 young people who are self-harming receive weekly one-to-one counselling

150 young people who are self-harming have access to holistic support as needed

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.

250 young people stop self-harming

250 young people avoid entering harmful situations such as online grooming

250 young people have improved coping mechanisms against future self harming.

250 young people report improved emotional wellbeing

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 will review whether the activity is still required and if so, will approach other Funders to support it.

Who will benefit?

About your beneficiaries

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

100

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

Harrow (100%)

What age group(s) will benefit?

0-15

16-24

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	33,437	34,106	34,788	102,331
OLW	1,848	1,885	1,923	5,656
NIC	3,707	3,781	3,857	11,345
6% pension	1,755	1,790	1,826	5,371
TOTAL:	40,747	41,562	42,393	124,702

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	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
	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	33,437	34,106	34,788	102,331
OLW	1,848	1,885	1,923	5,656
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Finance details

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

Financial year ended:	Month: March	Year: 2017
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Income received from:	£
Voluntary Income	10,692
Activities for generating funds	38,900
Investment Income	36
Income from charitable activities	289,792
Other sources	3,000
Total Income:	342,420

Expenditure:	£
Charitable activities	301,331
Governance costs	5,263
Cost of generating funds	703
Other	0
Total Expenditure:	307,297
Net (deficit)/surplus:	35,124
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	35,124

Asset position at year end	£
Fixed assets	113
Investments	0
Net current assets	155,013
Long-term liabilities	0
*Total Assets (A):	155,126

Reserves at year end	£
Restricted funds	97,981
Endowment Funds	0
Unrestricted funds	57,147
*Total Reserves (B):	155,126

*** 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?
11-20%

Organisational changes

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

None

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	30,616	21,737	44,083
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	55,000	57,500	45,000
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 £
Comic Relief	54,285	89,592	187,296
BBC Children in Need	47,690	47,690	42,913
Lloyds Bank Foundation	15,000	0	0
	0	0	0
	0	0	0

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: **Allan Aubeelack**

Role within **Chair**
Organisation: