

The City Bridge Trust

Bridging Divides: Application for a grant



About your organisation

Organisation Details

| | |
|---|---|
| Name of your organisation: SurvivorsUK | |
| If your organisation is part of a larger organisation, what is its name? N/A | |
| In which London Borough is your organisation based? Tower Hamlets | |
| Contact person: Mr Alan Robertson | Position: Operations Manager |
| Website: http://survivorsuk.org | Social Media Accounts: facebook.com/SurvivorsUK, @SurvivorsUK |
| What Quality Marks does your organisation currently hold? We are a member of the Survivors Trust and are in the process of becoming accredited under LimeCulture's Quality Standards for Services Supporting Male Victims/Survivors | |

Legal Status

| | | | |
|---|------------------------------------|-------------|----------------|
| Legal status of organisation: Registered Charity | | | |
| Charity Number: 1077484 | Company Number: 03792760 | CIC Number: | Bencom Number: |
| When was your organisation established? 02/06/1986 | | | |
| Aims of your organisation: The primary Object of SurvivorsUK is to provide protection of health and relief of sickness and distress to males who have suffered sexual abuse and rape and to promote any charitable purpose for the benefit of such males and their carers and families. Our vision is that anyone affected by male sexual violation is appropriately supported Our mission is to help men who have been sexually violated and raises awareness of their needs | | | |

Main activities of your organisation:

SurvivorsUK helps men deal with the impact of rape, sexual abuse or sexual assault whether they experienced it as an adult or as a child. We're here to give men the confidence to access help and offer them a non-judgemental and respectful place to talk and heal. We currently deliver:

- * face to face, telephone and online counselling services
- * a groupwork service
- * an Independent Sexual Violence Advisor (ISVA) service which supports survivors who have reported to the police or are considering reporting to the police
- * a national online helpline which can be accessed through webchat, WhatsApp, email, SMS or telephone
- * a counselling/support project embedded in Westminster hostels targeting homeless men in the borough
- * awareness raising through online campaigns like our #WeSeeYou campaign

Your Staff & Volunteers

| Full-time: | Part-time: | Trustee/Board members: | Active volunteers: |
|------------|------------|------------------------|--------------------|
| 6 | 2 | 7 | 0 |

Do you have a Safeguarding policy? **No**

Are the following people in your organisation subject to DBS checks?

Paid Staff
Yes

Volunteers
Yes

Trustees / Management Committee Members
No

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 | 26 months |

Environmental Impact**What action have you taken in the past year to progress environmentally sustainability principles and practice?**

We have recycling bins in both our staff and client areas. We ensure that all lights and computers are switched off at the end of the day. When buying office supplies and equipment we are mindful of environmental impact and try to buy those supplies produced with least environmental impact.

Finance Details

Organisation Finances

| | Year of most recent audited / examined accounts | Current financial year forecast | Next financial year budget |
|--|---|---------------------------------|----------------------------|
| End of financial year date | 31/03/2017 | 31/03/2019 | 01/01/2001 |
| Grants & donations: | £441,541 | £498,252 | £0 |
| Earned income: | £24,763 | £17,760 | £0 |
| Other income: | £36 | £0 | £0 |
| Total income: | 466,340 | £516,012 | £0 |
| Charitable activity costs: | £398,055 | £570,558 | £0 |
| Cost of raising funds: | £14,870 | £2,400 | £0 |
| Other costs: | £0 | £0 | £0 |
| Total expenditure: | £412,925 | £572,958 | £0 |
| Free unrestricted reserves held at year end: | £150,194 | £178,060 | £0 |
| <p>What is your organisation's reserves policy? The board made the decision this year, based on organisational growth, to increase the reserve policy amount to £100k. This figure allows for a suitable period of time to be funded for the organisation to close its operations should we lose all of our funding.</p> | | | |
| <p>For your most recent financial year, what % of your income was from statutory sources? 51-60%</p> | | | |

Organisational changes

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

The organisation's staffing structure has changed. Andy Connolly, who was acting CEO/Director of Client Services, will now have the job title Director. This is a move back towards the previous structure with some small changes. Alan Robertson, as Operations Manager, will take on more of the previous CEO's duties.

Grant Request

Under which of City Bridge Trust's programmes are you applying?

Positive Transitions/Survivors of domestic and sexual abuse; modern day slavery; trafficking; or hate crime

Which of the programme outcome(s) does your application aim to achieve?

Positive Transitions/Vulnerable and disadvantaged Londoners are more resilient and empowered to make positive choices

Positive Transitions/Specialist support services are better able to meet the needs of vulnerable and disadvantaged Londoners

Please describe the purpose of your funding request in one sentence.

To provide counselling support to male survivors of sexual abuse, sexual assault and rape.

When will the funding be required? **01/01/2019**

Is this request to continue work that is currently funded or has been funded in the last year by:

City Bridge Trust?

Yes

Another funder? (if so which)

MOPAC, London Community Foundation, Comic Relief

How much funding are you requesting?

Year 1:

£60,000

Year 2:

£60,000

Year 3:

£0

Year 4:

£0

Year 5:

£0

Total Requested: £120,000

You and your grant request

What, specifically, are you applying for (your project)?

We are applying for funds to continue the vital and lifesaving provision of counselling services to male victims of sexual abuse, sexual assault and rape in London. We plan to recruit a 0.8 FTE staff counsellor and fund the essential work of our Director who manages and leads our client services.

Our staff counsellor will carry out assessments of new clients; provide face to face, online and telephone sessions to each client for up to a year; raise awareness of the service through outreach; and attend clinical supervision to ensure a high level of care.

Our Director is responsible for managing our counselling, groupwork and helpline services, as well as networking, promotion and outreach for the organisation. Their work includes developing and implementing our strategy to become a more flexible, client centred and positive organisation, while remaining respectful and focused on the serious nature of the work we do.

What are the changes you hope to achieve?

We know that our work changes lives. We work with people to achieve positive change across a broad range of indicators ? practical, emotional, health and wellbeing. The biggest increases we see are in men reporting being able to express and explore their feelings and problems (80%), coping strategies and the ability to plan/make decisions (67%), able to function day-to-day (70%), and improved wellbeing and mental health (68%). With a 0.8 FTE counsellor we will provide 828 counselling sessions to roughly 30 individuals.

We also want to maintain our space as a safe and non-judgemental one for male survivors who often have nowhere else to go. We struggle to secure funds for the core elements of our organisation, like the Director's salary, but without them we cannot run the organisation and develop new services and strategies to try to reach the vast majority of male survivors who go without support.

How do you know there's a need for this work?

A snapshot of 25 clients is indicative of the chronic and acute impact of rape and sexual violence on people's lives. All report relationship difficulties and self-esteem issues; 24 suffer with depression; 20 have PTSD, sexual health problems and/or severe anxiety; 17 have drug, alcohol and/or anger management issues; 15 have chronic, debilitating health problems; 10 experience disassociation and/or suffer insomnia; 6 gave a declared mental health diagnosis. One person took his life.

We currently have 190 clients on our waiting list for face-to-face, telephone and online counselling. The majority of these people are based in London so would be suitable for this project. In addition, we receive on average 28 new counselling referrals per month.

How will the work be delivered - specifically, what will you do?

CBT has kindly, for the last three years, funded sessional counsellors and a contribution to our Director's salary. He is leading a change in the way we provide counselling by moving from sessional counsellors to staff counsellors. The staff model gives us greater flexibility to meet the needs of clients (e.g. working around clients' commitments, offering a blend of face to face and telephone support), increases capacity for outreach, and avoids wasted time when clients do not attend.

Otherwise the project delivery is the same as it has been previously with clients self-referring to the service, being assessed, being allocated to a counsellor and attending counselling in 12-week blocks for up to one year. Our staff counsellor will attend supervision on a fortnightly basis to ensure they are fully supported.

We are not seeking funds for groupwork as we have applied to Big Lottery Fund to expand this service.

Why are you the right organisation to do this work?

Founded in 1986, we have over 30 years of experience of supporting male survivors of sexual violence. Although it is sometimes possible for these survivors to get help elsewhere, few other organisations have the same in-depth knowledge, and, unfortunately, there is the risk of other health professionals handling disclosures in unhelpful ways. Our approach is based on an understanding of what it is like for a man to be abused, the risks and effects that it might bring, and seeking to empower clients to get the support they want, rather than being offered a prescribed model.

We empower survivors and give people ownership of their counselling as much as possible by giving them options around when they speak to a counsellor, their preferred gender of a counsellor, how many sessions they feel is right for them. Sexual violence takes control away? we work hard to give that control back.

How does your work complement and not duplicate other services within your area?

We are the only organisation in London working exclusively with male survivors of sexual abuse, sexual assault and rape. We know that many men want to access an organisation that expressly understands their experience and needs.

Even accounting for those services which do work with male survivors, albeit not specifically, there is insufficient support, hence our large waiting lists? people simply do not have anywhere else to go.

We work closely with leading sexual violence organisations in London including the four Rape Crisis centres, the Havens and Galop to ensure that everyone has access to a service.

How will this proposal meet the Programme Outcome(s) under which you are applying?

We are applying under the Positive Outcomes funding programme. This project meets all three outcomes:

* Londoners experiencing inequality or disadvantage are supported to become more independent ? this project will support survivors, many of whom struggle to access services due to their experience of abuse, to live more independent lives by improving their wellbeing and day to day functioning.

* Vulnerable and disadvantaged Londoners are more resilient and empowered to make positive choices ? by improving survivors? wellbeing, ability to make decisions and ability to explore feelings, we give them the tools to move forward and make positive choices.

* Specialist support services are better able to meet the needs of vulnerable and disadvantaged Londoners ? funding these two posts gives us substantial capacity and allows us to sustain as well as develop and improve our organisation and the services we offer survivors.

How will you ensure that your project will hear and represent the views and needs of disadvantaged people and/or diverse communities?

We are in the early stages of setting up a service user group to offer feedback on our services and a steer on service development. We currently have a group of ex-groupwork members but we are keen to expand this to users of all our services.

We give clients the opportunity to give feedback on the service, through a questionnaire, when their counselling end and use this to develop and improve our work.

How does your project engage and empower individuals and/or communities to come together on this issue? Will you be working with people who are particularly excluded?

Male survivors often find themselves in a minority. The majority of sexual violence services work mainly or exclusively with women meaning men can often feel ignored and excluded.

Whilst we use the term men, our definition of men is not rigid, and we work with anyone who feels we are the right service for them. This project will be inclusive in that it is working with men, who are a minority in the field of sexual violence, will provide accessible spaces to meet for anyone who needs it and will be open to LGBT+ and BAME survivors. We recognise that survivors for BAME communities, for example, may face additional barriers around the stigma of sexual violence.

Some of our clients, after finishing counselling, become ?ambassadors? for our organisation and the cause: they become fundraisers, talk at awareness raising events, write stories for our blogs.

Is the focus of your project meeting an already identifiable need (acute or otherwise) or are there elements which are preventative and/or incorporate early action?

Our counselling service responds to past abuse. Much (around 70%) is abuse that has taken place when the clients were children.

While we do not do preventative work around sexual violence, our interventions do help to prevent clients' mental health deteriorate further and therefore need further intervention, potentially including acute mental health services. The average time it takes for survivors to access support through statutory services can compound trauma, leading to complex symptoms and diagnoses e.g. complex PTSD.

Who might you need to work closely with in delivering this project - whether before, during or afterwards?

We have extensive networks and collaborations with a wide range of organisations representing the sexual violence sector and marginalised communities across London to ensure we reach people who need help the most. For example, currently we are working in partnership with GALOP, the LGBT anti-violence charity to deliver a pan-London programme, and with Westminster City Council, to deliver a pilot rough sleeping initiative. We have extensive referral networks who signpost clients to us including police, Sexual Assault Referral Centres (SARCs), prison services, mental health teams, sexual health centres and other voluntary sector organisations. In addition, we have recently secured funding for an Engagement and Outreach Worker who will further improve our links with all London councils.

Our aim as a funder is to help people move positively between any of the four stages of Surviving, Coping, Adapting and Thriving. For your project at which of these stages will most people begin their journey?

Our clients come with a diverse range of experiences and access our services at various points in their journey, but most will be 'surviving' or 'coping'. Through a counselling intervention we hope to move those who are struggling the most to 'coping' and those 'coping' to 'adapting' and/or 'thriving'.

Our offer of 12 months of counselling to survivors means that there is time to explore and move through the above stages. We know that short-term counselling does not always offer sufficient space to explore and begin to resolve an experience as traumatic and complex as sexual violence.

We measure client improvements using the CORE Outcome tool which records clients' changes in relation to subjective well-being, problems/symptoms, life functioning and risk/harm. Clients and staff complete CORE forms at the initial assessment stage and at the end of therapy after the final group session.

Will there be any elements of this project that will help you or your beneficiaries to reduce your environmental footprint?

As part of our general operations we try to reduce our environmental footprint as much as possible. We have moved our note-keeping online so are using less paper and ensure that we save electricity by turning off lights and computers at the end of the day.

What are the main activities or outputs you want to deliver?

Provide 828 counselling sessions per year (total 1,656 sessions) to roughly 30 clients per year (total 60)

What 3 main differences or outcomes do you hope the activities you have described above will achieve?

75% of clients accessing the service feel more empowered and have better choice and control in their lives

70% of clients accessing the service report a reduction in the impact of sexual violence

75% of clients accessing the service are satisfied with the service provided

Funding required for the project

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

| Expenditure heading | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Total |
|---------------------|---------------|---------------|----------|----------|----------|----------|
| Salary - counsellor | 28,672 | 28,672 | 0 | 0 | 0 | 0 |
| Salary - director | 20,285 | 20,285 | 0 | 0 | 0 | 0 |
| Core costs | 5,009 | 5,009 | 0 | 0 | 0 | 0 |
| Rent | 4,364 | 4,364 | 0 | 0 | 0 | 0 |
| CPD | 240 | 240 | 0 | 0 | 0 | 0 |
| Supervision | 1,430 | 1,430 | 0 | 0 | 0 | 0 |
| TOTAL: | 60,000 | 60,000 | 0 | 0 | 0 | 0 |

What income has already been raised?

| Source | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Total |
|---------------|----------|----------|----------|----------|----------|----------|
| N/A | 0 | 0 | 0 | 0 | 0 | 0 |
| TOTAL: | 0 | 0 | 0 | 0 | 0 | 0 |

What other funders are currently considering the proposal?

| Source | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Total |
|---------------|----------|----------|----------|----------|----------|----------|
| N/A | 0 | 0 | 0 | 0 | 0 | 0 |
| TOTAL: | 0 | 0 | 0 | 0 | 0 | 0 |

How much is requested from the Trust?

| Expenditure heading | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Total |
|---------------------|---------------|---------------|----------|----------|----------|----------|
| Salary - counsellor | 28,672 | 28,672 | 0 | 0 | 0 | 0 |
| Salary - director | 20,285 | 20,285 | 0 | 0 | 0 | 0 |
| Core costs | 5,009 | 5,009 | 0 | 0 | 0 | 0 |
| Rent | 4,364 | 4,364 | 0 | 0 | 0 | 0 |
| CPD | 240 | 240 | 0 | 0 | 0 | 0 |
| Supervision | 1,430 | 1,430 | 0 | 0 | 0 | 0 |
| TOTAL: | 60,000 | 60,000 | 0 | 0 | 0 | 0 |

Who will benefit?

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

30

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

London-wide

Does this project specifically target any groups or communities?

This project will specifically work with the following age groups:

This project will specifically work with the following gender groups:

This project will specifically work with the following ethnic groups:

If Other ethnic group, please give details:

This project will specifically work with Deaf and disabled people:

No

This project will specifically work with LGBTQI groups:

No

This project will specifically work with other groups or communities:

How will you target the groups/communities you have identified? What is your expertise in providing services for these groups?

Are there any groups or communities you think your organisation will find hard to include through this project?

No

If yes, please specify which groups or communities? Where possible using the categories listed above.

If yes, what steps will you take to make your services accessible to and meet the needs of the groups/communities you have identified?

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: **Alan Robertson**

Role within Organisation: **Operations Manager**