

# The City Bridge Trust

## Bridging Divides: Application for a grant



### About your organisation

#### Organisation Details

Name of your organisation: <b>Centrepoint Soho</b>	
If your organisation is part of a larger organisation, what is its name? <b>Not applicable</b>	
In which London Borough is your organisation based? <b>Tower Hamlets</b>	
Contact person: <b>Miss Millie Hui</b>	Position: <b>Trusts and Statutory Fundraising Manager</b>
Website: <b><a href="http://www.centrepoint.org.uk">http://www.centrepoint.org.uk</a></b>	Social Media Accounts: <b>@centrepointuk</b>
What Quality Marks does your organisation currently hold? <b>We have the Matrix Accreditation and the Advice Quality Standard in Manchester.</b>	

#### Legal Status

Legal status of organisation: <b>Registered Charity</b>			
Charity Number: <b>292411</b>	Company Number: <b>1929421</b>	CIC Number:	Bencom Number:
When was your organisation established? <b>16/12/1969</b>			
<b>Aims of your organisation:</b> (i) To provide care, support, accommodation and resettlement for young persons and such other persons in need as Centrepoint may from time to time determine who are vulnerable or homeless or in need of help in acquiring a settled way of life; and (ii) To assist, educate and further the interests of by such means as are charitable such persons as by reason of physical, psychological, emotional or social infirmity are in need of advice, counselling or any other form of aid in order that they may obtain a settled way of life in the community and to enable them to develop into mature and responsible individuals.			

**Main activities of your organisation:**

Centrepoint is the leading national charity for homeless young people aged 16-25, we support young people who are homeless, or who are at risk of homelessness, to overcome huge obstacles and rebuild their lives. We work in London, Manchester, Sunderland and Yorkshire, and partner with charities across the UK. Through our supported accommodation services we provide shelter to over 2,000 homeless young people annually. We complement this accommodation through a range of in-house services supporting more than 10,000 homeless young people on an annual basis. These focus on key aspects of a young person's life, including health, education, training, sport and participation in society. Ultimately, we aspire that all young people move on from Centrepoint's services positively with a job and a home and are able to live independently. We also undertake policy and campaign work, collaborate with and support other youth/homelessness charities and deliver prevention and intervention work through innovative projects such as the Centrepoint Helpline.

**Your Staff & Volunteers**

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
<b>363</b>	<b>74</b>	<b>13</b>	<b>200</b>

Do you have a Safeguarding policy? **Yes**

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

Paid Staff <b>Yes</b>	Volunteers <b>Yes</b>	Trustees / Management Committee Members <b>No</b>
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**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>7</b>

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

Centrepoint has an Environmental Action Plan detailing how we will reduce waste, water and energy consumption and increase recycling in all services and office bases. An example of changes made to improve our environmental performance is the installation of motion sensor lights in Bruce House in partnership with the landlord. Our travel policy encourages all staff and volunteers to use sustainable transport, and we implement a 'bike loan' scheme allowing staff to purchase bicycles at a discounted rate.

## Finance Details

### Organisation Finances

	Year of most recent audited / examined accounts	Current financial year forecast	Next financial year budget
End of financial year date	31/03/2018	31/03/2019	
Grants & donations:	£25,900,000	£26,458,000	£0
Earned income:	£6,508,000	£6,301,000	£0
Other income:	£301,000	£177,000	£0
<b>Total income:</b>	<b>£32,709,000</b>	<b>£32,936,000</b>	<b>£0</b>
Charitable activity costs:	£23,831,000	£24,957,000	£0
Cost of raising funds:	£7,827,000	£7,770,000	£0
Other costs:	£0	£0	£0
<b>Total expenditure:</b>	<b>£31,658,000</b>	<b>£32,727,000</b>	<b>£0</b>
Free unrestricted reserves held at year end:	£2,564,000	£2,800,000	£0

#### What is your organisation's reserves policy?

- As at 31 March 2018, total unrestricted reserves stood at £17.6m. Of this amount, we propose to designate £15.0m which predominantly is our current investment in fixed assets.
- Therefore, free unrestricted reserves amounts to £2.6m, lower than group requirement of £2.9m.
- Our unrestricted reserves has increased by £0.8m in 2017-18, with designations decreasing by £137,000 and free reserves increasing £932,000 to £2.6m. We will continue to strengthen our reserves, for 2018-19 we are budgeting an unrestricted surplus of £945,000.

For your most recent financial year, what % of your income was from statutory sources?  
**21-30%**

### Organisational changes

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

**Over the past year, Centrepoin has appointed a Fundraising Director and a Strategy Director. We have a large fundraising team so it was deemed necessary to have a distinct Fundraising Director. A Strategy Director has been brought in to specialise in function and to instil a culture of monitoring, evaluation and improving performance across the organisation.**

## Grant Request

Which of the Trust's programmes and priority areas will your application deliver?  
**Positive Transitions/Children & young people**

Which of the programme outcome(s) does your application aim to achieve?  
**Positive Transitions/Londoners experiencing inequality or disadvantage are supported to become more independent**  
**Positive Transitions/Vulnerable and disadvantaged Londoners are more resilient and empowered to make positive choices**

Please describe the purpose of your funding request in one sentence.  
**To deliver a substance use provision which incorporates dual diagnosis so that we treat can also treat homeless young people with combined substance and mental health needs.**

When will the funding be required? **01/04/2018**

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)

How much funding are you requesting?

Year 1:	Year 2:	Year 3:	Year 4:	Year 5:
<b>£90,808</b>	<b>£92,589</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>

**Total Requested: £183,397**

**What 3 main differences or outcomes do you want to achieve through your funding proposal?**

80 young people create a plan to achieve their goals relating to substance use and attend one to one sessions to work towards reducing and quitting substance use.

100% of young people and their guests increase their substance use impact awareness.

Self-harm, suicide risk and safety are managed with appropriate interventions.

**What are the main activities or outputs you will deliver to achieve these differences?**

80 young people to complete specialist assessments.

Deliver 80 group sessions to our young people. There is a minimum of 2 young people in a group session. Their friends and significant others are welcome.

Crisis interventions as and when needed.

## You and your grant request

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

We would like to apply for continuation funding towards our Dual Diagnosis programme. Unlike services in the community, this programme does not discriminate between homeless young people who are only misusing substances from homeless young people who misuse substances and also have a mental health need.

We provide focused interventions for homeless young people who experience problems in these areas and treat them holistically rather than as separate issues, unlike drug and alcohol and mental health agencies in the community. We offer specific interventions including ones focusing on tenancy sustainment and tailor our support to each young person's individual needs.

Training will be delivered to frontline staff so that they know when to refer young people to the programme.

We would therefore like to request funding towards 2 dual diagnosis practitioners (one senior) and associated project costs to deliver the above programme.

### **How will the project described achieve your stated outcomes?**

Through this programme, homeless young people will learn how to recognise what constitutes substance misuse, what they can do about it and how to stay safe.

They will learn how substances can affect their physical and mental wellbeing so that they can make more informed choices.

For those who are ready to take the next steps, we will open a timeline of support, help them to set goals around reduction or management of substance use and management of their mental health, and being able to better take care of themselves through their diet, management of finances and entering or maintaining their education, employment or training. It is essential that they regain control of their lives and this programme supports its beneficiaries to progress towards the next stage of independence.

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

Research conducted by Shelter

([https://england.shelter.org.uk/\\_\\_data/assets/pdf\\_file/0009/48627/Factsheet\\_Young\\_People\\_and\\_Homelessness\\_Nov\\_2005.pdf](https://england.shelter.org.uk/__data/assets/pdf_file/0009/48627/Factsheet_Young_People_and_Homelessness_Nov_2005.pdf)) revealed that becoming homeless can escalate drug use, and 20% of young people reported using drugs after they became homeless because of easier access to it. Young people that were already exposed to substance use at home reported using a greater variety of drugs after becoming homeless.

Furthermore, recent research by Centrepoin estimates that within our own services, 25% of homeless young people have a formally diagnosed mental health problem, an additional 28% report mental health and emotional wellbeing problems including mild depression, anxiety and consistent low moods; and of the 53% with a diagnosis or symptoms of a mental health problem, 61% admit to using drugs (Centrepoin, Toxic Mix: Health needs of homeless young people (London: 2014)).

Just by delivering the programme over the past 4 years we know that the need is there and that there is still more work to be done.

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

The dual diagnosis practitioners employ a number of interventions based on motivational interviewing that can elicit change, including a drugs diary, working with ambivalence and apps to help budgeting and others. They work intensively with each young person, ensuring they progress through their milestones by working on their motivation to change.

Activities that are carried out include:

- ? Specialist health assessment:
  - o In depth screening
  - o History
  - o Personal and professional network
  - o Aim for substance use support
  - o Risk analysis
- ? One to one sessions (up to 24 sessions, and a further 24 sessions after moving out):
  - o Disclosure away from hostel
  - o Advice and information
  - o Sharing tools and techniques
  - o Tailoring action and support plan
  - o Signposting to other services
- ? Group sessions for young people and their significant other
- ? Crisis Intervention
- o We respond to crisis related to substance use as and when needed,

### **Why are you the right organisation to do this work?**

Through the years, our approach has been very successful in engaging young people, particularly those that are hardest to reach. The dual diagnosis practitioners engage our young people by being visible in the hostels and building trust and rapport over time. Once they have gained their trust, they are then more willing to disclose their substance misuse and seek their help, rather than attend a community drug and alcohol agency with unfamiliar staff.

Furthermore, this programme is young person centred and we encourage them to lead the process. This has proven hugely successful with our young people who often do not see their issues as an illness that needs treating, which can be a result of such behaviours being normalised by their previous social network or families. By offering a variety of interventions, we are able to engage our young people in a way that is most appropriate for them.

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

Increasingly, as the statutory sector reduces its funding and subsequent resources, which are already heavily oversubscribed, the availability of substance use interventions becomes ever more scarce, particularly for 18-25 year olds who have to either travel to the nearest service or have their treatment terminated if they have more than two missed appointments. Some of these young people are hard-to-reach and having flexibility for appointments is key to the work we do to ensure they do not slip through the net because of barriers such as lack of money for travel to agencies, limited appointment offerings, being too anxious to meet new professionals.

Our support continues for up to six months after young people have moved out. Coupled with simultaneously treating their friends and partners in group and 1-2-1 sessions where necessary, we are increasing their chances to maintain their progress in managing their substance use issues.

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

Centrepoint's homeless young people are at the heart of everything we do ? as such we involve them in the planning of our services. We find that the best way to engage young people with our service is to involve them in the programme design and making appropriate adaptations in response to their feedback, so that their voices are heard. We also work with them to communicate in ways relevant to young people's age and culture and run group workshops during which young people are able to choose relevant topics that they would like to explore.

Individually, during 1-2-1s, young people are given the opportunity to tailor their support and are encouraged to share their thoughts and feelings. Support is offered in advocacy and mediation when issues arise between the young person and their key worker.

**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?**

Speak Freely Groups have proven hugely successful. These peer led sessions focus on initial engagement of young people, particularly those unfamiliar with 1:1 Dual Diagnosis support, enabling them to choose discussion topics, increasing engagement and attendance without incentives. Friends and family can attend.

In group and 1-2-1 sessions, young people are permitted to bring guests along. These are quite often their friends or significant other. Sometimes their significant other can also be part of the substance misuse issue, so in order to be more effective in treating the young person we would treat both the young person and their significant other at the same time.

Due to the nature of homelessness, Centrepoint's beneficiaries are some of the most excluded people in society. For example, approximately 41% have had experience of being in care and 16% have previously slept rough.

**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?**

Recent research by Centrepoint estimates that within our own services, 25% of homeless young people have a formal diagnosed mental health problem, and additional 28% report mental health and emotional wellbeing problems including mild depression, anxiety and consistent low moods; and of the 53% those with a diagnosis or symptoms of a mental health problem, 61% admit to using drugs (Centrepoint, Toxic Mix: Health needs of homeless young people (London: 2014).

Coupled with health assessments conducted on our homeless young people, we know that we are addressing a real need.

Our reach is beyond those with a known need. The group workshops are open to all, including those who are curious or interested to learn more. Through attending these workshops and informal conversations with the dual diagnosis practitioners, they may then realise that they are in fact in need of some support around their substance use and mental health.



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

We rarely find the need to work with or signpost to external organisations when delivering this project. Our qualified dual diagnosis practitioners bridge the gap between mental health and substance misuse. They form part of Centrepoint's Health & Wellbeing team comprising qualified clinicians such as psychotherapists and dieticians, who together tackle physical, mental, social and emotional wellbeing, employing a multidisciplinary approach. The project works closely with Centrepoint's Skills and Employability Team for support with homeless young people's functional skills and search for appropriate apprenticeship, job and college opportunities.

**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?**

Most of our young people will begin their journey at the 'Adapting' and 'Thriving' stages. We help young people adapt to their hostels, a new environment, where they are likely to be exposed to substance use or escalate their usage. Once they are ready to move on, we help to prepare them to live an independent life where substance use will not be a barrier for tenancy sustanment, employment or education. We offer specific interventions that support young people in particular areas such as sustaining a tenancy when they have received a written warning that could lead to eviction. We also work closely with Centrepoint's Skills and Employability team to help them find appropriate opportunities in education, employment or training to help them progress positively in their lives.

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

We follow Centrepoint policies such as keeping files online (paper free) and printing only what is necessary. The fact that the dual diagnosis practitioners normally travel to the hostels means that young people do not have to make separate journeys to see them.

## 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
Salaries, NI & pension (2 FTE Dual Diagnosis Practitioners)	77,090	78,632	0	0	0	155,722
Line management @ 5%	3,855	3,932	0	0	0	7,787
Training	1,300	1,300	0	0	0	2,600
Staff Insurance	308	308	0	0	0	616
Central costs (HR, Finance, Contracts, Communication) @ 10% of project costs	8,255	8,417	0	0	0	16,672

<b>TOTAL:</b>	<b>90,808</b>	<b>92,589</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>183,397</b>
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### What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
	0	0	0	0	0	0

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
	0	0	0	0	0	0

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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**How much is requested from the Trust?**

<b>Expenditure heading</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Total</b>
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Central costs (HR, Finance, Contracts, Communication) @ 10% of project costs	8,255	8,417	0	0	0	16,672
<b>TOTAL:</b>	<b>90,808</b>	<b>92,589</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>183,397</b>

## Who will benefit?

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

**150**

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?

**Yes - please enter details below**

This project will specifically work with the following age groups:

**16-24**

This project will specifically work with the following gender groups:

**Male**

**Female**

**Transgender or other gender identity**

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:

**Homeless young people**

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

**The programme is an outreach service that works with young people within their hostels. The appointments are flexible and support is tailored around each young person's individual needs.**

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.

**Not applicable.**

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

**Not applicable.**

### **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: **Millie Hui**

Role within                      **Trusts & Statutory Fundraising Manager**  
Organisation: