

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Freedom from Torture</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Islington</b>	
Contact person: <b>Ms Katie Commons</b>	Position: <b>Trusts and Grants Fundraiser</b>
Website: <b>http://www.freedomfromtorture.org</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1000340</b>
When was your organisation established? <b>03/06/1985</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Improving Londoners' Mental Health</b>		
Which of the programme outcome(s) does your application aim to achieve? <b>More children and young people receiving specialist help, resulting in improved mental health</b> <b>More refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health</b>		
Please describe the purpose of your funding request in one sentence. <b>Providing specialist high-quality, tailored, multidisciplinary therapeutic and practical support to asylum seekers age 0-26 that have experienced torture to ensure that their mental health improves.</b>		
When will the funding be required? <b>01/10/2014</b>		
How much funding are you requesting?		
Year 1: <b>£37,814</b>	Year 2: <b>£37,814</b>	Year 3: <b>£37,814</b>
<b>Total: £113,442</b>		

**Aims of your organisation:****Aim One: Rehabilitation**

Survivors of torture in the UK realise their right to as full rehabilitation as possible  
Individuals and families in the UK with complex psychological, physical and social needs as a result of torture have access to high quality, accessible and appropriate rehabilitation services provided by Freedom from Torture

The experiences and voices of survivors of torture inform all Freedom from Torture activities and are carried out in collaboration with them

Freedom from Torture supports other providers in the UK to develop high quality, accessible and appropriate rehabilitation services for survivors of torture

**Aim Two: Protection**

Survivors of torture in the UK receive effective protection and are not returned to their countries of origin to face the risk of further torture

**Aim Three: Accountability**

States responsible for torture are held to account publicly and the human rights of survivors are guaranteed nationally and internationally

**Main activities of your organisation:**

Freedom from Torture offers free tailored therapeutic and practical support to torture survivors in the UK. Torture survivors have a wide spectrum of complex needs: physical, psychological, social, practical and legal. In 2013, we helped 1,015 torture survivors in our London Centre, of which 204 were children and young people age 0-25 years. We provide:

- 1) In-depth psychological assessment
- 2) 1:1 psychological therapy
- 3) Therapeutic group work, including in areas such as horticultural or music therapy
- 4) Family therapy
- 5) Legal assistance in relevant matters such as asylum, immigration, and welfare benefits
- 6) Forensic medico-legal reports documenting evidence of torture to support an asylum claim
- 7) Training and capacity building to relevant agencies, including the NHS
- 8) Policy advocacy to protect and promote torture survivors' rights

There is no limit to the amount, or types, of assistance clients can access, and we tailor the therapy at each stage of the rehabilitative process to meet clients' needs, drawing upon their input.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>64</b>	<b>91</b>	<b>13</b>	<b>150</b>

**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>Owned</b>	

## Summary of grant request

FfT treat around 200 children and young people at our London centre every year. Children and young people that have experienced torture are one of the most multiply disadvantaged, vulnerable groups in London today. They must deal with severe psychological problems while negotiating a plethora of practical issues. Mainstream mental health services are inappropriate for a number of reasons, including a lack of long-term support; lack of intercultural practice, and a lack of focus on tackling practical issues which impact on mental health.

FfT has a simple referral process, which includes self-referral. Once accepted as a client, and needs assessed, a package of therapeutic support is built which can include 1:1 therapy, group therapy, arts therapy, or a combination of these. The therapeutic intervention offered to children and young people is substantively different to those of adults, to meet different needs. This difference includes concentration on tackling developmental problems; use of innovative therapy, such as utilising art and play, to help clients articulate trauma that they might not understand; and extensive liaison with organisations supporting the children and young people outside FfT -- social workers, schools, and legal representatives. Clients are supported over a number of years, with no limit to the amount of support they can access.

This work will be delivered by our London CYPF team, which comprises specialist Psychological Therapists (PT). Clients' progress is rarely linear, but can stop and start as rehabilitation develops, or if clients are impacted by practical problems. Progress is regularly reviewed by the client and therapist, to ensure that clients receive the most appropriate therapy for each stage of their rehabilitative journey. The programme incorporates practical assistance from PTs, who are able to access expert support in legal and welfare matters via our Legal Advice and Welfare Service (LAWS). It is essential that they receive therapeutic and practical support in tandem from a trusted therapist. Young torture survivors will be able to meaningfully and safely shape their treatment, through the development of a validated Outcome Tool and participation in Service Expert Panels.

This project will enable 100 young torture survivors to experience improved mental health through receiving specialist trauma-focussed therapy and practical support. Our SUI work is key to ensuring that the treatment and support offered is appropriate and engages with the real needs of this client group, and that young torture survivors feel empowered in at least one area of their lives. It meets two CBT outcomes: more children and young people receiving specialist help, resulting in improved mental health: more refugees and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health.

FfT are the right organisation to undertake this work because we have high success rates over many years in rehabilitation and helping our clients to integrate into their new communities. FfT clinical staff are subject to DBS and PVG checks; highly qualified, experienced psychological therapists, and are members of the appropriate professional bodies for their specialisation.

Principles of good practice: service user involvement in the planning of services is key to this proposal; we have put in place structures and a capacity building. FfT values diversity in all aspects of its work; we are one of very few providers of intercultural therapy. Our clients come from over 80 countries. We have a specialist interpretation unit that ensures to enable all our clients to clearly communicate. FfT values and supports volunteers throughout the organisation, providing professional development opportunities and fair expenses. We are taking steps to reduce our carbon footprint through a variety of

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

**Not applicable**

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

### **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.

**Tailored Psychological Therapy is delivered to 70 young survivors of torture**

**The development and implementation of a specialist Outcome Tool to enable young torture survivors to shape their treatment by year 3 of the project**

**Children and Young People's service user involvement panel established and shaping treatment by year 3 of the project**

**Psychological Therapists' capacity to offer appropriate practical support in e.g. welfare support will be developed by our Legal Advice and Welfare Service and Senior Welfare Rights Adviser over three years**

**70 young torture survivors will access specialist advice and support in complex matters from LAWS and the SWRA**

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.

**70 young torture survivors in London will have a greater sense of psychological wellbeing, leading to improved mental health**

**70 young torture survivors will overcome practical barriers to improved mental health through receiving expert advice and support within the context of a therapeutic relationship**

**Clinical services at FfT will be reoriented to ensure that young torture survivors' voices are central to the planning and implementation of their treatment plans**

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 are extremely concerned with the difficulties young asylum seekers and refugees that have experienced torture face in London. To this end, we are committed to continuing to help this particularly vulnerable group, and will proactively apply for further funding from a range of sources after the project's end.**

## 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?

**London-wide (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?

**0%**

## Funding required for the project

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

Expenditure heading		Year 1	Year 2	Year 3	Total
Psychological Therapist 1 (salary and oncosts)	27,365	27,365	27,365	82,095	
Psychological Therapist 2 (salary and oncosts)	22,804	22,804	22,804	68,412	
Psychological Therapist 3 (salary and oncosts)	27,365	27,365	27,365	82,095	
Management and supervision	18,047	18,047	18,047	54,141	
Interpretation	20,507	20,507	20,507	61,521	
Client Travel	5,692	5,692	5,692	17,076	
Administration	8,827	8,827	8,827	26,481	
Overheads	7,715	7,715	7,715	23,145	
	0	0	0	0	

<b>TOTAL:</b>	<b>138,322</b>	<b>138,322</b>	<b>138,322</b>	<b>414,966</b>
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**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
Stanley Thomas Johnson Foundation	15,000	0	0	15,000
Philip King Charitable Trust	10,000	10,000	0	20,000
BBC Children in Need	15,250	15,250	0	30,500
John Lyon's Charity	20,000	0	0	20,000

<b>TOTAL:</b>	<b>60,250</b>	<b>25,250</b>	<b>0</b>	<b>85,500</b>
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**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	

<b>TOTAL:</b>	0	0	0	0
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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>Total</b>
Psychological Therapist 3 (salary and oncosts)	11,308	11,308	11,308	33,924	
Psychological Therapist 2 (salary and oncosts)	3,389	3,389	3,389	10,167	
Management and supervision	7,390	7,390	7,390	22,170	
Interpretation	7,238	7,238	7,238	21,714	
Client Travel	1,713	1,713	1,713	5,139	
Administration	3,615	3,615	3,615	10,845	
Overheads	3,086	3,086	3,086	9,258	
	0	0	0	0	
	0	0	0	0	

<b>TOTAL:</b>	<b>33,739</b>	<b>33,739</b>	<b>37,739</b>	<b>113,217</b>
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## Finance details

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

Financial year ended:	Month: <b>December</b>	Year: <b>2012</b>
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Income received from:	£
Voluntary income	7,740,925
Activities for generating funds	193,304
Investment income	34,827
Income from charitable activities	312,762
Other sources	0
<b>Total Income:</b>	<b>8,281,818</b>

Expenditure:	£
Charitable activities	5,492,828
Governance costs	33,322
Cost of generating funds	2,085,832
Other	0
<b>Total Expenditure:</b>	<b>7,611,982</b>
<b>Net (deficit)/surplus:</b>	<b>669,836</b>
<b>Other Recognised Gains/(Losses):</b>	<b>119</b>
<b>Net Movement in Funds:</b>	<b>669,995</b>

Asset position at year end	£
Fixed assets	5,485,036
Investments	0
Net current assets	2,732,249
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>7,232,217</b>

Reserves at year end	£
Restricted funds	865,441
Endowment Funds	0
Unrestricted funds	6,366,776
<b>*Total Reserves (B):</b>	<b>7,232,717</b>

\* 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?  
1-10%

### Organisational changes

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

There have been no significant changes to Freedom from Torture's finances, structure, or core activities since the date of our most recent accounts, and we are continuing to work to raise funds from diverse sources in a difficult economic time.



### Previous funding received

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

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0		0
London Local Authorities	0	0	0
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	335,547	760,469	824,552

### 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		2012 £	2013 £	2014 £
Breadsticks Foundation	0	153,000		306,000
Comic Relief	45,000	37,500		0
Esmee Fairbairn Foundation	30,000	30,000		30,000
Northern Rock Foundation	40,000	40,000		40,000
John Ellerman Foundation	32,000	32,000		32,000

### 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: **Kathleen Anne Bride Commons**

Role within                      **Trusts and Grants Fundraiser**  
Organisation: