

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Mind (the National Association for Mental Health)</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Newham</b>	
Contact person: <b>Mr Ben Ingram</b>	Position: <b>Senior Partnerships Officer</b>
Website: <b>http://www.mind.org.uk</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>219830</b>
When was your organisation established? <b>25/11/1946</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 people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment</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>This project will build the capacity of migrant and BME communities to participate as partners in the commissioning of mental health services.</b>
When will the funding be required? <b>01/04/2015</b>
How much funding are you requesting? Year 1: <b>£54,983</b> Year 2: <b>£54,056</b> Year 3: <b>£55,476</b>  <b>Total: £164,514</b>

**Aims of your organisation:**

Mind is the leading mental health charity in England and Wales. We work to ensure everyone experiencing a mental health problem gets both support and respect. Our strategic goals are focused on:

- Staying well: Supporting people at risk of developing a mental health problem to stay well.
- Empowering choice: Helping people who experience a mental health problem to make informed choices about how they live and recover.
- Improving services and support: Ensuring people get the right services and support at the right time to help their recovery.
- Enabling social participation: Opening the doors for people with experience of mental health problems to participate fully in society.
- Removing inequality of opportunity: Gaining equality of treatment for people who experience discrimination.

**Main activities of your organisation:**

We provide advice and support to anyone experiencing a mental health problem, and campaign to improve services, raise awareness and promote understanding. More specifically:

- We provide direct support services to around 400,000 people every year through our network of 150 local Minds.
- Our network of 144 high street shops also act as a gateway to support.
- We respond to 43,000 telephone and email enquiries every year, and a further 8,000 through our specialist legal line.
- We distribute around 280,000 leaflets and publications each year.
- We pursue legal rights for mental health service users and their carers.
- We campaign for better services and rights, and against stigma and discrimination.

Closer to home, the London Mind Network provides over 200 different services across the capital.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>167</b>	<b>46</b>	<b>13</b>	<b>26</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>	

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

**FRSB Membership (Fundraising Standards Board), Information Standard (NHS England), Investing in Volunteers (UK Volunteering Forum), Helplines Standard (Helplines Partnership), Mind Quality Mark (endorsed by the Charity Commission).**

### **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.

**Three pan-London events to secure buy-in from, and provide networking opportunities for, the London Mind Network and other key partners, including community groups, commissioners, other third sector organisations, and fellow members of Health and Wellbeing Boards.**

**12 workshops with local Minds to share learning and best practice around engaging migrant communities and influencing commissioners. These will be followed up with additional sessions to offer support and guidance, and monitor progress.**

**12 community engagement events with local Minds to raise awareness of the project among local migrant and BME community groups, and to recruit the Community Representatives who will be at the heart of the project. Additional engagement events will be organised as required.**

**A minimum of two influencing meetings with the 12 CCGs we engage to discuss Joint Strategic Needs Assessments, gaps in service provision and future commissioning practices.**

**The production of an Influencer Manual to support the London Mind Network and the Community Representatives as they begin working with CCGs and local authorities, and a final evaluation to be shared across the London Mind Network and the wider National Mind Network.**

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.

**300 people from migrant and BME community groups across London are better informed about the availability of mental health services and are more confident engaging with them.**

**36 Community Representatives (three for each of the 12 CCG areas) will be trained and supported to engage with the commissioning process.**

**At least 50% of the CCGs we engage will revise their commissioning intentions to include specific provision for migrant mental health services.**

**At least 25% of the CCGs we engage will revise their commissioning processes to ensure contractors are required to consider the impact of service provision on migrant groups (using agreed key performance indicators and quality standards).**

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?

**Beyond the period of funding, it is envisaged that the local Minds across London will continue to engage with CCGs on behalf of the local community. Furthermore, the volunteer Community Representatives will be encouraged to continue promoting good mental health practices through membership of various forums without the support of Mind.**

## Summary of grant request

Since 2008, Mind has been working to understand and advocate for the mental health needs of vulnerable migrants and BME communities, and build their capacity to influence the commissioning of mental health services. In August 2014, we launched "Commissioning Mental Health Services for Vulnerable Adult Migrants", a report highlighting the unmet mental health needs of marginalised groups, the threat posed to existing mechanisms for engagement and partnership, and guidance for Clinical Commissioning Groups (CCGs). A variety of indicators continue to affirm the relationship between poor mental health and the most marginalised groups in society, who are consistently overrepresented in the mental health system. Evidence gathered through consultations with commissioners, service providers and the community suggest that the commissioning process is failing migrants at the first stage: data gathering, needs assessment and strategic planning.

To address these issues, this project will consist of three main elements:

1. **Local Mind workshops:**

A Senior Equality Improvement Officer will deliver workshops to 12 local Minds (all part of the London Mind Network) to raise awareness of the need to improve mental health support for migrant and BME groups. These workshops will share learning and best practice around engaging both communities and commissioners, and teach local Minds to assess the commissioning intentions, strategy and assessment processes of each CCG.

2. **Community engagement:**

Through local engagement events and existing relationships with community groups (such as local migrant forums, centres and BME organisations), we will engage over 300 local people, providing them with information about accessing mental health services, and recruit 36 Community Representatives to share their experiences and opinions with the London Mind Network.

3. **Influencing commissioners:**

We will then facilitate meetings between our Community Representatives and the lead commissioners for mental health for 12 CCG areas of London, offering direct evidence and testimony from service users. This activity will be supported by our specialist Equality Improvement Team and guidance produced by Mind, with the aim of influencing CCGs to improve service planning for minority groups.

This project will meet the Trust's programme outcomes of improving the mental health of refugees, asylum seekers and BME communities by increasing their access to appropriate mental health services. This will be achieved by:

- Raising awareness among commissioners and service providers of the mental health needs of migrant and BME communities, as well as the gaps in service delivery and obstacles to accessing services.
- Ensuring that service providers are able to design and deliver accessible and responsive services, and are monitoring uptake and outcomes.
- Enabling migrant and BME communities to improve their knowledge of services, entitlements and pathways to care, and understand their role in influencing design and delivery.
- Improving cooperation between commissioners, service providers and the local community, ensuring that services are accessible, culturally appropriate and responsive.

Mind is in the unique position of having both a national profile and a network of service providers throughout London. Our extensive research into migrant mental health (available online) has been endorsed by the Department of Health, universities, and numerous third sector supporters.

Since August 2010, we have also worked with six Primary Care Trusts in the South East to enable them to identify the obstacles for accessing mental health services, including language barriers, cultural differences, stigma, racism and confusion.

Involving service users is at the heart of all Mind programmes, and their involvement and opinions are essential to the success of this project. Equality and Diversity Training is compulsory for all staff and volunteers. We are also taking steps to reduce our carbon footprint, with recycling points throughout head office and a printing reduction scheme in place.

## 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?

**All ages**

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?

**91-100%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Senior Equality Improvement Officer (0.6 FTE) including on-costs	23,721	24,655	25,890	74,266
Staff expenses (travel and subsistence), training and marketing	1,660	1,660	1,660	4,980
Pan-London events	1,480	1,480	1,480	4,440
Local Mind workshops	2,700	2,700	2,700	8,100
Community engagement events, focus groups	2,530	2,530	2,530	7,590
Consultancy costs	9,600	9,600	9,600	28,800
Influencer Manual production	1,740	0	0	1,740
Premises costs, broadband, phone, stationary, printing and postage	4,380	4,380	4,380	13,140
Supervision and governance	7,172	7,051	7,235	21,458
<b>TOTAL:</b>	<b>54,983</b>	<b>54,056</b>	<b>55,476</b>	<b>164,514</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### How much is requested from the Trust?

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## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2014</b>
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Income received from:	£
Voluntary income	18,696,000
Activities for generating funds	14,351,000
Investment income	164,000
Income from charitable activities	218,000
Other sources	226,000
<b>Total Income:</b>	<b>33,655,000</b>

Expenditure:	£
Charitable activities	19,695,000
Governance costs	137,000
Cost of generating funds	12,949,000
Other	41,000
<b>Total Expenditure:</b>	<b>32,822,000</b>
<b>Net (deficit)/surplus:</b>	<b>833,000</b>
<b>Other Recognised Gains/(Losses):</b>	<b>41,000</b>
<b>Net Movement in Funds:</b>	<b>874,000</b>

Asset position at year end	£
Fixed assets	3,070,000
Investments	4,759,000
Net current assets	3,320,000
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>10,307,000</b>

Reserves at year end	£
Restricted funds	968,000
Endowment Funds	0
Unrestricted funds	9,339,000
<b>*Total Reserves (B):</b>	<b>10,307,000</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?  
11-20%

### Organisational changes

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

### 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	0
London Local Authorities	0	0	0
London Councils	0	0	0
Health Authorities	103,000	201,000	103,000
Central Government departments	4,074,000	4,429,000	4,651,000
Other statutory bodies	453,000	428,000	506,000

### 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 £
Big Lottery Fund - Time to Change	2,741,000	835,000	1,788,000
Comic Relief - Time to Change	749,000	1,444,000	1,654,000
Big Lottery Fund - Ecominds	1,893,000	555,000	401,000
Big Lottery Fund - Positive Choices	171,000	222,000	164,000
People's Health Trust - Resilience	0	362,000	74,000

### 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: **Ben Ingram**

Role within                      **Senior Partnerships Officer**  
Organisation: