

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Roma Support Group	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Newham	
Contact person: Ms Sylvia Ingmire	Position: Chief Executive Officer
Website: http://www.romasupportgroup.org.uk	
Legal status of organisation: Charitable company	Charity, Charitable Incorporated Company or company number: 1103782
When was your organisation established?	

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? More people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment More homeless and transient people having access to mental health services and reporting improved well-being
Please describe the purpose of your funding request in one sentence. The Roma Mental Health Advocacy Project will deliver a culturally appropriate programme of mental health support to socially excluded Roma refugees and migrants in London.
When will the funding be required? 01/08/2015
How much funding are you requesting? Year 1: £42,975 Year 2: £41,255 Year 3: £42,642 Total: £126,872

Aims of your organisation:

The origin of the Roma Support Group (RSG) is linked to Roma grassroots movement, which, in the context of anti-Roma hostility in press and media, sought to empower the community by providing information and exercising their right to self-representation. The RSG is the only Roma-led charity organisation in London.

Our main aims are to improve the quality of life for Roma refugees and migrants through enhancement of their physical and mental well-being; support to overcome prejudice, vulnerability and social exclusion; and increasing public awareness of Roma heritage, culture, arts and their current situation in the UK.

Our vision is for Roma communities to be empowered through the realisation that their strength lies within every Roma individual and his/her fulfilment as a member of society. We seek to ensure that Roma voice is heard and becomes a force of change, ensuring equality and social justice for all Roma refugees and migrants in London and the UK.

Main activities of your organisation:

Last year we offered direct support to 2,218 Roma refugees and migrants London-wide through:

A/ General Advice -- addressing destitution, homelessness, employability issues;

B/ Roma Community Advocacy Project - reducing social exclusion through advocacy, training and Forum Theatre;

C/ Older Roma Engagement Project -- engaging older Roma in peer- advocacy and intergenerational work to enhance their social inclusion;

D/ Aspiration Project -- helping young Roma to access and succeed within education; offering school-parent liaison support and tackling bullying;

E/ Social Inclusion Schemes: Sport - karate training and football. Art - traditional Roma dance/ music classes; visual art workshops and live music performances;

F/ Policy and Campaigning Project -- empowering Roma communities to coordinate campaigns and influence policy and decision makers at local, national and European levels.

Furthermore, we provided indirect support to 2,170 Roma refugees and migrants across the UK through our Roma Support and Engagement Programme by working with professionals through training, specialist advice; and dissemination of our publications.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	11	11	33

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	Until January 2016

Summary of grant request

The need for this Project is demonstrated by official/ academic reports which show that Roma people are some of the most disadvantaged and socially excluded in Britain, with high levels of stress, anxiety and depression.

The Roma Support Group (RSG) will provide a mental health advocacy service, supporting 180 beneficiaries over three years. The Project will be delivered by a part-time Coordinator and two part-time bi-lingual Mental Health Advocates from our offices in East and West London, with home visits to the most vulnerable beneficiaries. The staff will:

- act as bridge builders between beneficiaries and mental health professionals, empowering, informing, facilitating and enabling;
- establish/ maintain a working relationship with professionals;
- disseminate information to professionals regarding Roma culture, taboos, identity and socio-dynamics;
- inform beneficiaries about mental health services and available choices;
- publicise the Project within Roma communities and amongst health agencies and social services;
- design individual action plans with beneficiaries;
- facilitate appropriate referrals from GPs;
- assist beneficiaries to access the NHS mental health services;
- accompany them on visits to mental health professionals;
- empower beneficiaries to speak for themselves and communicate their concerns, questions and expectations;
- establish and monitor an effective network of support for each beneficiary;
- facilitate monthly Group Peer-Support Sessions;
- safeguard the rights of beneficiaries;
- analyse feedback from beneficiaries;
- monitor/ evaluate the Project;

The Project will aim to:

- enhance access to mental health services for Roma refugees and migrants in London;
- empower them to overcome their mistrust of mental health services;
- improve their mental health and well-being.

The RSG has a strong track record of delivering effective mental health interventions and advocacy, including:

Mental Health Advocacy Project funded by the King's Fund (2008-12);

Roma Mental Health Pacesetter Project funded by the Department of Health, DoH (2009-10);

Roma Health Communication Pacesetter Project funded by the DoH and delivered in partnership with NHS Newham (2008-10);

Roma Drug Awareness Project funded by NHS Newham Substance Misuse Partnership (2010-11);

Roma Mental Health Forum Theatre Project by NHS Newham Substance Misuse Partnership (2011).

This Project meets two of the Trust's programme outcomes:

- More people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment.
- More homeless and transient people having access to mental health services and reporting improved well-being.

Some beneficiaries are street homeless, many families are in homeless persons' accommodation and others are transient. Our previous work shows that there is a high

level of fear and distrust of mental health services, which can be overcome with culturally appropriate support to enable people to receive the right care and treatment and improve their mental health and well-being.

The Project meets the Trust's Principles of Good Practice as follows:

Involvement of services users in planning services: Roma beneficiaries are engaged in the planning, management and delivery of our activities, as volunteers, staff members and Trustees, while becoming role models for the Roma community.

Welcoming people from different backgrounds and valuing diversity: our beneficiaries are Roma refugees and migrants mainly from Poland, Czech Republic, Slovakia, Romania and the Balkan region. We recognise that the Roma community we are engaged with is not monolithic, but rather a dynamic entity diversified on the basis of nationality, country of origin, tribal/ clan affiliation, language, gender and age.

Valuing and supporting volunteers: the RSG has a robust Volunteering Policy. The Project will engage two volunteers, who will receive induction and structured support and internal and external training.

Taking steps to reduce carbon footprint: the RSG has an Environmental Policy which is rigorously implemented.

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?

The Advice Quality Standard (AQS) (former General Help Quality Mark)

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.

One-to-one mental health advocacy sessions for 180 individual beneficiaries over three years to improve their access to mental health services and empower them to communicate their concerns, questions and expectations to mental health professionals.

Monthly Group Peer-support Sessions for 75 beneficiaries over three years, which will enable them to share information about their choices and rights, while enhancing their self-esteem, confidence and problem-solving skills.

Publishing, translating and disseminating an Information Leaflet for Roma community members about mental health issues and mental health system. 300 hard copies of the leaflet will be disseminated during the Project's life.

Collaborating with 90 mental health professionals in three years through the delivery of six training workshops ("Roma Community & Mental Health") and support for individual beneficiaries.

Publishing and disseminating an Information Leaflet for Mental Health Professionals: at least 240 copies will be disseminated electronically in three years.

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.

Roma refugees and migrants in London to have greater understanding of mental health issues, as well as mental health care support and services available

Improved access to mental health services for Roma beneficiaries

Increased level of satisfaction with mental health services amongst Roma beneficiaries

Improved wellbeing of Roma beneficiaries with mental health issues

Raised awareness of Roma culture and Roma patients' specific needs amongst mental health service providers

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 consult with beneficiaries regarding their needs for the Project's continuation to explore how it could be developed in the future. Our self-evaluation will enable us to analyse the effectiveness of our approach. We will use this information to research alternative funding sources, concentrating on public funds, charitable foundations and private trusts.

Who will benefit?

About your beneficiaries

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

70

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

25-44

45-64

65-74

What gender will beneficiaries be?

All

What will the ethnic grouping(s) of the beneficiaries be?

Other ethnic group (including Arab)

If Other ethnic group, please give details: **Roma refugees/migrants**

What proportion of the beneficiaries will be disabled people?

71-80%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Roma Mental Health Advocacy Project Coordinator	17,611	17,875	18,143	53,629
Roma Mental Health Advocates (two)	9,776	9,924	10,072	29,772
Recruitment	2,300	0	0	2,300
Project Management	2,002	2,032	2,062	6,096
Volunteer Expenses	810	822	834	2,466
Staff & Volunteer Training	900	913	927	2,740
Project Publicity	600	609	618	1,827
External Evaluation	2,000	2,000	2,800	6,800
Project Overheads (e.g. office rent, etc.)	6,976	7,080	7,186	21,242
TOTAL:	42,975	41,255	42,642	126,872

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
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
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Roma Mental Health Advocacy Project Coordinator	17,611	17,875	18,143	53,629
Roma Mental Health Advocates (two)	9,776	9,924	10,072	29,772
Recruitment	2,300	0	0	2,300
Project Management	2,002	2,032	2,062	6,096
Volunteer Expenses	810	822	834	2,466
Staff & Volunteer Training	900	913	927	2,740
Project Publicity	600	609	618	1,827
External Evaluation	2,000	2,000	2,800	6,800
Project Overheads (e.g. office rent, etc.)	6,976	7,080	7,186	21,242
TOTAL:	42,975	41,255	42,642	126,872

Finance details

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

Financial year ended:	Month: January	Year: 2014
-----------------------	--------------------------	----------------------

Income received from:	£
Voluntary income	152,497
Activities for generating funds	1,824
Investment income	118
Income from charitable activities	27,625
Other sources	725
Total Income:	182,789

Expenditure:	£
Charitable activities	225,593
Governance costs	5,291
Cost of generating funds	17,452
Other	0
Total Expenditure:	248,336
Net (deficit)/surplus:	-65,547
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-65,547

Asset position at year end	£
Fixed assets	932
Investments	0
Net current assets	221,129
Long-term liabilities	0
*Total Assets (A):	222,061

Reserves at year end	£
Restricted funds	69,017
Endowment Funds	0
Unrestricted funds	153,044
*Total Reserves (B):	222,061

* 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? 41-50%
--

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 the structure, however since year end, several new funders have been found, and the Charity has continued to diversify its funding sources to reduce its dependency on restricted grant funding, through continuing our commissioned services, as well as working on increasing our public donations.

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	28,673	0	0
Health Authorities	0	0	0
Central Government departments	70,109	35,768	0
Other statutory bodies	0	49,276	84,965

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 £
Comic Relief	53,713	25,538	8,512
BBC Children in Need	18,755	26,986	27,183
Trust for London	17,250	7,500	30,000
The Diana, Princess of Wales Memorial Fund	47,946	0	0
Barrow Cadbury Trust	0	10,500	26,100

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: **Sylvia Ingmire**

Role within **Chief Executive Officer**
Organisation: