

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Child Bereavement UK	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Outside London	
Contact person: Dr Ann Rowland	Position: Director of Bereavement Services
Website: http://www.childbereavementuk.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1040419
When was your organisation established? 01/08/1994	

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 children and young people receiving specialist help, resulting in improved mental health
Please describe the purpose of your funding request in one sentence. Early intervention and prevention of mental ill-health in bereaved children and young people in Newham, through specialist bereavement support, working with individuals, families and groups.
When will the funding be required? 31/07/2015
How much funding are you requesting? Year 1: £33,042 Year 2: £34,364 Year 3: £35,739 Total: £103,145

Aims of your organisation:

Child Bereavement UK (CBUK) provides specialist help to children, young people and families and educates professionals, to help mitigate the mental health impact when a baby or child of any age dies or is dying, or when a child is facing bereavement. Every year we deliver training across a breadth of issues to over 6,000 professionals across the voluntary and statutory sectors, helping them to better understand and meet the needs of grieving families. Our vision is for families to have the support they need to rebuild their lives, when a child grieves or when a child dies. Our mission is to ensure the accessibility of high-quality child bereavement support and information to all families and professionals, by increasing our reach and plugging the gaps that exist in bereavement support and training across the country, and embedding standards in the sector.

Main activities of your organisation:

CBUK currently offers direct bereavement support to 350 families per year in Milton Keynes, East and West London, Cheshire and Cumbria, and Buckinghamshire, via individual, family and couple support sessions; facilitated groups for parents, families, children and young people; and booked telephone support. CBUK works in partnership with specialist sectors, including supporting families bereaved through homicide with Victim Support, and bereaved military families with Fabcamp. The charity has had 3 years of statutory investment to build bereavement sector capacity in areas of deprivation including Newham, Hackney, Hull, Liverpool, Middlesbrough, Stoke-on-Trent, and inner-city Aberdeen, Dundee, Glasgow and Edinburgh. CBUK operates a national support line for bereaved families and those who care for them; an interactive website supporting almost 140,000 families annually, with resources accredited by the Department of Health Information Standard; and produces a range of publications for families and professionals. CBUK is also a UK leader in child bereavement training, reaching c.6,000 professionals each year.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
27	24	9	100

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	September 2015

Summary of grant request

CBUK is requesting a contribution of £103,145 from City Bridge Trust to pay for the salary and on-costs of a full-time Bereavement Support Team Lead in Newham for three years. This staff member will provide direct support to improve the mental health outcomes for 360 bereaved children and young people (4-25 years old) in Newham in this time.

1. Need

Around 53 children and young people in the UK are bereaved of a parent every day, with up to 7% experiencing the death of a parent and 82% experiencing the death of a close relative or friend before they have left school. Socio-economic deprivation is inextricably linked with bereavement; early bereavement increases the likelihood of vulnerability and poor health outcomes for children/young people eg 30% of children who require social care are bereaved of a parent; young people who are suddenly bereaved of a parent are 300% more likely to develop diagnosable new-onset depression and are at greater risk of school exclusion.

As the 3rd most deprived local authority in the country, Newham was prioritised within CBUK's 3-year Department of Health-backed capacity-building programme. The resulting bereavement training and community awareness highlighted that the borough has no co-ordinated or open access support for bereaved children/young people. Discussions with families and over 150 community representatives further evidenced that investment in support for bereaved families is urgently needed.

2. Proposed Activities:

- i) Face-to-face bereavement support for bereaved children and young people through fixed location and drop-in services in Newham
- ii) Community Outreach and Bereavement Awareness
- iii) Group support for children and their families (age 4-11)
- iv) Support for young people through peer-support and mentoring (age 11-25)
- v) Bereavement awareness and support inside education

3. Outcomes for bereaved children, young people and their families:

- i) Improved communication and emotional literacy;
- ii) Greater resilience and confidence in bereavement;
- iii) Reduced isolation through sharing experiences in a support group;
- iv) Improved quality of life for children resulting from parents / carers gaining new skills to support bereavement in their family;
- v) Improved bereavement support, skills and awareness in local community and educational settings.

4. Why CBUK is the Right Organisation to Deliver

CBUK has a track record as a UK-wide leading authority, trainer and support-provider in the field of child bereavement. CBUK has built a strong community-partner base in Newham since 2013; established an active Local Bereavement Advisory Group, which provides leadership on bereavement in the Borough; and has gained a reputation for embedding services in local communities that effectively support children/young people who are most in need.

5. How the Proposed Project Meets the Trust's Programme Outcome

This proposal seeks to mitigate the long-term mental health impact of early exposure to grief in children/young people in Newham. The proposed activities will ensure more bereaved children/young people in the borough can access specialist help and build resilience and mental well-being.

6. Principles of Good Practice

- i.) Involving Service Users - CBUK puts bereaved families at the heart of its work. This

proposal is built on lessons learnt and feedback from local families and over 150 community representatives.

ii) Diversity - One of CBUK's first development tasks in 2013 was responding appropriately to Newham's ethnic diversity and meeting with local faith networks and leaders to ensure cultural sensitivity, inclusion and adapt plans accordingly.

iii) Volunteers - CBUK has 100 volunteers nationally, and well-developed volunteer recruitment, training and supervision procedures. Furthermore, 15 local volunteers in Newham have been trained and are ready to support this project.

iv) Carbon Footprint - CBUK is based at a charity hub which shares resources and reduces environmental impact. A new e-training product is reducing travel for health professionals.

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?

All CBUK's training is certified for CPD purposes with some courses accredited by OCN London. Training accreditations continue to be developed within and outside

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.

Face to Face Bereavement Support: One-to-one bereavement support sessions for 360 children, young people and their families over 3 years (some will be seen in fixed locations, others via weekly drop-in sessions eg based in Hartley Centre in Newham).

Community Outreach and Bereavement Awareness: Outreach to community partners, across statutory and voluntary agencies working in Newham to offer training and support, to up-skill community capacity in relation to the needs of bereaved children, young people and their families. This outreach will also promote the local service available from CBUK.

Group support for children and families: CBUK's group support programme for bereaved children (aged 4-12), and their families will be developed in Newham, applying lessons from earlier pilot projects. Children will access a four-week programme of facilitated group support whilst parents / carers benefit from informal peer support.

Support for Young People: Activities will be tailored for bereaved young people aged 11-25 in Newham, including a peer-mentoring scheme (in response to listening activity with young people who have requested one-to-one support from another bereaved young person), as well as CBUK's proven youth peer- support model.

Liaison and support for Educational Establishments: The Bereavement Support Co-ordinator will build on relationships already formed, to engage educational facilities and organisations working with children and young people, offering them advice and support when they encounter bereaved children and young people and their families.

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.

Improved Communication: 360 children and young people in Newham, bereaved of a parent or sibling or someone close to them, will be given skilled bereavement support, 70% of whom will gain an increase in emotional literacy and improved ability to communicate effectively with others about their bereavement experience.

Confidence and Resilience in Grief: 360 children and young people in Newham will access knowledge and understanding through bereavement support, 70% of whom will gain insight to the impact of bereavement on relationships, enabling them to rebuild their confidence and increase their resilience in grief.

Reduced Isolation: 60 children will attend a Children and Young People's Support Group (for 4-11 year olds) and 24 young people will have attended a Young People's Advisory Group (for 11-25 year olds), of which 90% will feel less isolated and less "different" having shared experiences.

Improved parenting/carer skills resulting in improved lives for children and young people : 275 bereaved families in Newham will have attended support activity. 70% of parents / carers attending face to face sessions, will report increased confidence with parenting a child or young person in relation to their grief.

Improved Community and Educational Awareness: CBUK will provide awareness-raising, training, advice and support to at least 70 local schools, colleges and community groups resulting in greater confidence for teachers and other professionals working with bereaved children and young people. This will improve services received by at least 72 local families.

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?

Yes. CBUK is expanding its direct support to bereaved families in areas of greatest need. The intention is to provide comprehensive and ongoing support for bereaved children and young people in Newham as long as there is a need to be met. This growth is being underpinned by CBUK investment in UK-wide income generating capacity.

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?

Newham (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?

1-10%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Bereavement Support Team Lead Salary, 1 FTE plus on-costs	33,042	34,364	35,739	103,145
2 Bereavement Support Worker Salaries, .05 FTE plus on-costs	29,059	30,221	31,430	90,710
Staff and Volunteer Training	9,600	1,600	1,600	12,800
Peer Mentoring and Peer Support Groups	6,050	6,080	6,080	18,210
Capital Items eg 3 x PCs, Family Rooms	6,400	600	0	7,000
Local Support / Office Costs	22,000	23,400	23,400	68,800
Central Costs (Recruitment, HR, Finance, Website, etc)	14,861	7,584	10,647	33,092
	0	0	0	0
	0	0	0	0
TOTAL:	121,012	103,849	108,896	333,757

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
	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
Peter Cundill Foundation	60,506	51,925	54,448	166,879
Major Donor Fundraising and Events	27,464	17,561	18,709	63,734
	0	0	0	0
	0	0	0	0
TOTAL:	87,970	69,486	73,157	230,613

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary and on-costs for Bereavement Support Team Lead	33,042	34,364	35,739	103,145
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	33,042	34,364	35,739	103,145

Finance details

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

Financial year ended:	Month: August	Year: 2014
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Income received from:	£
Voluntary income	1,193,038
Activities for generating funds	237,259
Investment income	16,552
Income from charitable activities	243,614
Other sources	6,621
Total Income:	1,697,084

Expenditure:	£
Charitable activities	1,376,727
Governance costs	115,952
Cost of generating funds	356,733
Other	0
Total Expenditure:	1,849,412
Net (deficit)/surplus:	-152,328
Other Recognised Gains/(Losses):	13,376
Net Movement in Funds:	-138,952

Asset position at year end	£
Fixed assets	99,958
Investments	594,324
Net current assets	671,569
Long-term liabilities	0
*Total Assets (A):	1,365,851

Reserves at year end	£
Restricted funds	160,338
Endowment Funds	0
Unrestricted funds	1,205,513
*Total Reserves (B):	1,365,851

*** 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:

Two new regional fundraising and communications officers have been appointed during February 2015 (one in the South East, one in the North West) to support the charity's plans for financial growth and increased impact.

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	0	0	0
Central Government departments	76,192	190,758	180,358
Other statutory bodies	0	0	0

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	77,118	89,996	98,675
The Clare Family Trust	0	100,000	0
Westminster Foundation	0	0	30,000
Rothschild Foundation	0	0	25,000
James Wentworth Stanley Memorial Fund	27,480	0	0

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: **Dr Ann Rowland**

Role within **Director of UK Bereavement Services**
Organisation: