

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>New Horizon Youth Centre</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Camden</b>	
Contact person: <b>Ms Stella Howe</b>	Position: <b>Project Development Co-ordinator</b>
Website: <b>http://www.nhyouthcentre.org.uk</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>276943</b>
When was your organisation established? <b>02/10/1967</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 homeless and transient people having access to mental health services and reporting improved well-being</b> <b>More offenders and ex-offenders receiving help and support to improve their mental health</b>
Please describe the purpose of your funding request in one sentence. <b>To support disadvantaged young vulnerable Londoners with mental health issues to achieve improved physical, mental and sexual health</b>
When will the funding be required? <b>01/08/2016</b>
How much funding are you requesting? Year 1: <b>£50,190</b> Year 2: <b>£51,196</b> Year 3: <b>£52,219</b>  <b>Total: £153,605</b>

**Aims of your organisation:**

1. To provide a holistic range of services to homeless and/or highly vulnerable 16 -- 21 year olds through the provision of an open access day centre. Services include advice and guidance, employment and training, resettlement support and targeted outreach
2. To deliver innovative interventions that respond effectively to the ever changing needs of this disadvantaged group of young people, taking account of current good practice and government led initiatives to ensure the best possible outcomes for those most needing support
3. To develop all projects in partnership with a wide range of stakeholders, ensuring that the needs and wishes of service users are central to our services and that young people are fully engaged in the planning process
4. To ensure disadvantaged homeless young people make a smooth transition into adulthood by enabling them to be healthy, enjoy and achieve, and stay safe.

**Main activities of your organisation:**

New Horizon is a day centre for homeless and vulnerable young people aged 16 to 21, coming into King Cross from across London, the UK and beyond. Typically these people are suffering from emotional and mental health and/or physical health problems, and are at risk of offending. All are homeless or in unsecure accommodation and many are still sleeping rough on the streets. While their needs vary they share common histories of abuse, deprivation, rejection, discrimination and are living in poverty. We take a holistic approach in responding to the needs, interests and aspirations of each young person. The centre supports 3,000 young people a year and is open seven days a week. It offers services including: advice and support into accommodation; accredited education and training programmes; a peer mentoring programme, a social enterprise programme; drugs advice and assessments; street outreach work; tenancy support services and medical & counselling services. We also provide hot food, laundry facilities, showers and clothes.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>22</b>	<b>14</b>	<b>11</b>	<b>30</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>Leased</b>	<b>20 years</b>

## Summary of grant request

### The need for this project:

The need for this work is great: mental ill health is more prevalent in London than anywhere else in the UK and over the past 3 years since the Healthy Minds Project started, New Horizon has seen a further increase in the numbers of young people using our services who have complex and multiple mental health problems. Furthermore, mental ill health within London is more likely to affect young black men: over 80% of young people coming through New Horizon's doors are from the BMER community of which over 65% are young, black men. Additionally, we now have valuable quantitative and qualitative evidence of The Healthy Minds Project's successes (outlined in our annual Monitoring and Evaluation Forms), for example over one year of the project, 107 young people accessed the project's counsellor and took part in 1:1 counselling sessions and/or group therapy, hence the need to continue this work is now even more vital as its successes have been evidenced extensively.

### What the project will aim to achieve:

The purpose of the Healthy Minds 3 Year Project is to provide access to a range of in-house targetted services and activities to tackle the complex inequalities in the mental health of young homeless and/or vulnerable people across London. This project is innovative in that all its services are available under one roof and each young person is able to access a number of 'hook' activities (e.g. gym, a running group, music production, dance etc) while working on their mental health issues. They are not stigmatised nor are they judged - project staff work with each young person as a valued individual, wherever they are on their journey to good mental health.

### How the project will be delivered:

The work will be delivered along the lines of the 4 main types of activities and services mentioned in H below. It will be delivered by a designated Project Leader and 2 Lifeskills Workers and will also benefit from key staff within New Horizon including: The Nurse, the Communication Skills Worker, the Counsellor, the Men's Worker and the Women's Worker and it will also work with mental health professionals (e.g. CMHTs, 'Young Minds' and Coram Voice) to provide a wrap around service for each young person.

### Why we are the right organisation to deliver this project:

New Horizon is the right organisation to deliver this work: it has successfully promoted all aspects of healthy living amongst young vulnerable Londoners since 1967 (over 2,500 yearly) and has an extensive track record of delivering a range of innovative and proactive health interventions across London for the benefit of this disadvantaged group. Additionally, since the Healthy Minds Programme began in August 2012, The Project Leader and all of the relevant New Horizon's staff team members have shown they have the skills and experience to support young people with both burgeoning and developed mental health issues in a safe and welcoming non-clinical environment. No young person is turned away from the project, they need have no London borough connection nor do they need to have access to public funds.

### How the project will meet the Trust's programme outcomes:

We meet CBT's 'Principles of Good Practice' in a number of ways: We have involved young people in the development and planning of this and all other projects via our Youth Forum, Youth Manifesto and user questionnaire; we are open to all young people regardless of their background and welcome diversity in all areas; we have a successful and multi award winning volunteer programme and are taking innovative steps to reduce our carbon footprint.

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?

**Quality Marks received since 2011 are: Highly Commended in the Sustainable City Award (2015), The London Youth Bronze Quality Mark (2102) and Silver Quality**

### **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.

**A 'pathway of action' for improved emotional health is set up for each project participant with input from the young person, the Project Leader and other team members - referring them to specific and targeted interventions/sessions/workshops etc within the project**

**Support packages will be tracked by the Project Leader, liaising with clinical partners for feedback on effectiveness. Young people will be engaged following a period of attendance where risk of mental ill health will be identified. Monitoring takes place and the young person will be offered relevant targeted interventions.**

**1:1 counselling is offered with the project's in house counsellor as well as group counselling through a Peer Support Group around specific issues or topics (e.g. Anger Management, Conflict Resolution). 1:1 and group sessions are also offered by the project's Nurse, working on participants' physical and mental health**

**A range of complementary sessions and workshops designed to develop confidence, self esteem and self image in order to stabilise the young person to the stage where more in depth mental health work can be carried out will be offered (e.g. art therapy, music performance, gym, healthy eating and nutrition)**

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.

**More young people will receive specialist clinical help resulting in improved mental health**

**More vulnerable young people will report an improvement in their emotional well being and coping mechanisms as a result of this project's range of complementary services (e.g. gym, performing arts)**

**More homeless young people will be in touch with mental health services and will report improvements in their wellbeing as result**

**The project will prevent deterioration in young people's mental health, intervening at a crisis point before it worsens and where the most effect can be felt**

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 have developed a model of tackling mental ill health, supporting a particular group of young people that is highly effective and we are able to evidence its effectiveness and impact. The programme is unique in the voluntary sector and it has become attractive to potential funders. We will actively fundraise over the coming months to ensure financial sustainability**

## 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?

**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
Project Leader (20 hours a week)	22,072	22,514	22,964	67,550
2 Lifeskills Workers (10 hours a week each)	18,761	19,137	19,519	57,417
Associated project expenses of Nurse & Counsellor activities	20,417	20,825	21,242	62,484
Marketing and Evaluation of the project	3,183	3,247	3,312	9,742
Locum cover - sessional and holiday cover	1,654	1,687	1,721	5,062
Staff supervision and appraisal	7,236	7,381	7,529	22,146
Complementary workshops and sessions	6,366	6,494	6,624	19,484
Travel (e.g to hospital or clinic appointments)	2,121	2,164	2,207	6,492
	0	0	0	0

<b>TOTAL:</b>	<b>81,810</b>	<b>83,449</b>	<b>85,118</b>	<b>250,377</b>
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**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
London Councils	<del>35,000</del> 20,000	<del>35,000</del> 20,000	35,000	105,000
Camden PCT	<del>20,000</del>	<del>20,000</del>	20,000	60,000
Mary Kinross C.T.	0 11,620	0 11,620	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>55,000</b>	<b>55,000</b>	<b>55,000</b>	<b>165,000</b>

*31,620 31,620 63,873*

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

Source	Year 1	Year 2	Year 3	Total
The Mary Kinross Charitable Trust	11,000	11,000	11,000	33,000
	<i>now confirmed - see above</i>			

	0	0	0	0
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>11,000</b>	<b>11,000</b>	<b>11,000</b>	<b>33,000</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>Total</b>
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Staff supervision and appraisal	7,236	7,381	7,529	22,146
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>50,190</b>	<b>51,196</b>	<b>52,219</b>	<b>153,605</b>
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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	1,514,289
Activities for generating funds	28,408
Investment income	0
Income from charitable activities	0
Other sources	7,173
<b>Total Income:</b>	<b>1,549,870</b>

Expenditure:	£
Charitable activities	1,707,687
Governance costs	13,151
Cost of generating funds	6,410
Other	0
<b>Total Expenditure:</b>	<b>1,727,248</b>
<b>Net (deficit)/surplus:</b>	<b>-177,378</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>-177,378</b>

Asset position at year end	£
Fixed assets	1,248,352
Investments	0
Net current assets	610,475
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>1,858,827</b>

Reserves at year end	£
Restricted funds	1,339,520
Endowment Funds	0
Unrestricted funds	519,307
<b>*Total Reserves (B):</b>	<b>1,858,827</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?  
41-50%

### Organisational changes

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

none

### 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	99,559	84,447	70,000
London Councils	448,652	429,958	382,320
Health Authorities	75,049	60,643	40,643
Central Government departments	10,000	20,000	100,000
Other statutory bodies	38,158	38,000	38,000

### 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 Grant	301,558	301,558	305,728	
Samworth Foundation	44,000	44,000	48,851	
The Railway Children	0	47,667	48,636	
Comic Relief	32,990	32,990	33,118	
Esmee Fairbairn Foundation	50,000	35,000	35,000	

### 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: **Stella Howe**

Role within                      **Project Development Co-ordinator**  
Organisation: