

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Rethink Mental Illness	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Lambeth	
Contact person: Mr Shoaban Nair	Position: Head of Trusts and Grants
Website: http://www.rethink.org	
Legal status of organisation: First Contact	Charity, Charitable Incorporated Company or company number: 271028
When was your organisation established? 25/07/1972	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Making London More Inclusive
Which of the programme outcome(s) does your application aim to achieve? Work supporting young disabled people (aged 16-25) in the transition to adulthood and/or independent living
Please describe the purpose of your funding request in one sentence. We are seeking funding to help young people starting university study to maintain or improve their mental health, through co-produced and co-delivered training.
When will the funding be required? 03/04/2018
How much funding are you requesting? Year 1: £67,359 Year 2: £65,550 Year 3: £0 Total: £132,909

Aims of your organisation:

Our mission as a charity is ?Leading the way to a better quality of life for everyone severely affected by mental illness?. This includes people affected by mental illness, their carers, families and friends.

For 2016-21 our aims are:

1. Equipping people severely affected by mental illness and their carers to be leaders in their own care.
2. Ensuring people severely affected by mental illness are treated justly and their rights are respected and enhanced.
3. Getting the best care at the right time, in the right place, for people severely affected by mental illness.
4. Helping everyone severely affected by mental illness to have the best possible quality of life.
5. Supporting the whole person by ensuring mental, physical, psychological and social needs are treated as one.

Our Trustee board includes representatives from all of our eight Regional Committees, which cover the whole of England and consist of people with lived experience of mental illness and carers.

Main activities of your organisation:

We provide more than 200 local services across England, supporting thousands of people through:

- ? Housing for people experiencing mental illness.
- ? Advice and information about topics relating to mental health.
- ? Advocacy.
- ? Mental health support for people in prisons and in the community.
- ? Support for carers of people with mental illness.

Our national Advice and Information Service supports thousands of people every year. We also run 117 local volunteer-led peer support groups for people with mental illness and their carers.

We lead the sector in Co-production and involvement, including through our Recovery and Outcomes work with people in secure mental health care services. Our Co-production projects have developed recently with the support of the City Bridge Trust.

We campaign for policy change and to reduce the stigma and discrimination around mental illness. We run the national campaign Time to Change with Mind, which has improved more than 3.5 million people's attitudes to mental health since 2007.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
423	342	12	226

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?
Leased	Until 2022

Summary of grant request

The need

The number of students to drop out of university with mental health problems has more than trebled since 2009 (Higher Education Statistics Agency, 2017).

The Higher Education Policy Institute's 2016 report 'The invisible problem' recommended increasing funding for university counselling and support services.

Urban living raises the risk of anxiety disorders and mood disorders by 21 per cent and 39 per cent respectively (Pruessner et al, 2011).

Step Up into University, builds on the learning from Uthink London, which you generously supported until 2014 and established a network of Mental Health Champions. This network is now supported by our Step Up project for young people aged 16-25.

The team delivering Step Up has received enquiries from five London universities. We have developed the idea for Step Up Into University as a result.

How the work will be delivered

We will recruit Champions, who have lived experience of mental illness, in four London universities, then organise consultation events to define the key unmet mental health support needs of young people at universities, and agree the priorities that Step Up into University will address.

We will co-design, with Champions, at least six training courses that address priority unmet needs.

We will promote and run these courses, supporting students who receive Step Up Into University training to in turn become Champions to create a sustainable structure.

What our project will aim to achieve and how we fit with your aims

We will aim to improve or maintain the mental health of young people making the transition to studying at London universities, preventing them from experiencing mental health crises and dropping out of university.

Monitoring and evaluation

Participants in Step Up Into University training sessions will complete the Warwick Edinburgh Mental Wellbeing Scale and an activation scale before and after they receive the training.

We will also ask participants for feedback about our delivery approaches and course content.

We will carry out an in-depth study on four Champions with the Tavistock Institute, our evaluation partner, who will help us to produce a theory of change and impact evaluation framework. We will evaluate teach training course and the overall programme, and collate case studies, vlogs and other personal narratives.

Continues overleaf

Continued from previous

We will also use our learning from this project to inform our other Co-production work and provide a commissionable training offer.

Why we are the right organisation to deliver the work

We have been successfully delivering co-production projects since 2011, including:

- Developing and delivering training on mental health awareness to teaching staff in the Tri-Borough.
- Recruiting, training and supporting a team of young Champions to inform the transformation of CAMHS in the Tri-Borough.
- Co-designing a digital app to facilitate better medication and care-planning for adults with mental illnesses.
- Supporting Forward Trust to co-produce a re-design of substance and alcohol services across East Kent.
- Step Up, in which, since September 2015, more than 200 young people aged 16-25 report that, as a result of the project, they have increased knowledge of mental health services and support networks, enhanced skills in managing transition and new skills or tools to manage wellbeing during a period of change. This project is funded by the Big Lottery Fund, who have encouraged us to pursue funding to expand the project.

Our work is informed by NESTA's principles of Co-production and the National Survivor User Network's 4PI standards.

Principles of good practice

Champions will meaningfully co-produce and co-deliver the project. Our Step Up Champions have a range of experiences with mental health and are from a diverse range of backgrounds.

We will continue to take 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? **No**

What Quality Marks does your organisation currently hold?

Fundraising Regulator; Investors in People Silver; Mindful Employer; Disability Confident Employer, CHAS (The Contractors Health and Safety Assessment Scheme) Living Wage Employer; Helplines Standard; Advice Quality Standard.

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.

We will recruit 20 London university students to act as Co-production Champions in year one and 20 more in year two. We will organise consultation events to agree priority needs that Step Up into University will address. Half the year one Champions will act as Champions again in year two.

We will provide training for Champions on mental health support, co-production methods and principles, and group facilitation and training skills. We will create personal development plans with all our Champions and provide group and one-to-one supervision. We will also provide Champions with access to our e-learning courses.

Co-production: We will work with the Champions and other stakeholders to co-produce training programmes and resources. We will develop at least six distinct participatory training courses that meet the needs we identified in the scoping and engagement stage and refine these in year two.

In year one, we will run 24 training events at four universities for a total of 240 students. In year two, we will run 36 training events with six universities, benefiting a further 360 students. We will support training participants from year one to become Champions in year two.

We will work with Champions to evaluate monitoring data and training participants' feedback from year one and refine courses for year two. We will consult with university welfare staff and Champions after year one to gauge any change in students' support-seeking behaviour and improvements in the universities' mental health-promoting cultures.

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.

Students who attend training will have:

-increased knowledge about mental wellbeing and how to maintain their mental health

-improved skills to self-manage their mental health needs and identify how and when to seek additional support

-increased confidence to make changes in their behaviour to improve mental wellbeing.

Seeking support: Students attending the training will benefit from an increased knowledge of where to get support for their mental health needs, increased confidence to seek support when they need it, and reduced sense of stigma about seeking mental health support.

Skills for life: Champions will benefit in increased skills and confidence in developing, coordinating and managing programmes of work, including increased knowledge and skills in mental health promotion.

Continues overleaf

Continued from previous

Community wellbeing: Participating university communities will benefit from increased awareness of the importance of mental health and wellbeing among their student populations, extending beyond those who have attended the courses, and reduced stigma about talking about mental health needs and seeking support.

A sustainable model: University welfare staff and volunteers will benefit from a sustainable model to develop and provide mental health training, which can continue beyond the end of the funding we are asking you to consider giving.

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. We and our Mental Health Champions will co-produce training materials that these Champions will use to train other students, and support them to in turn also become Champions, at minimal cost beyond the grant. If some dedicated staff time is required to continue to advise Champions, we will apply for other funding for this towards the grant's end.

Who will benefit?

About your beneficiaries

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

320

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?

61-70%

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 Manager salary, NI and pension and recruitment	28,515	28,489	0	57,004
Payments to agency trainers	3,750	2,500	0	6,250
Management costs	6,068	5,905	0	11,973
Project Manager laptop, consumables, travel and subsistence costs	1,870	1,300	0	3,170
Champlons travel and subsistence	7,680	11,520	0	19,200
Development of training materials and packs	6,000	2,000	0	8,000
Attendance at training and conferences	2,248	2,769	0	5,017
Evaluation from Tavistock Institute	5,000	5,000	0	10,000
Finance, HR, ICT, telephone, insurance and governance	6,228	6,067	0	12,295

TOTAL:	67,359	65,550	0	132,909
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	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
TOTAL:	0	0	0	0

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: March	Year: 2017
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Income received from:	£
Voluntary Income	2,161,000
Activities for generating funds	101,000
Investment Income	183,000
Income from charitable activities	31,272,000
Other sources	0
Total Income:	33,717,000

Expenditure:	£
Charitable activities	33,714,000
Governance costs	0
Cost of generating funds	1,263,000
Other	134,000
Total Expenditure:	35,111,000
Net (deficit)/surplus:	-1,394,000
Other Recognised Gains/(Losses):	845,000
Net Movement in Funds:	-549,000

Asset position at year end	£
Fixed assets	4,154,000
Investments	9,758,000
Net current assets	2,137,000
Long-term liabilities	4,369,000
*Total Assets (A):	11,680,000

Reserves at year end	£
Restricted funds	2,470,000
Endowment Funds	0
Unrestricted funds	9,210,000
*Total Reserves (B):	11,680,000

* 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?
81-90%

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.

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	1,131,288	1,207,160	1,343,686
London Councils	0	0	0
Health Authorities	11,540,158	9,994,044	9,768,587
Central Government departments	67,816	114,671	69,726
Other statutory bodies	14,138,255	13,500,831	11,222,031

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	Year 3 £	Year 2 £	Most recent £
Stone Family Foundation	151,000	50,000	50,000
Lloyds Bank Foundation for England and Wales	109,277	0	0
Hadley Trust	96,874	0	0
Gwyneth Forrester Trust	0	50,000	0
Trust for London	33,000	5,000	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: **Shoaban Nair**

Role within **Head of Trusts and Grants**
Organisation: