

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Baobab Centre for Young Survivors in Exile</b>	
If your organisation is part of a larger organisation, what is its name? <b>N/A</b>	
In which London Borough is your organisation based? <b>Islington</b>	
Contact person: <b>Ms Verity Spence</b>	Position: <b>Operations Manager</b>
Website: <b><a href="http://www.baobabsurvivors.org">http://www.baobabsurvivors.org</a></b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1135407</b>
When was your organisation established? <b>02/04/2008</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 refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health</b> <b>More children and young people receiving specialist help, resulting in improved mental health</b>
Please describe the purpose of your funding request in one sentence. <b>Improving the mental health of young unaccompanied refugees and asylum-seekers who have experienced trauma and interpersonal violence</b>
When will the funding be required? <b>31/07/2018</b>
How much funding are you requesting? Year 1: <b>£40,884</b> Year 2: <b>£40,884</b> Year 3: <b>£40,884</b>  <b>Total: £122,652</b>

**Aims of your organisation:**

The Baobab Centre for Young Survivors in Exile is a non-residential therapeutic community. We work with some of the most disadvantaged children and young people in the UK; the survivors of violence, slavery, trafficking or rape, who arrived as unaccompanied minors seeking asylum and have complex mental health problems. The work of the Baobab Centre is focused on reducing isolation and supporting them to build their resilience and sense of agency, to develop their capacity for self-care and relationships and to reduce their psychological difficulties by assisting them over time to:

- ? Process and deal with the original traumatic and bereavement experiences and resulting symptomatology;
- ? Come to terms with the concrete and abstract losses incurred;
- ? Develop a sense of belonging and to deal with cultural transition and change;
- ? Begin to heal and conceive of themselves as having potential, capacity and a future.

**Main activities of your organisation:**

Baobab offers child, adolescent and young adult unaccompanied asylum-seekers and refugees a holistic service of therapeutic support, practical casework and advocacy. At Baobab young survivors of profound human rights abuses have opportunities to meet with others with similar experiences of trauma, prolonged grief and changes of culture. We provide individual psychotherapy, where personal difficulties are gradually explored; group psychotherapy where coping strategies and practical challenges are discussed amongst peers; and full community meetings where the young people can develop assertiveness, conflict resolution and governance skills. Alongside this, we offer the opportunity to participate in the Baobab community taking part in a range of activities such as our fortnightly music workshops, or in planning a concert or a holiday retreat. Young people are also routinely invited to take part in interview panels for the recruitment of staff. They play a central role in influencing life at the Baobab Centre.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>2</b>	<b>10</b>	<b>7</b>	<b>23</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>Rented</b>	<b>5 years with a break clause</b>

## **Summary of grant request**

The young asylum seekers and refugees referred to Baobab have all experienced violence in their childhood including detention, torture, witnessing their parents' murder, being forcibly recruited as child soldiers or being trafficked for sexual exploitation or labour. They were all separated from their families and communities, travelling to the UK unaccompanied. Upon arrival here, they have had to navigate an unfamiliar, complex asylum system in which their experiences can appear to be diminished and their ages are often disputed. They face multiple disadvantages. Most experience a long wait for the result of their asylum claims. Many have undergone crises in relation to accessing education, suitable stable accommodation, financial support and healthcare. The cumulative effect of these experiences has a significant impact on their mental health.

Baobab's aim is to improve their complex mental health problems and developmental difficulties by providing several critical elements of support in one safe place: opportunities to meet others like themselves, weekly or fortnightly one-to-one and group psychotherapy that allows them to explore and make sense of their feelings and symptoms, casework support with day-to-day practical difficulties, psychological reports in support of their asylum, housing or community care cases and a range of psychosocial activities, such as a fortnightly music workshop, that have a positive effect on their mood while also enhancing concentration and learning. A highly-experienced team of staff and volunteers delivers this along with English, Maths and Science lessons and regular community meetings for young people, staff and volunteers.

We are known as a specialist charity working specifically with unaccompanied minors. We have been receiving an increasing number of referrals year-after-year and expect this to continue as statutory services become increasingly overstretched and unable to offer the longer term involvement needed in cases of childhood trauma and experiences of interpersonal violence.

We know from our evaluations that these young people are particularly vulnerable and need long-term holistic support that is not common amongst peer organisations and none run as therapeutic communities. Our monitoring and evaluation tells us that our services meet your programme outcome of helping to improve the mental health of refugee and asylum-seeking children and young people. Our 2017 evaluation highlighted that when the young people first arrived at Baobab, 75% had levels of severe anxiety and 69% severe depression. After one year anxiety levels and depressive symptomology had reduced (down to 25%) with further reductions in those attending for more than a year.

Baobab is a diverse community from 23 African, Asian and European countries. The young people are central to community life at the centre and play a key role in community meetings (which they co-chair) and in planning projects. They are routinely consulted when important decisions affecting the Baobab community are made, such as forming interview panels for the recruitment of key staff. We prioritise carrying out clinical work with newly-arrived referrals in their mother-tongue.

We are deeply aware of the effect that working with traumatised young people can have on volunteers (and staff). We offer regular one-to-one supervision, group supervision, training based on needs identified by the team, and compulsory training on data protection and safeguarding. Volunteers also take part in community meetings where issues are discussed, ideas developed, or problems explored.

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All young people and staff use public transport to Baobab (except those with mobility problems). We have a secure online filing system to reduce waste, are energy aware and recycle.

We seek your support to enable us to provide clinical, advocacy and operational support so we can be here to help the increasing numbers of traumatised young asylum-seekers who need access to Baobab's holistic therapeutic community.

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?

**N/A**

### **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.

**Run four psychotherapy groups: a Young Adults Psychotherapy Group, an Older Adolescents Psychotherapy Group, a Younger Adolescents Psychotherapy Group, and a Nurture Group. These respectively take place weekly (Young Adults, Older Adolescents) and fortnightly (Younger adolescents and Nurture Group).**

**Deliver one-to-one psychotherapy with highly experienced clinicians: each young person meets their clinician once a week or once a fortnight (or very occasionally once a month) due to college commitments, except in times of crisis when extra sessions are scheduled and telephone contact is made on an 'as needs' basis.**

**Provide weekly case work surgeries: one-to-one advocacy work with the Senior Social Worker and casework volunteers to provide skilled support to the young people in accessing financial support, healthcare, suitable housing, employment, training and volunteering opportunities and education.**

**Provide a programme of psychosocial activities (Community Meetings, Music Workshops, English/Maths and Science lessons) and an internal mentoring programme to reduce isolation and aid the transition into community of exile and preparation for education and work.**

**Provide training and discussion fora for professionals from the statutory and voluntary sector working with unaccompanied minors**

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.

**Young refugees and asylum-seekers experience improved mental health as a result of participating in individual and group therapy sessions;**

**Young refugees and asylum-seekers are less isolated and better able to develop and sustain interpersonal relationships as a result of engagement with therapy and community activities at the Baobab Centre;**

**Young refugees and asylum-seekers have improved access to relevant statutory services as a result of casework support provided by Baobab;**

**Professionals working with refugees and asylum seekers within the statutory and voluntary sector have an increased awareness and better understanding of how to meet the needs of young people who arrived in the UK as unaccompanied minors, as result of engagement in Baobab's training, consultation meetings, conferences and lectures.**

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?

**By approaching other trusts/foundations for 3 year funding. We are also developing a new income stream - major donor fundraising - which once developed in three years should account for 20% of additional income.**

## Who will benefit?

### About your beneficiaries

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

**80**

In which Greater London borough(s) or areas of London will your beneficiaries live?

**London-wide (50%)**

**Hillingdon (30%)**

**Croydon (20%)**

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?

**91-100%**

**Funding required for the project**  
**What is the total cost of the proposed activity/project?**

<b>Expenditure heading</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
F/T Salary + Pension and ENI Clinical Director	56,240	56,240	56,240	168,720
Salary 3dw yr 1 and 5dpw yrs 2+3 + Pension and ENI Child and Adolescent Psychotherapist	26,310	46,031	46,031	118,372
F/T Salary + Pension and ENI Operations Manager	37,325	37,325	37,325	111,975
Salary 3dw + Pension and ENI Office Coordinator	17,346	17,346	17,346	52,038
Salary 4dw + Pension and ENI Senior Social Worker	30,476	30,476	30,476	91,428
Sessional Workers Fees (incl supervision)	30,757	30,757	30,757	92,271
Training and Volunteer costs	6,180	6,180	6,180	18,540
Therapy and Group Rooms	24,638	25,128	25,630	75,396
Interpreters costs	30,000	30,000	30,000	90,000

<b>TOTAL:</b>	<b>259,272</b>	<b>279,483</b>	<b>279,985</b>	<b>818,740</b>
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**What income has already been raised?**

<b>Source</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
Bromley Trust	15,000	15,000	15,000	45,000
Comic Relief	45,000	0	0	45,000
Children In Need	29,222	29,803	0	59,025
Lloyds Foundation for England and Wales	23,944	9,204	0	33,148
<b>TOTAL:</b>	<b>113,166</b>	<b>54,007</b>	<b>15,000</b>	<b>182,173</b>

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

<b>Source</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
Paul Hamlyn Foundation	45,000	45,000	45,000	135,000
Rayne Foundation	15,000	15,000	15,000	45,000
Roddick Foundation	30,000	30,000	30,000	90,000
<b>TOTAL:</b>	<b>90,000</b>	<b>90,000</b>	<b>90,000</b>	<b>270,000</b>

**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>
Salary + Pension + ENI Clinical Director 1 day a week	11,248	11,248	11,248	33,744
Salary + Pension + ENI Senior Social Worker 1 day a week	7,619	7,619	7,619	22,857
Salary + Pension + ENI Child and Adolescent Psychotherapist 1 day a week	8,770	8,770	8,770	26,310
Salary + Pension + ENI Operations Manager 1 day a week	7,465	7,465	7,465	22,395
Salary + Pension + ENI Office Co-ordinator 1 day a week	5,782	5,782	5,782	17,346
<b>TOTAL:</b>	<b>40,884</b>	<b>40,884</b>	<b>40,884</b>	<b>122,652</b>

## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2017</b>
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Income received from:	£
Voluntary Income	367,083
Activities for generating funds	1,379
Investment Income	106
Income from charitable activities	4,707
Other sources	0
<b>Total Income:</b>	<b>373,275</b>

Expenditure:	£
Charitable activities	278,967
Governance costs	775
Cost of generating funds	22,041
Other	0
<b>Total Expenditure:</b>	<b>301,783</b>
<b>Net (deficit)/surplus:</b>	<b>71,492</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement In Funds:</b>	<b>132,121</b>

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	203,613
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>203,613</b>

Reserves at year end	£
Restricted funds	154,142
Endowment Funds	0
Unrestricted funds	49,471
<b>*Total Reserves (B):</b>	<b>203,613</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? 0%
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### Organisational changes

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



### Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	<b>Year 3 £</b>	<b>Year 2 £</b>	<b>Most recent £</b>
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	0	0	0
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.

<b>Name of Funder</b>	<b>Year 3 £</b>	<b>Year 2 £</b>	<b>Most recent £</b>
Comic Relief	0	25,000	45,000
Paul Hamlyn Foundation	0	40,000	40,000
Henry Smith Charly	30,000	0	66,700
Roddick Foundation	30,000	0	35,000
Esmee Fairbairn Foundation	26,441	57,482	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: **Verity Spence**

Role within                      **Operations Manager**  
Organisation: