

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

Beyond Youth CIC

**Adv: Sandra Jones
Base: Outside London
Benefit: Newham**

**Amount requested: £58,607
(Revised request: £93,107)
Amount recommended: £93,100**

The Applicant

Beyond Youth CIC (BY) was set up 12 years ago to support young offenders to lead positive, fulfilling lives through 'Chance 2 Change'(C2C), a group-based therapy programme which uses the principles of Cognitive Behavioural Therapy (CBT) to build emotional understanding, strength and resilience, allowing people to change their lives and move away from being marginalised. During this time, they have built up a good reputation with a range of partners such as the Ministry of Justice, local authorities, Business in the Community. More recently the organisation has changed its focus to mental health of young people given major changes in the commissioning of prison services and as BY had identified that all of its participants had some form of mental health issues, often post-traumatic stress.

The Application

The application builds on a pilot programme designed and delivered for young people leaving care which sought to improve their emotional wellbeing, helping them transition into independent living. This targets those specifically let down by the system who no longer engage with the statutory sector. Current provision requires the care provider (Social Services) and the DWP to perform a 'warm hand-over' just before a young person who is being cared for turns 18. Often this support is minimal and does not address the needs of these young people. This proposal is to provide a robust package of intervention and follow-up around supporting these young people's mental health needs. The request covers the costs of a full-time Programme Co-ordinator and evaluation in year three. The original bid was for two years, but after discussions with your officer this was changed to three years to ensure continuity (a revised budget is appended to the application form).

The Recommendation

BY has built up a good reputation for working with vulnerable young people who do not fully engage with statutory agencies. A pilot programme was run with care leavers who had already fallen through the net when leaving care and ended up in prison, identifying the need for early intervention to help break the cycle; this was backed up through discussions with local agencies that work with care leavers. From the financial information below it can be seen that BY's financial situation is very fragile. Funding is recommended, nevertheless, due to the organisation's track record in working with an extremely vulnerable client group and because BY forecasts an improved financial position for 2018. To safeguard the Trust's funding your officer recommends it be released as outlined below:

£93,100 over three years (£28,700; £29,900; £34,500) towards the costs of a full-time Programme Co-ordinator and evaluation costs in year three, with the funding being released on receipt of revised agreements between BY and each of its two lenders (CAN, CAF Bank). Release of years 2 and 3 of the grant is

subject to a review of the organisation's latest independently examined accounts.

Funding History

Meeting Date	Decision
30/10/2013	£38,000 over one year towards the salary of a full time Project Facilitator and running costs to deliver Chance to Change in HMP Send.
20/10/2011	£20,000 over one year to support the delivery of the 'Chance 2 Change' programme to young offenders from London.

Background and detail of proposal

The application builds on a recent pilot project where 142 young people leaving care undertook a tailored programme (of which 135 completed) modelled on the Chance to Change group therapy based on CBT. Working with a partner organisation, Drive Forward, these individuals were also offered support to move into work. Having the emotional support has enabled the young people to successfully transition into the next stages of their life with 98 participants securing full time employment and reporting that they felt emotionally able to manage their lives. Each year at least 80 care leavers will access the programme.

Financial Information

During 2016 the organisation operated with negative unrestricted reserves. The management accounts for 2017 forecast a reduction in the negative position and the budget for 2018 projects unrestricted reserves will return to a positive position. The reason for the negative/low reserves is due to a change in the way prisons are commissioning this work using large scale providers, which is why BY changed its focus to working in mental health. The organisation has loans with CAF Bank and CAN who are both supportive of BY and have indicated that they are happy to enter agreements with BY to delay repayments of the loans for the duration of a CBT grant. It is recommended that prior to any grant being paid, a copy of the agreements between the banks and BY be received.

Given the negative unrestricted reserves being low, it is recommended that release of funding for years 2 and 3 is subject to a review of the organisation's examined accounts.

Year end as at 31 December	2016 Examined Accounts £	2017 Management Accounts £	2018 Budget £
Income & expenditure:			
Income	529,563	267,805	310,315
- % of income confirmed as at 03/01/2018	n/a	n/a	75%
Expenditure	(527,889)	(253,505)	(275,493)
Total surplus/(deficit)	1,674	14,300	34,822
Split between:			
- Restricted surplus/(deficit)	(1,245)	9,281	(12,378)
- Unrestricted surplus/(deficit)	2,919	5,019	47,200
	1,674	14,300	34,822
Cost of Raising Funds	0	45,527	52,754
- % of income	0.0%	17.0%	17.0%
Operating expenditure (Total))	527,889	253,505	275,493
Free unrestricted reserves:			
Free unrestricted reserves held at year end	(24,833)	(19,814)	27,386
No of months of operating expenditure	(0.6)	(0.9)	1.2
Reserves policy target	131,972	63,376	68,873
No of months of operating expenditure	3.0	3.0	3.0
Free reserves over/(under) target	(156,805)	(64,529)	(41,487)

