

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Beyond Youth CIC	
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: Ms Emma Morris	Position: Managing Director
Website: http://www.beyondyouth.org.uk	
Legal status of organisation: Charitable company	Charity, Charitable Incorporated Company or company number: 1115955
When was your organisation established? 25/03/2006	

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. To improve the emotional strength and resilience of London's young people leaving care and support them into sustainable employment opportunities.
When will the funding be required? 11/09/2017
How much funding are you requesting? Year 1: £28,721 Year 2: £29,886 Year 3: £0 Total: £58,607

Aims of your organisation:

We empower disadvantaged people to bring about positive changes in their lives through the delivery of our group based therapy programme. Chance 2 Change uses the principles of Cognitive Behavioural Therapy (CBT) to build emotional understanding, strength and resilience which allows people to change their lives and move away from marginalisation.

Our aim is to equip people with the tools and understanding needed to lead productive lives as part of their communities. We aim to provide hope for the future by people in positive decision making, building self-belief and encouraging all those involved to accept their social responsibility to create stronger individuals and communities.

Main activities of your organisation:

We provide therapeutic services to a variety of vulnerable and disadvantaged groups to help them identify, understand and overcome emotional behaviours which are hindering them from integrating into society and living life to their full potential. Our highly successful Chance 2 Change programme is group-focused and is delivered over 8, 2-hour sessions with up to 10 people per programme. Each session offers insight into various areas of a client's life and covers topics such as life events, self awareness, core beliefs and life planning. This is to encourage clients to break the cycle of whatever negative thinking they find themselves repeating which prevents them from achieving. The programme has been run with young people, male and female prisoners, young offenders, addicts and those at risk of mainstream exclusion such as those leaving care or gang members. We also provide follow up support to each beneficiary which can include finances, family relationships, access to employment, education or counselling, depending on need.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
5	2	3	14

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	3 years

Summary of grant request

Care leavers have complex and deep-seated emotional needs. These must be treated for change to be successful. They are a group that has experienced rejection, abandonment and trauma on numerous levels and these events can leave them with negative thought processes that lead to negative behaviour patterns. They struggle to cope, find it very difficult to form appropriate relationships and have issues with self-esteem leading to crime, drug and alcohol abuse and unemployment. To help these young people forge fulfilled, independent lives and integrate successfully into society, they will benefit immensely from focused, specialist treatment that will help address their emotional problems and support them into sustained employment. It is our intention to provide this specialist treatment; ultimately improving the emotional health and community standing of many young Londoners who might otherwise sink further into a cycle of destructive behaviour and become marginalised by society.

Your funding will support us in delivering our Chance 2 Change programme along with employment and life skill workshops to 80 care leavers aged between 16-19 each year (160 in total). We will deliver 8-10 groups (with a maximum of 10 people per group). The first part, our Chance 2 Change programme, will be delivered by our experienced therapists and will address the emotional causes behind each individual's behaviour. We will seek to eliminate any negative core beliefs which directly impact on their confidence and self-worth and equip them with the necessary tools and techniques to deal with life's challenges confidently and competently without defaulting to past negative behaviours. Our Chance 2 Change programme is delivered over 8 2-hour sessions. The second part of the programme aims to assist and prepare young care leavers into sustained employment. This, delivered by dedicated project staff and volunteers covers: effective communication; money management; career planning; looking for work; use of social media in a professional capacity; computer skills; interview skills; and good health.

Clients then go through the 'Ready for Work' programme run by our partner Business in the Community (BITC) who have previously worked with us to deliver employment outcomes for disadvantaged people. BITC has access to a large number of employers. We have previously referred clients upon completion of our Chance 2 Change programme onto 'Ready for Work' and results have shown that employability outcomes are greatly increased.

Our programme is fully inclusive and so is open to all those who fit the target group regardless of race, religion, ability, gender and sexual orientation. We have worked closely with Drive Forward Foundation, local councils, social services and employers to design this programme. They have told us about gaps in service provision and how we might fill that. Further, since September 2016, we have participated in monthly care leaver events and forums where we have asked young people what they need. These have been led by one of our volunteers who was in care herself. The input and feedback we have received has further shaped our proposition, therefore we are confident that we have the right programme to improve the mental health of young care leavers in London. We have over 10 years experience in delivering similar initiatives.

Our partnership with BITC has an 18 month track record of delivery and has delivered above target. Of the groups delivered to:

- 98% completed the programme including BITC elements
- 96% reported an increase in confidence and self worth upon completion
- 97% reported feeling more supported and having more awareness of own abilities
- 97% reported feeling hopeful for the future
- 82% reported a significant increase in self-confidence
- 62% gained employment and/or training placements
- 87% retained employment over 6 months

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?

Members of the British Association for Counselling and Psychotherapy & British Psychological Society. Our training programmes are also accredited for CPD

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.

Deliver our Chance 2 Change programme to 160 young care leavers to improve their mental health and prepare them for adulthood

Prepare 160 young care leavers for sustained employment by providing a series of interactive skills workshops

Support 160 young care leavers to access the Ready for Work programme leading to sustainable employment opportunities

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.

160 Young People will complete the Chance 2 Change programme and will demonstrate increased self-awareness, motivation to succeed and self-confidence

160 Young People will produce a life plan detailing their goals, strengths and skills as well as support they need to achieve these. Networks, partners and support planning for the future will be included to encourage sustained change.

160 Young people will be supported into sustainable employment opportunities via the Ready for Work programme

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 will seek a combination of additional funding from the statutory sector and grant makers. We anticipate the success of this programme will persuade local government to invest further in their young adults leaving care and initiate funding either for us to continue delivering the programme or for us to train their own professionals to deliver our programme.

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?

Newham (40%)

Tower Hamlets (60%)

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%

SUBSEQUENTLY REVISED / SEE OVER LEAF

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary for programme facilitator	28,721	29,886	0	58,607
Travel costs	3,168	3,240	0	6,408
Volunteer expenses inc training	1,250	1,250	0	2,500
Resources & Stationary	960	960	0	1,920
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	34,099	35,336	0	69,435

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Awards For All	5,500	0	0	5,500
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	5,500

What other funders are currently considering the proposal?

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

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary inc. pension & NI	28,721	29,886	0	58,607
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	58,607

BEYOND YOUTH – REVISED BUDGET

	Year 1	Year 2	Year 3	Total
Salary	28721	29886	31100	89707*
Travel costs	3188	3240	3337	9745
Volunteer Expenses	1250	1250	1250	3750
Resources	960	960	960	2880
Evaluation			3400	3400*
*Requested from City Bridge Trust				£93,107

Finance details

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

Financial year ended:	Month: December	Year: 2016
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Income received from:	£
Voluntary Income	0
Activities for generating funds	0
Investment Income	0
Income from charitable activities	529,511
Other sources	52
Total Income:	529,563

Expenditure:	£
Charitable activities	526,931
Governance costs	480
Cost of generating funds	0
Other	0
Total Expenditure:	527,411
Net (deficit)/surplus:	2,151
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	2,151

Asset position at year end	£
Fixed assets	1,055
Investments	0
Net current assets	124,557
Long-term liabilities	149,965
*Total Assets (A):	-24,353

Reserves at year end	£
Restricted funds	
Endowment Funds	0
Unrestricted funds	-24,355
*Total Reserves (B):	-24,355

*** 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?
1-10%

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	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.

Name of Funder	Year 3 £	Year 2 £	Most recent £
Big Lottery Fund	117,244	200,159	230,805
Big Lottery Fund	0	103,648	242,848
Trust for London	0	0	25,000
London Community Foundation	24,743	44,529	19,694
United Way	0	0	10,000

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: **Emma Morris**

Role within **Managing Director**
Organisation: