

MEETING: 14/11/2018

Ref: 14702

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

One In Four

Adv: Julla Mirkin

Amount requested: £98,900

Base: Lewisham

Benefit: Lewisham

Amount recommended: £99,000

The Applicant

Established in 1999, *One In Four* (OIF) specialises in supporting survivors (and their families) of recent and historical sexual abuse through the provision of counselling. OIF operates from two sites, one in Lewisham and one in Islington, from where over seventy counsellors provide weekly one-to-one sessions for up to two years to 250 survivors each week. OIF prides itself in bringing an understanding steeped in lived experience to its work. Most of its clients are female from a diversity of backgrounds, who experienced sexual abuse in childhood. However, OIF also delivers prevention work in schools; professional development and some advocacy work for survivors engaging with the criminal justice system.

The Application

OIF requests funding towards the salary of its Clinical Coordinator and Well-being Lead, who manages the clinical team in Lewisham and oversees the delivery of the organisation's preventative work. The post is currently voluntary (0.6FTE), and the proposal is to make it a paid post and increase it to 0.8FTE. With the additional capacity, the organisation hopes to meet the growing demand for its services.

The Recommendation

OIF is affiliated with the British Association for Counselling and Psychotherapy (BACP) and is a member of the Survivors Trust, ensuring that it is well networked and up-to-date with current policies and practice. It is your officer's recommendation that any potential grant be contingent on satisfactory income secured in year one.

£99,000 over three years (£31,700; £33,100; £34,200) for the post of Clinical Coordinator and Well-being Lead (4.d.p.w), NI and pension contribution. Drawdown is contingent upon receipt of a revised budget that demonstrates the sustainability of the charity's income.

Funding History

N/a

Background and detail of proposal

Over the past year, OIF has seen a 50% increase in demand for its counselling services; there has been an increase in referrals from educational and medical institutions and greater interest from family members to learn, understand and support victims with their recoveries. It is difficult to provide accurate prevalence data for sexual abuse due to the complexities of definition, methodology, and due to under-reporting. Despite this, however, it is widely agreed that incidence is on the increase, both nationally and within London. (Crime Survey for England and Wales 2017). The Metropolitan Police Service Data 2016/17 also points to this trend, reporting that sexual offences against children increased by 9.5% in one year. Recent high-profile court cases may be influencing reporting of childhood sexual abuse; other grantees working in this sector have also indicated, anecdotally, that this is the case.

Prison Reform Trust Data stated that 53% of women in prison report having experienced emotional, physical or sexual abuse as children. The applicant reports that victims often become caught in a cycle of negative behaviour, affecting educational and professional outcomes and their ability to manage anger or have positive, intimate relationships. Self-harming behaviour, such as unprotected sex; developing eating disorders or becoming involved in domestically violent adult relationships, sometimes leading to adult rape, are common amongst OIF's clients.

The post for which funds are requested has two areas of focus: streamlining the management of OIF and improving the organisation's preventative and early intervention work. It is felt that the additional security of the proposed funding would allow the organisation to plan strategic development over a longer period. It is proposed that the post-holder will realise organisational developments by recruiting and retaining more counsellors; clients will be more supported through closer monitoring of attendance; clients' feedback forms will be more thoroughly monitored and analysed; and closer relationships with local NHS trusts will be developed. It is hoped that through an enhanced focus on the organisation's work with schools that more support will be available to young people at the point of disclosure; victims will be referred to specialist support quickly; more discussions will be led in schools about boundaries and consent; teachers will be trained to recognise the signs of abuse and support will be extended to include primary schools.

Financial Information

Since 2015, OIF's turnover has been on a steady upward trajectory. However, OIF needs to invest in its operational capacity to ensure its longer-term sustainability. This is demonstrated by the lack of any fundraising expenditure included in the table below, which is due to OIF being largely volunteer-led. Accounts for 2017 show that just under 50% of OIF's income came from donations and legacies, which would go some way to explaining the level of secured income at the time of writing. Remaining income was generated through earned income (26.5%) from workshops and grants (24%), indicating low exposure to cuts in public-sector funding. The proposal to build the organisation's capacity is unlikely to impact on OIF's finances in the short-term but will support it to extend its reach; build its reputation and develop new partnerships, all which have the potential to support its longer-term sustainability.

Year end as at 05 APRIL	2017 Examined Accounts £	2018 Forecast/Draft £	2019 Budget £
Income & expenditure:			
Income	172,816	190,243	192,305
- % of income confirmed as at 14/08/18	n/a	100%	15%
Expenditure	(176,949)	(208,411)	(186,100)
Total surplus/(deficit)	(4,133)	(18,168)	6,205
Split between:			
- Restricted surplus/(deficit)	(19,208)	5,549	0
- Unrestricted surplus/(deficit)	15,075	(23,717)	6,205
	(4,133)	(18,168)	6,205
Cost of Raising Funds	0	0	0
- % of income	0.0%	0.0%	0.0%
Operating expenditure (unrestricted funds)	136,243	203,960	142,795
Free unrestricted reserves:			
Free unrestricted reserves held at year end	71,079	47,362	53,567
No of months of operating expenditure	6.3	2.8	4.5
Reserves policy target	34,061	50,990	35,699
No of months of operating expenditure	3.0	3.0	3.0
Free reserves over/(under) target	37,018	(3,628)	17,868