

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation:  <b>One In Four</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Lewisham</b>	
Contact person: <b>Ms Linda Dominguez</b>	Position: <b>Director</b>
Website: <b><a href="http://www.oneinfour.org.uk">http://www.oneinfour.org.uk</a></b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1081726</b>
When was your organisation established? <b>29/01/1999</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 children and young people receiving specialist help, resulting in improved mental health</b> <b>More people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment</b>		
Please describe the purpose of your funding request in one sentence. <b>To provide a salary for an experienced professional responsible for the leadership, growth and quality of the clinical team, counselling provision and education training programmes.</b>		
When will the funding be required? <b>01/10/2018</b>		
How much funding are you requesting?		
Year 1: <b>£31,640</b>	Year 2: <b>£33,060</b>	Year 3: <b>£34,200</b>
<b>Total: £98,900</b>		

**Aims of your organisation:**

We specialise in supporting survivors of sexual violence and abuse and particularly, survivors of childhood sexual abuse (CSA) and trauma, through counselling and helping them work through the effects of abuse, empowering them to move forward with their lives.

We seek to improve public and professional understanding of how sexual abuse impacts lives and promote best practice in support and counselling through training, publications and workshops.

We support survivors seek redress through the criminal justice system or other avenues as appropriate to the individual situation.

**Main activities of your organisation:**

We provide

- A safe, restorative environment for survivors of sexual abuse and trauma from our two centres, Islington and Bellingham.
- Specialist counselling. Over 70 counsellors provide weekly one to one sessions, lasting around 50 minutes, for up to 2 years.
- Group psychosocial educational workshops and sessions which complement our one-to-one counselling sessions
- In school workshops, classroom and drop-in sessions for teachers, pupils, students, support staff and parents around disclosure, identifying young people who may be experiencing sexual abuse or exploitation along with training, counselling and resources
- Advocacy support, for up to 30 clients at a time, helping survivors through the criminal justice process and other avenues of redress such as civil law actions and complaints procedures.
- Targeted training for professionals, ensuring counsellors and psychotherapists are up-to-date with the latest training, new developments in understanding CSA
- Publications to raise awareness of CSA and support those who wish to help a survivor

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>1</b>	<b>10</b>	<b>5</b>	<b>80</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 renewed June 2017</b>

## Summary of grant request

It is widely agreed that incidence of CSA is both under-reported and on the increase, both nationally and within London. 2016/17 figures reported that sexual offences increased by 9.5% (Crime Survey for England and Wales 2017. Metropolitan Police Service Data 2016/17) and a report by the London Safeguarding Children Board (Jan 14) estimated that 100,000 to 500,000 people in London are at risk of sexual abuse at some time in their childhood, 5,500 to 27,000 each year.

Over the past year, One in Four has seen a 50% increase in demand for our counselling services from survivors and in addition, we are receiving an increasing number of referrals from agencies, educational establishments and medical professionals.

In addition, we are seeing a groundswell of support from those surrounding the survivor, who want to improve their knowledge, understanding and ability to be able to support the recovery journey.

Victims of sexual assault may have a range of complex vulnerabilities and/or needs, for example, mental ill health, learning difficulties, homelessness and participation in prostitution. It is recognised that there is a lack of specialist services in London for victims to address those needs.

We have been providing specialist trauma therapy to survivors of childhood sexual abuse (CSA) and violence, both men and women, for over 18 years and many of our counsellors and management team are survivors themselves.

We work daily to help survivors of CSA. We offer 1:1 specialist counselling once a week for up to two years (longer than any other agency) which are followed by group therapy workshops. All our services are supported by a range of professional resources and publications, designed to support the survivor but also to provide support and guidance to those around the survivor.

By having a paid clinical coordinator and well-being lead, we will be able to expand the level of specialist CSE/CSA and sexual/domestic abuse/violence trauma counselling support and training we currently offer to adult survivors, as well as our workshops in schools which raise awareness, support early intervention and provide specialist help to teenagers particularly around exam time. The added stress of exams can be a trigger awakening memories and emotions for many teenage survivors which can be overwhelming, and for some is a tipping point for breakdowns in mental health and behaviour, self-harming and poor educational outcomes at GCSE, sixth form and A levels.

The role is a pivotal role in the day to day management of One in Four and supporting the ongoing administration such as implementing policy initiatives, dealing with operational issues, managing external relationships with all relevant external agencies, in particular with Mental Health professionals and agencies and strategic development. The person in this role is responsible for ensuring that there is effective communication within the clinical team, developing and providing appropriate documentation for administering, monitoring and accounting the counselling service.

This role is currently undertaken by a volunteer who works three days a week, if funded Michelle would be able to increase her hours and provide One in Four with continuity and stability and we could offer her job security.

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In terms of meeting the Trust's programme outcomes and Principles of Good practice, we?

Already involve services users and our counsellors in planning our services and identifying areas for improvements through evaluation forms and regular supervision sessions

Value diversity and welcome people from all backgrounds

Have robust support and career development packages in place for volunteers

Are taking 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? **Yes**

What Quality Marks does your organisation currently hold?

**British Association for Counselling and Psychotherapy (BACP)**

## **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.

**Increase the number of specialist counsellors working at One in Four working with both men and women who have experienced sexual abuse and trauma from 75 to 135, including providing the specialist training and support required for this field.**

**Increase the total number of qualified supervisors working at One in Four from 18 to 25 in line with BACP requirements supporting the training and monitoring of daily counselling services and client care**

**Provide class-based workshops and small group sessions in schools, (primary and secondary), supporting early detection and intervention of young people suffering from or at risk of CSA/CSE. Currently One In Four is only able to provide 1:1 counselling in schools. Previously we have held as many as 4/year.**

**Increase the number of survivors undergoing counselling support by One in Four by at least 60 per year (180 over the three years) along with increasing the number of post counselling 1:1 support through group therapy workshops by at least an additional 24 workshops over 3 years**

**Increase the number of CPD training workshops for One in Four counsellors and other healthcare professionals from 4 to 10 workshops per year over the three year period reaching over 150 HCPs**

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.

**Reduced waiting list time period from 6 to 4 weeks and increased number of survivors supported by One in Four by 25% across both centres (N and S London)**

**Increased quality of counselling support, training and guidance leading to improved provision and in turn improved outcomes for clients. Increase in the retention rate of supervisors due to improved support practices leading to less time spent on recruitment and training.**

**An additional 4% of young people feel secure enough to disclose and seek support earlier thus improving their mental health and wellbeing, relationships with adults and peers and achieving better educational outcomes. Increased number of staff are trained in managing disclosure and how to refer and support appropriately.**

**Increased sense of emotional well-being, resilience move forward experienced by 100% of those we support. Increased number of survivors feeling confident and able to seek further education and training following the Warrior Within workshops and reduction in dependency on other support agencies due to increased ability to cope.**

**More professionals are better qualified to offer the specialist support required to meet the need of survivors presenting with multiple and complex needs resulting from their trauma leading to improved outcomes for more survivors.**

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, as this position is key to our growth and maintenance of the highest professional standards, we are committed to seeking additional funding to ensure this position is retained and working with our board of trustees to consider additional forms of income so that this post will be covered by core costs.**

## Who will benefit?

### About your beneficiaries

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

**4,212**

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

**Lewisham (50%)**

**Newham (20%)**

**Southwark (15%)**

**Bromley (5%)**

**Tower Hamlets (10%)**

What age group(s) will benefit?

**All ages**

**0-15**

**16-24**

**25-44**

**45-64**

**65-74**

What gender will beneficiaries be?

**All**

**Male**

**Female**

**Transgender or other gender identity**

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%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Core salary	28,000	29,000	30,000	87,000
NI	3,080	3,190	3,300	9,570
Pension	560	870	900	2,330
<b>TOTAL:</b>	<b>31,640</b>	<b>33,060</b>	<b>34,200</b>	<b>98,900</b>

**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
Counselling fees	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

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

Source	Year 1	Year 2	Year 3	Total
None for this post	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**How much is requested from the Trust?**

Expenditure heading	Year 1	Year 2	Year 3	Total
Core salary	28,000	29,000	30,000	87,000
NI	3,080	3,190	3,300	9,570
Pension	560	870	900	2,330
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>31,640</b>	<b>33,060</b>	<b>34,200</b>	<b>98,900</b>

## Finance details

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

Financial year ended:	Month: <b>April</b>	Year: <b>2017</b>
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Income received from:	£
Voluntary Income	85,702
Activities for generating funds	0
Investment income	0
Income from charitable activities	87,114
Other sources	0
<b>Total Income:</b>	<b>172,816</b>

Expenditure:	£
Charitable activities	162,892
Governance costs	3,429
Cost of generating funds	10,628
Other	0
<b>Total Expenditure:</b>	<b>176,949</b>
<b>Net (deficit)/surplus:</b>	<b>-4,133</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement In Funds:</b>	<b>-4,133</b>

Asset position at year end	£
Fixed assets	4,828
Investments	0
Net current assets	75,530
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>80,358</b>

Reserves at year end	£
Restricted funds	4,451
Endowment Funds	0
Unrestricted funds	75,907
<b>*Total Reserves (B):</b>	<b>80,358</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?  
11-20%

### Organisational changes

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

There have been no significant changes



### 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	8,500
Central Government departments	0	0	0
Other statutory bodies	0	0	17,800

### 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>
Bromley Trust	15,000	15,000	15,000
SILCT	0	30,000	0
OPCCN	0	17,800	0
Awards for All	9,978	0	0
	0	0	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: **Linda Dominguez**

Role within                      **Director**  
Organisation: