

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: <div style="text-align: center;">Shooting Star CHASE</div>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Richmond	
Contact person: Mr Brian Gallagher	Position: Senior Trusts Fundraiser
Website: http://www.shootingstarchase.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1042495
When was your organisation established? 31/03/2011	

Grant Request

Under which of City Bridge Trust's programmes are you applying? <div style="text-align: center;">Improving Londoners' Mental Health</div>		
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. Providing emotional support and coping mechanisms to life-limited children, young people and their families - living through a time of unimaginable physical and mental challenges		
When will the funding be required? 30/03/2018		
How much funding are you requesting?		
Year 1: £42,000	Year 2: £42,420	Year 3: £42,850
Total: £127,270		

Aims of your organisation:

Shooting Star Chase is a children's hospice charity caring for babies, children and young people (0-21 years) with life-limiting conditions, and their families.

The Articles of Association public benefit states, to promote the relief of illness by the provision of palliative care amongst young persons who are suffering from any life-limiting illness or condition. This objective is achieved through the provision of care services.

We strive to make every precious day count - whether lives are measured in days, weeks, months or years, we support families from diagnosis to end of life and throughout bereavement.

SSC is the product of a merger (April 2011) between two neighbouring hospices -- CHASE (Children's Hospice Association South East) formed in 1994 and Shooting Star Children's Hospice formed in 1995. The primary aim of this union was to develop our services to deliver a better, more responsive and flexible care for the families we care for and for the wider hospice movement.

Main activities of your organisation:

Our bespoke care is free and available 24/7, 365 days a year.

We support 700 families, many living across part of our catchment area which includes 15 London boroughs. This covers approximately half of London ranging from Barnet in the north to Croydon in the south and Westminster in the east out to Hillingdon..

Our support is provided through a range of nursing, emotional and medical care including respite breaks at our hospices (Shooting Star House, Hampton and Christopher's, Guildford). Other core services are Hospice at Home, Day care, Symptom management, End-of-life care and bereavement care, crises and counselling support groups, Social work, Complementary therapy and Creative therapies (music & play) with support groups for the whole family.

In the last five years, we have provided over 15,300 short breaks, 43,100 hours of Hospice at Home visits and 27,000 hours of therapy activities.

To reach out to more people we have established two satellite hubs in Wembley and Croydon respectively.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
120	91	8	731

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?
Leased	10 years

Summary of grant request

We provide bespoke clinical and emotional care for 500 families with a life-limited child and 200 bereaved families (circa 3,000 individuals). Over 50% of the aforesaid number live in London boroughs and a collective 30 years of caring experience - across both our hospices - underpin our belief that both therapeutic disciplines (music and counselling) produce positive outcomes for families who are encountering and also trying to cope in near unimaginable circumstances. The pressures on general wellbeing and mental health are significant and profound. For the vast majority of people, facing the loss/death of a child is feared more than anything and it is to these people that we seek to care and help establish a future.

This element of our therapeutic work - with its overt London focus - will be primarily delivered by two people, namely a music therapist and bereavement counsellor. Both are based at our Hampton hospice (TW12 3RA) situated in the London Borough of Richmond and according to individual need visits will also be made to the family home or school.

The music therapy sessions are a mix of either one-to-one or group interactions. The therapist primarily works with life-limited children, young people (C/YP), siblings and sometimes adults. The pre and post bereavement counselling is with parents, grandparents and adult siblings and is typically - but not exclusively - 1-2-1. Elements of this project will also be supported by other hospice staff and volunteers like hospice memory days, collective siblings days and special seasonal events.

We have long pursued the aim of enhancing quality of life when every precious moment counts. Timely and proactive therapeutic interventions ensure that people feel supported and are given coping mechanisms and solutions to care for others and themselves and carry on. The project's ultimate outcome for the service users will be an enhanced level of mental health equilibrium and general wellbeing.

Within our geographic reach of 15 north, west and south London Boroughs no other organisation is geared, equipped and able to deliver such specialist and bespoke support. For example, our in-house and Hospice at Home nurses have effective techniques to reach non-verbal C/YP and translation services are available to remove barriers where English is not the family's primary language.

Stakeholder partners like Great Ormond Street, The Royal Marsden and Chelsea and Westminster hospitals amongst many others refer their life-limited young patients to us as a matter of course. They also refer to many of our other services like our symptom management team.

We have been independently affirmed by the Care Quality Commission of providing an Outstanding care and therapeutic service at both hospices.

The project will ensure that more children and young people receive specialist help that result in improved mental health. Due to our inclusive and wide-ranging referral and acceptance policies more people from BME communities are accessing appropriate mental health services, resulting in them receiving the right care and treatment. The project cares for people from all backgrounds (over 50% of the caseload are from BME groups) and has been and continues to be shaped through the regular verbal, sometimes non-verbal and written feedback from service users. Elements of the project are invaluable supported by trained volunteers.

In terms of reducing our carbon footprint this is an ongoing process with incremental progress. For example, our current hospice refurbishment has included replacing our lighting systems with LED's. Through our waste review we intend to increase our recycling and minimise general waste from offices hospice and retail by working with environmental aware providers. Heating systems are linked centrally with software monitored controls, to minimise wasted energy.

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?

Being awarded the highest possible rating of 'Outstanding' for the care delivered at both our hospices by the Care Quality Commission - the independent regulator for health services in England and Wales

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.

Therapeutic support groups for siblings of children with life-limiting illnesses (aged 5 ? 18). Proactively focusing on children and young people?s (C/YP) mental health before a crisis scenario. The C/YP are given skills, knowledge and confidence to survive emotional trauma.

And we provide counselling to pre and post bereaved families

Therapeutic support groups for bereaved siblings (aged 5-18). They experience a sustained period of anxiety and the body endures the physical impact of emotional stressors. We identify issues/signs that help us to work more effectively with health professionals, schools and colleges.

We also offer collective bereavement counselling groups to families

Individual therapy for children with life limiting illnesses and those at or approaching the end-of-life (aged 5-18). C/YP using our service face a prognosis of shortened lives, alongside the treatment, hospital-stays, suffering pain and side effects.

And recruit and train volunteers to support bereavement counsellors and provide counselling

Therapy for siblings of children with life-limiting illnesses, and at end-of-life and bereaved siblings (aged 5-18). Pre and post bereavement scenario?s have a significant impact on C/YP?s mental health. It?s not uncommon to hear from a C/YP or sibling that they want to die-commit suicide

Provide staff support and supervision

Theraplay (a family therapy for families of children with life-limiting illnesses (aged 5-18) builds and enhances attachment, self-esteem and trust Support for schools educating C/YP?s known to us. Liaising with the schools psychologist/counsellor/pastoral worker re pre and post bereavement support

And provide counselling training to internal and external professionals.

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.

For the C/YPs through a build-up of resilience, emotional vocabulary and, self-awareness strategies we help achieve Improved mental health and general wellbeing. Likewise, for the adults through processing difficulties, grief exploration and building upon existing skills to cope with feelings and emotions

By not succumbing to physical ailments there will be better school/college attendance and Improved general and mental health. Notwithstanding our interventions helping educate parents and the C/YPs, school staff will also be more informed. The collective counselling groups will facilitate families meeting other bereaved families and increase their support network

The therapy work strengthens the parent and child relationship (rather than therapist and child). Therapy is given alongside the parent so they can meet the emotional needs of their child/children. Responding with bespoke support achieve an outcome individual to each family.

Trained volunteers reduces waiting lengths for families wanting counselling

C/YPs valuing their own lives notwithstanding their parents' devastation over the loss of their sibling. The sessions confidentiality facilitates the c/yp's openness about feelings, and allow us to install safe measures. We can pre-empt a Child and Adolescent Mental Health Services (CAMHS) referral.

Maximising our care through properly supported staff

Theraplay creates an active, emotional connection between child and parent, resulting in a changed view of self as worthy and lovable It helps the child feel secure, cared for, connected and worthy.

Counselling training enhances understanding and awareness of therapeutic interventions and helps apply the theories of loss and grief

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?

Music therapy and bereavement counselling have formed key elements of our pre and post bereavement work. In effectively caring for 500 pre and 200 post bereaved families these services have achieved positive outcomes. Their efficacy has been independently affirmed by the families and the Care Quality Commission.

We would look to continue funding from a menu of income streams

Who will benefit?

About your beneficiaries

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

1,150

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

Croydon (13%)

Wandsworth (13%)

Hounslow (11%)

Ealing (9%)

London-wide (54%)

What age group(s) will benefit?

0-15

16-24

25-44

45-64

What gender will beneficiaries be?

All

Male

Female

What will the ethnic grouping(s) of the beneficiaries be?

A range of ethnic groups

White (including English/ Welsh/ Scottish/ Northern Irish/ British; Irish; Any other White background)

Mixed / Multiple ethnic groups

Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)

Black/ African/ Caribbean/ Black British (including African; Caribbean; Any other
If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

31-40%

Subsequently revised - see over/

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
salaries (Incl NI & Pension	94,000	95,000	96,000	285,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	94,000	95,000	96,000	285,000

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
No funders have yet been approached	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
No funders have yet been approached	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
2 days of music therapy incl Pension & NI	20,650	20,855	21,070	62,575
2 days bereavement counselling Inc Pension & NI	21,350	21,565	21,780	64,695
	0	0	0	0
	0	0	0	0
TOTAL:	42,000	42,420	42,850	127,270

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salaries for Creative/drama and music therapy	94000	95000	96000	285000
TOTAL:	94000	95000	96000	285000

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Endowment Fund (Robina Beckles-Wilson)	20000	20000	20000	60000
Mark and Anna Poulson (past service users)	1000	1000	1000	3000
Ingham Trust	25000	25000	25000	75000
TOTAL:	46000	46000	46000	138000

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Various regular and one off donations				
TOTAL:				

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
2 days of music therapy Inc NI and pension	20650	20855	21070	62575
2 days of creative therapy Inc NI and pension	20650	20855	21070	62575
TOTAL:	41300	41710	42140	125150

Finance details

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

Financial year ended:	Month: March	Year: 2017
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Income received from:	£
Voluntary Income	6,260,670
Activities for generating funds	0
Investment Income	260,585
Income from charitable activities	1,039,755
Other sources	380,039
Total Income:	7,941,049

Expenditure:	£
Charitable activities	7,669,464
Governance costs	0
Cost of generating funds	2,308,216
Other	0
Total Expenditure:	9,977,680
Net (deficit)/surplus:	-2,036,631
Other Recognised Gains/(Losses):	610,367
Net Movement In Funds:	-1,426,264

Asset position at year end	£
Fixed assets	11,287,252
Investments	
Net current assets	1,809,591
Long-term liabilities	
*Total Assets (A):	13,096,843

Reserves at year end	£
Restricted funds	344,998
Endowment Funds	58,934
Unrestricted funds	12,692,911
*Total Reserves (B):	13,096,843

* 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:

Two substantive changes a) our CEO has left and a suitable replacement is being sought and b) we have sold and leased back our administration building in Addlestone, Surrey. The £3 million sale proceeds have been put to reserves. Lesser changes have been a measured restructure of the fundraising and care teams as we seek to restore an equilibrium between income and expenditure.

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	27,600	21,600	33,600
London Councils	0	0	0
Health Authorities	205,424	339,184	204,800
Central Government departments	640,106	640,107	640,107
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 £
ICAP	0	0	250,000
Wolfson Foundation	0	0	70,000
MariaMarina Foundation	0	0	53,000
BBC Children in Need	44,000	0	0
Ingram Trust	25,000	25,000	25,000

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: **Brian Gallagher**

Role within **Senior Trusts Fundraiser**
Organisation: