

# The City Bridge Trust

## Bridging Divides: Application for a grant



### About your organisation

#### Organisation Details

Name of your organisation: <b>Lambeth and Southwark Mind</b>	
If your organisation is part of a larger organisation, what is its name? <b>Lambeth &amp; Southwark Mind</b>	
In which London Borough is your organisation based? <b>Lambeth</b>	
Contact person: <b>Miss Megan Fereday</b>	Position: <b>Head of Fundraising and Digital</b>
Website: <b><a href="http://www.lambethandsouthwarkmind.org.uk">http://www.lambethandsouthwarkmind.org.uk</a></b>	Social Media Accounts: <b>@LS_Mind</b>
What Quality Marks does your organisation currently hold? <b>Mind Quality Mark</b>	

#### Legal Status

Legal status of organisation: <b>Registered Charity</b>			
Charity Number: <b>296893</b>	Company Number: <b>2017214</b>	CIC Number: <b>NA</b>	Bencom Number: <b>NA</b>
When was your organisation established? <b>06/05/1987</b>			
<b>Aims of your organisation:</b> Our mission is to provide free, innovative, long-term services that empower and support everyone in our area experiencing a mental health problem. We won't give up until everyone in Lambeth and Southwark experiencing a mental health problem gets both support and respect.			

**Main activities of your organisation:**

We offer a range of free, long-term therapies and peer-supported groups for residents in the boroughs which we serve. Our Information Service provides a confidential telephone and email service for anyone seeking advice and services relating to mental health in the Lambeth and Southwark boroughs. We also offer free year-long psychotherapy for individuals who experience a variety of mental health difficulties, who may be unable to access shorter-term and/or paid therapies.

As an independent organisation, we are responsible for all our own fundraising to deliver these services.

Our work is driven by our understanding that mental illness is not simply a product of brain disease, as is asserted in biological psychiatry, but a range of conditions which are deeply entrenched in inequalities of class, race, gender and sexuality. As such, we believe that mental health treatments need to be ethically tailored to the needs of each individual who seeks it, rather than being based on standardised, 'one-size-fits-all' methodology.

**Your Staff & Volunteers**

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
<b>3</b>	<b>1</b>	<b>10</b>	<b>24</b>

Do you have a Safeguarding policy? **Yes**

**Are the following people in your organisation subject to DBS checks?**

Paid Staff <b>Yes</b>	Volunteers <b>Yes</b>	Trustees / Management Committee Members <b>Yes</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>Leased</b>	<b>6 months</b>

**Environmental Impact****What action have you taken in the past year to progress environmentally sustainability principles and practice?**

We have done the following

1. Attended meetings with our landlord - who are responsible for all bills and the upkeep of our property - to understand how to we can become more sustainable.
2. Adopted a policy of eradicating the use of disposable plastic across the organisation
3. Encouraging cycle use amongst staff through cycle friendly storage and finance options
4. We have highlighted reviewing and improving our policy as part of next 3 year strategy review
5. Appointed an architect about how we could better use our space with sustainability being a central consideration (the current configuration is energy inefficient; hot in summer and cold in winter and requiring additional and carbon intensive heating).

## Finance Details

### Organisation Finances

	Year of most recent audited / examined accounts	Current financial year forecast	Next financial year budget
End of financial year date	31/03/2018	31/03/2019	01/04/2020
Grants & donations:	£91,148	£100,000	£164,000
Earned income:	£155,968	£160,000	£160,000
Other income:	£59,402	£60,000	£60,000
<b>Total income:</b>	<b>306,547</b>	<b>£320,000</b>	<b>£384,000</b>
Charitable activity costs:	£321,988	£322,000	£350,000
Cost of raising funds:	£7,419	£7,500	£32,000
Other costs:	£0	£0	£0
<b>Total expenditure:</b>	<b>£329,407</b>	<b>£329,500</b>	<b>£382,000</b>
Free unrestricted reserves held at year end:	£87,232	£90,000	£92,000
<p><b>What is your organisation's reserves policy?</b>                      The trustees consider that Lambeth and Southwark Mind's reserves are needed in order to: continue the charity's work if there is an income shortfall; cover contingencies, such as staff sickness or maternity leave, and wind up the charity's activities and meet its liabilities if no further income is secured. The trustees believe that Lambeth and Southwark Mind's unrestricted free reserves should be sufficient to cover at least four months of its planned activities in the year ahead, and this conforms to the organisation's reserves policy</p> <p>For your most recent financial year, what % of your income was from statutory sources?  <b>31-40%</b></p>			

### Organisational changes

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

**We have secured funding for five years (2018-2023) from the Big Lottery Reaching Communities fund for £412,000 to provide free long term therapy service in the inner city; we have appointed a full-time events manager to begin in January 2019; change has been incremental and we continue to grow gradually year on year.**

## Grant Request

<p>Which of the Trust's programmes and priority areas will your application deliver?  <b>Positive Transitions/Disabled people (choice and control)</b></p>				
<p>Which of the programme outcome(s) does your application aim to achieve?  <b>Positive Transitions/Londoners experiencing inequality or disadvantage are supported to become more independent</b>  <b>Positive Transitions/Vulnerable and disadvantaged Londoners are more resilient and empowered to make positive choices</b></p>				
<p>Please describe the purpose of your funding request in one sentence.  <b>We are applying for continuation funding for our previous grant from you, which was a three-year grant to fund the salary of our CEO and Clinical Director Dr Ajay Khandelwal.</b></p>				
<p>When will the funding be required? <b>01/04/2019</b></p>				
<p>Is this request to continue work that is currently funded or has been funded in the last year by:</p>				
<p>City Bridge Trust?  <b>Yes</b></p>		<p>Another funder? (if so which)</p>		
<p>How much funding are you requesting?</p>				
<p>Year 1:  <b>£60,000</b></p>	<p>Year 2:  <b>£60,000</b></p>	<p>Year 3:  <b>£0</b></p>	<p>Year 4:  <b>£0</b></p>	<p>Year 5:  <b>£0</b></p>
<p><b>Total Requested: £120,000</b></p>				

**What 3 main differences or outcomes do you want to achieve through your funding proposal?**

<p>Relieving psychological distress and suffering for adults in acute difficulties</p>
<p>Providing knowledge and support to service users and professionals in the mental health field</p>
<p>Building self-reliance and community support systems for adults experiencing mental health difficulties.</p>

**What are the main activities or outputs you will deliver to achieve these differences?**

<p>Psychotherapy for All: 100 people to benefit from high quality long term free psychotherapy (2019-2021); this has been possible by new funding from the Big Lottery.</p>
<p>Information Service: our free, confidential telephone and email signposting service for local people in need of help with their mental health and related issues; 2000 people to be helped in this way (2019-2021); this is possible through funding from Lambeth CCG</p>
<p>Peer support group programme: our programme of six support groups, facilitated by and for local people with lived experience of mental health problems; 100 people to be supported each year. This has been made possible due to new funding from Henry Smith</p>

## You and your grant request

### **What, specifically, are you applying for (your project)?**

We are applying for a grant to cover the salary costs of our CEO's position for the years 2019-2021.

### **How will the project described achieve your stated outcomes?**

CBT funding has enabled major changes in the organisation, including a more secure and growing financial base, as well as expansion; goals include:

Delivery of the free in depth and long term psychotherapy to over 200 adults from deprived backgrounds in Lambeth and Southwark (2018-2023); made possible by a Big Lottery Grant secured by the City-Bridge Trust funded CEO role

Delivery of a range of free peer support groups for underserved communities in Lambeth and Soutwark; supporting 500 vulnerable adults (2018-2023); funded by the Henry Smith Trust, secured by the City Bridge Trust CEO role.

Redevelopment of Lambeth and Southwark Mind Premises; in line with the architectural plans developed by nintim architects; feasibility plans have been completed; over the next 3 years we aim to raise funds and complete the development to create a more therapeutic space.

Development of new fundraising strategy; new appointments have been made.

### **How do you know there's a need for this work?**

We regularly commission high quality quantitative and qualitative research based on the views and experiences of local people. For instance, during the CBT funding we have commissioned South Bank University to evaluate the quality of peer groups which has been published in professional peer reviewed journals. We have also commissioned independent researchers to evaluate our therapy services; we also seek out the views of local people using our services through our helpline; AGM; and feedback processes. Finally, we hold many reflective forums where supervisors, therapists and service users are able to speak, in great and meaningful detail, the need for local mental health services aimed at the needs of the community. We also network with local groups and keep informed about local public health research which highlights the nature of local needs.

### **How will the work be delivered - specifically, what will you do?**

The CEO will

Having delivered a three strategy; the CEO will work with the trustee board and service users to develop an ambitious forward looking strategy in order to help more local people who are suffering mental health problems; the strategy will be executed by recruiting the following posts in 2019: Clinical Manager; Deputy Director; Events Manager; Administrator

The expanded team will enable :

Free long term In depth Psychotherapy for 200 people (2019-2024); doubling the number of people we can help  
Free Peer Support Groups; 500 People (2019-2024); tripling the number of people we help through groups  
Diversified fundraising strategy to include grants; trusts and a major growth in community fundraising resulting in 20% annual income growth(  
Development of new therapeutic premises to facilitate expansion and improve quality of setting (feasibility study completed).

### **Why are you the right organisation to do this work?**

We are a creative and user-led mental health organization serving adults experiencing poverty and mental and physical ill health. 70% of our trustees, mainly local people, have had some form of mental health difficulty, or cared for a person in difficulty, and they shape, with the CEO, the strategy and direction of the organisation. This adds a unique dimension to our connection with the local community; we are well regarded by both service users and professionals in the local community. We are often approached by individuals who have had difficulties in more statutory or clinical settings, such as the NHS, or the short-term care provided by CBT therapists via their GP. Through our ethos, and our location (In the heart of areas of deprivation in Brixton and Southwark); and our free services; we are more accessible than other therapy organisations set within large organisations or in central London.

### **How does your work complement and not duplicate other services within your area?**

We have strong links to several other mental health organisations in our area, with whom we have collaborative relationships that ensure we are mutually benefiting from each others' research and work. We are a member of the Lambeth Living Well Collaborative, a network of charity representatives and mental healthcare providers and commissioners who meet regularly to discuss ongoing changes and improvements in Lambeth's mental healthcare landscape. This membership allows us to keep up-to-date with our colleagues' work and share resources and expertise where we are able to.

We have explicitly chosen a strategy of providing something very different to other local services, through our belief in the value of longer and more in-depth forms of care; these are less common in public services due to cost pressures; so our work complements short term treatments. Many people come to see us after being discharged from other services.

**How will you ensure that your project will hear and represent the views and needs of disadvantaged people and/or diverse communities?**

We engage in regular consultations with our service users across all our major projects. Our primary method of doing this is through distributing anonymous client satisfaction forms at the end of our peer support sessions. These are designed to capture demographic information of our client groups, and their thoughts on their experiences within the group, how it might be improved, etc. This gives us a rich source of qualitative and quantitative data which is continually reviewed with group facilitators to ensure we are regularly improving the quality of these services to match our clients'; particular needs. We will also continue to gain insight into broader experiences of disadvantaged people outside of our client groups through our involvement with organisations including the Lambeth Living Well Collaborative and Black Thrive. We will use this insight to provide context for our beneficiaries' comments and experiences.

**How does your project engage and empower individuals and/or communities to come together on this issue? Will you be working with people who are particularly excluded?**

Yes ? several of our peer support groups are designed for people from specific marginalised communities who are experiencing mental health problems. Our Kindred Mind support group is run by and for people from Black and Asian backgrounds with experience of mental ill-health and racial discrimination, and our Southwark Women's Forum is a women-only mental health support group. We also run a group for people with specific experience of voice hearing and paranoia. Our beneficiaries often report feeling encouraged and empowered by the leadership of our peer support group facilitators, who themselves have lived experience of the kinds of mental health problems that our beneficiaries present. Our facilitators help group participants to support each other and discuss their shared difficulties in productive ways, so that each group member may play a part in helping each other with their mental health ? and feel empowered in being able to do so.

**Is the focus of your project meeting an already identifiable need (acute or otherwise) or are there elements which are preventative and/or incorporate early action?**

We work to meet our beneficiaries' identifiable mental health needs. These can range from moderate mental health conditions such as anxiety and depression, up to severe mental health conditions including psychosis. We work to provide advice, information and therapy to help our beneficiaries improve the symptoms of these conditions, and to help them learn how best to manage their mental health.

**Who might you need to work closely with in delivering this project - whether before, during or afterwards?**

We will continue to work closely and meet regularly with several local organisations whom we already have beneficial working relationships with, including:

Project beneficiaries (the people who use our groups to hear what they think); Funders (to ensure we are communicating the value of our work, which often takes place behind the scenes); local therapy organisations (Guild of Psychotherapists, Waterloo Counselling Centre); GPs; community mental health teams; commissioners; local networks such as Lambeth Living Well Collaborative; our own building 336 which houses 19 disability charities; external partners (the CEO recently spoke about our work at Southwark Cathedral and at the Association of Charitable Funders); Local mental services where we share common interests (Mosalc club house; Black Thrive); mental health service user led local groups; local MPs, councillors and other decision makers.

**Our aim as a funder is to help people move positively between any of the four stages of Surviving, Coping, Adapting and Thriving. For your project at which of these stages will most people begin their journey?**

The majority of people who come to us are at an early stage, i.e. Surviving or (barely) Coping; but it does depend on each individual case. The majority of people who approach us are living in poverty, with chronic and ongoing psychological and physical difficulties; they often face relapsing conditions; so as soon as things are stable either internally, or externally, they can be easily destabilised. For instance, coping with the transition to Universal Credit; or a family illness, or a set back in the workplace, or the resurfacing of trauma can mean that our beneficiaries experience periods of instability as a way of life, and therefore oscillate between the stages outlined above.

Having said that, we have had qualitative and quantitative data which suggests that there is movement for some people who demonstrate that they are, with the help of our services, coping much better than before.

**Will there be any elements of this project that will help you or your beneficiaries to reduce your environmental footprint?**

We are actively thinking about this with our trustees and our landlord; we currently have a policy of not using disposable items or single use plastics for any of our meetings across the organisation; we aim to develop this further as part of new strategy.



## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
CEO Salary and on costs	60,000	60,000	0	0	0	0
<b>TOTAL:</b>	<b>60,000</b>	<b>60,000</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
<b>TOTAL:</b>	<b>0</b>	<b>0</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	Year 4	Year 5	Total
<b>TOTAL:</b>	<b>0</b>	<b>0</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	Year 4	Year 5	Total
CEO and Clinical Director	60,000	60,000	0	0	0	<b>120,000</b>
<b>TOTAL:</b>	<b>60,000</b>	<b>60,000</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>120,000</b>



## Who will benefit?

How many people will directly benefit from the grant per year? <b>1</b>
In which Greater London borough(s) or areas of London will your beneficiaries live? <b>Lewisham</b> <b>London-wide</b>
Does this project specifically target any groups or communities? <b>No - open to everyone</b>
This project will specifically work with the following age groups: <b>16-24/25-44/45-64/65-74/75 and over</b>
This project will specifically work with the following gender groups: <b>Male</b> <b>Female</b> <b>Transgender or other gender identity</b>
This project will specifically work with the following ethnic groups: <b>Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)</b> <b>Black/ African/ Caribbean/ Black British (including African; Caribbean; Any other Black/ African/ Caribbean background)</b>
If Other ethnic group, please give details:
This project will specifically work with Deaf and disabled people: <b>No</b>
This project will specifically work with LGBTQI groups: <b>No</b>

This project will specifically work with other groups or communities:

How will you target the groups/communities you have identified? What is your expertise in providing services for these groups?

**We have a long track record of working with Black and Asian communities; Kindred Minds, a group we fund and support; is a pioneering a popular group for BAME adults in the psychiatric system**

Are there any groups or communities you think your organisation will find hard to include through this project?

**Yes - please specify**

If yes, please specify which groups or communities? Where possible using the categories listed above.

**0-15; we are too small to robustly and safely work with under 15s; we do work with 16-25s in conjunction with the Princes Trust, who have expertise in this area.**

If yes, what steps will you take to make your services accessible to and meet the needs of the groups/communities you have identified?

**We have no plans at this stage to work with children.**

### **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: **Ajay khandelwal**

Role within                      **CEO and Clinical Director**  
Organisation: