

CITY BRIDGE TRUST – Delegated Authority (Requests up to £250k)

ASSESSMENT CATEGORY: Bridging Divides - Positive Transitions\Survivors\Domestic & sexual abuse

Anna Freud Centre

Ref: 15698

Amount requested: £324,623

Adv: Tim Wilson

Base: Islington

Amount recommended: £250,000

**Benefit: Hackney and
Southwark**

Purpose of grant request: To deliver an innovative group therapy programme for women who have experienced repeated removals of children from their care, to empower them to make positive choices through access to specialist support.

The Applicant

Anna Freud is generally regarded as one of the founders of psychoanalytic child psychology. Established in 1967, the Anna Freud Centre (AFC) is a registered charity focused on mental health care. The organisation works to improve the quality, accessibility effectiveness of mental health provision in the UK, and has specialist trauma and maltreatment services. AFC is particularly concerned with mental health support for children and their families, undertaking research, piloting new approaches, training clinicians and researchers, and supporting the development of evidence-based policy.

The organisation has developed a specific Covid strategy, enabling remote service delivery for vulnerable clients as well as mental health support for frontline professionals and provision of relevant research evidence.

Background and detail of proposal

This application is for a group therapy programme for women who have experienced repeated removals of children from their care. The charity notes that the women who are the focus of this application are more likely to have experienced childhood maltreatment and therefore to have greater difficulty in providing safe parenting due to early difficulties in forming safe and secure attachment. The proposed therapy is intended to help clients make positive choices through access to specialist support. The work is expected to lead to outcomes among the client group including improved mental health, increased interpersonal relations and community participation and improved parenting capacity. Each participant will then be psychologically prepared to have another baby (who will not be removed from their care) or will have concluded for themselves that they are not able to safely do so

Participant referrals will come from a specialist charity (Pause) working with women who experience repeat removal of children. Pause runs services in Islington, Hackney, Southwark and Greenwich.

The chosen therapeutic approach (mentalisation-based treatment) is evidence-based and is currently used by AFC's early years programme. It is a long-term therapeutic approach helping participants to relate thoughts, feelings and beliefs to actions and behaviours. AFC has used the approach with vulnerable people to support positive relationships with their children, thereby reducing statutory service use.

If this project is successful, AFC wishes to develop an evidence-based intervention and training model of therapeutic services for marginalised women who have experienced repeat removal of children. The expectation being that Local Authorities and Clinical Commissioning Groups would then commission this service

Financial Information

Figures below include assumptions about service income lost, and expenditure reductions made, as a result of Covid.

2019 accounts state that the free reserve target is £1.6m. This is a relatively tight reserve margin (compared to other organisations) which AFC nevertheless falls below.

In addition to its free reserves, the charity holds designated reserves of £29.6m (not shown in the table below) of which £29.1m is a fixed asset fund and £0.5m for the charity's Evidence Based Practice Unit (which AFC has confirmed does not cover the work included in this application. The designated reserves will be used to cover deficits on restricted funds seen in 2020 and 2021 in the table below.

Year end as at 31st August	2019	2020	2021
	Audited Accounts £	Forecast £	Budget £
Income & expenditure:			
Income	16,186,071	16,376,410	15,591,410
- % of Income confirmed as at 23rd June	n/a	84%	29%
Expenditure	(15,714,459)	(16,533,505)	(16,274,061)
Total surplus/(deficit)	471,612	(157,095)	(682,651)
Split between:			
- Restricted surplus/(deficit)	(197,126)	(232,095)	(652,967)
- Unrestricted surplus/(deficit)	668,738	75,000	(29,684)
	471,612	(157,095)	(682,651)
Operating expenditure (unrestricted funds)	8,742,016	11,780,126	11,865,063
Free unrestricted reserves:			
Free unrestricted reserves held at year end	1,400,000	1,475,000	1,445,316
No of months of operating expenditure	1.9	1.5	1.5
Reserves policy target	1,600,000	1,600,000	1,600,000
No of months of operating expenditure	2.2	1.6	1.6
Free reserves over/(under) target	(200,000)	(125,000)	(154,684)

Funding History

Meeting Date	Decision
30/01/2020	£2,200 to provide an eco-audit
22/01/2009	£90,000 over 3 years to develop and evaluate an intervention for young people to prevent them from becoming involved in violence and to support those already involved or victimised in London.

Recommendation

The original request was for funds covering up to 9 full time staff posts, which is far in excess of the Trust's funding practice. Following discussion with AFC, the applicant has revised its proposal and seeks support for two therapy groups, delivered on a staggered basis and with some costs underwritten by both AFC and Pause. The applicant believes this approach will generate enough data to present to commissioners in the future. Funding is recommended as follows:

£250,000 over four years (£63,000; £75,000; £77,000; £35,000) for two 'First Steps' group therapy programmes with women who have experienced repeated removals of children from their care. The costs of the programme to be partly funded by Anna Freud Centre and Pause.

Approved.....
Chief Grants Officer /
Deputy CGO

Approved.....
Chair

Approved.....
Deputy Chair

Date.....

Date.....

Date.....