

**MEETING: 06/06/2013**

**ANNEX NUMBER: 6**

**ASSESSMENT CATEGORY - Improving Londoners' Mental Health**

**Blenheim CDP:Insight**

**Ref: 11330**

**Amount requested: £120,000**

**Adv: Jenny Field**

**Amount recommended: £120,000**

**Base: Kensington & Chelsea**

**Benefit: Kensington & Chelsea**

**Purpose of grant request:** To steer young people away from drug and alcohol misuse and isolation by tackling their mental health issues enabling them to improve their life prospects.

**Background**

Blenheim CDP (BCDP), as it exists today, is the product of the merger of three organisations from the drugs and alcohol field: the Blenheim Project and CDP merged in 2007 to form Blenheim CDP, whilst CASA Alcohol Services was merged into the new body in April 2012. It provides services to people with a dependency on drugs or alcohol, a high proportion of whom have related mental health issues.

It currently provides 23 locally based services in London that combine open door projects with structured day care. One of these, its Insight programme, targets young people aged 16-25 years and is the subject of the application before you today.

**Funding History**

None to BCDP but both the Blenheim Project and CASA Alcohol Services have each received three grants from the Trust, prior to the merger. The most recent grant to the Blenheim Project was £30,000 over 12 months, awarded in June 2005, towards a Healthy Options Project working with young people with drug related problems. The latest grant to CASA was a grant of £88,000 over three years, awarded in April 2008, towards a counselling project for older people with alcohol problems.

**Current Application**

The link between mental health issues and drug use amongst young people has been well documented and researched. The Insight project aims to intervene at difficult and challenging points in young people's lives. It is proposed to run four programmes a year, each with a duration of 12 weeks, that steer young people away from drugs and alcohol, tackle their mental health problems, reduce their isolation and encourage them back into education or employment.

The young people accessing the Insight project have a range of complex needs including mental health problems (such as Attention Deficit Hyperactivity Disorder, depression and personality disorders), family

related problems, homelessness and limited access to the employment and training market. The project will provide a supportive programme of activities for those aged 16 – 25 years and who are using drugs, are involved in criminality and who have a history of mental health problems. It is anticipated that 280 young people will be supported annually.

The young people will be expected to attend the programme for a minimum of 3 days per week and each will have a tailored action and personal development plan. Blenheim CDP works closely with local mental health services and refers to specialist agencies such as the Child Adolescent Mental Health Services, Family Therapy and Coram Family Services where appropriate.

### **Financial Observations**

BCDP's audited accounts for the financial year ended 31<sup>st</sup> March 2012 show a surplus of £386,160 (5% of turnover), which largely relates to unrestricted activity. The charity's reserves policy states that it aims to hold 25% of forward expenditure as free reserves, which equates to £2,446,502. As at 31<sup>st</sup> March 2012, free reserves totalled £1,184,108, which equates to 12% of budgeted expenditure for 2013/14, or 1.5 months' worth.

The latest forecast for the year ended 31<sup>st</sup> March 2013 shows an overall surplus of £435k, which comprises a surplus on restricted funds of £260k and a surplus on unrestricted activity of £175k.

The budget for the current year to 31<sup>st</sup> March 2014 shows estimated income of £9.8m, of which £4.0m (41%) had been secured as at 22 May 2013, and a small overall surplus of £29k.

### **Officer's Appraisal**

Blenheim CDP has been tackling the issue of young people and substance misuse for over two decades. It has a strong track record of establishing relationships of trust with the young people with whom it works and of providing a very personal approach to the issues they face. It also has a strong track record of reaching some of the most vulnerable and troubled young people who have fallen 'through the net'.

The applications to other funders set out in Question 18 of the application form relate to the total requested for a period of three years not a single year, as implied by the presentation of the information. Since submitting the application to the Trust, Blenheim CDP has been awarded £99,000 over three years by BBC Children in Need.

### **Recommendation**

**£120,000 over three years (3 x £40,000) towards a project helping young people with mental health problems and related substance misuse issues.**



# The City Bridge Trust

Charity Registration Number: 1035628

## Working with Londoners: Application for a grant

Please read the guidance notes before completing this form

Reference:  
(office use only)

11330

Date Received:

02/08/2012

Programme  
Area:

03

### 1. About your organisation

Name of organisation applying for grant:

**Blenheim CDP:Insight**

If the organisation is part of a larger organisation, what is its name?

**BLENHEIM CDP**

Address for correspondence:

**51 Goldbourne Road  
London**

Postcode: **W10 5NR**

Is this your home address? **No**

Contact person:

**Ms Sarah Cahn**

Position:

**Manager of Insight**

Phone: **0208 960 5510**

Fax:

E-mail: **s.cahn@blenheimcdp.org.uk**

Website: **http://www.blenheimcdp.org.uk**

Legal status of organisation: **Registered Charity**

If registered, please give charity number: **293959**

Date organisation established: **23/06/1982**

RECEIVED  
The City Bridge Trust

04 SEP 2012

### 2. Request for funds

Under which of the Trust's themes are you applying (see our website or brochure for further details)?

**Improving Londoners' Mental Health**

Purpose for which funds are requested: (25 words maximum)

**To steer young people away from drug and alcohol misuse and isolation by tackling their mental health issues enabling them to improve their life prospects.**

How much funding is requested?

**Year 1: £40,000 Year 2: £40,000 Year 3: £40,000 Total: £120,000**

### 3. Aims of your organisation

Blenheim CDP mission is:

"To end dependency by enabling people to change"

Our Organisational Values guide us in our mission:

"We believe in people's capacity to change".

- Drug and alcohol use is what people do, not who they are
- We challenge myths and stereotypes surrounding drug and alcohol use
- We commit to provide opportunities to develop through support and learning
- We advocate that opportunities to change are a right, not a privilege

At the heart of all our work is our passionate belief in people's capacity to change and it is this that informs everything we do to achieve our mission

"To end dependency by enabling people to change".

And to realise our vision: To Aspire to be the Best

### 4. Main activities of your organisation

Blenheim CDP provides services to people who use drugs and alcohol which are often related to mental health issues, alongside providing support to their friends and families. Across London we deliver 23 services offering open door projects, stimulant day programmes, GP shared care services, needle exchange bus, counselling and services for young people. Insight is one of the young people's services that operates for often isolated and marginalised young people. They can walk in off the street and access a wide range of interventions and support to access immediate help to improve their mental and emotional well being. We offer young people a place to explore their drug and alcohol use and its affects . We develop action plans with young people that are achievable so they can make progress and move forward with their lives.

### 5. Number of staff

Full-time	Part-time	Management committee members	Active volunteers
<b>204</b>	<b>30</b>	<b>7</b>	<b>51</b>

### 6. How do you support your volunteers?

Volunteers are integral to Blenheim CDP, and are both valued and supported. A comprehensive support structure including induction and supervision exists. Blenheim CDP celebrates the diversity of skills and experiences that volunteers have to offer by encouraging and empowering them to attain personal goals.

### 7. Property occupied by your organisation

Is the main property owned or leased/rented by your organisation?	If leased/rented, how long is the outstanding lease/rental agreement?
<b>Owned</b>	

## 8. Finance

From your most recent audited or independently examined accounts, complete the following:

Financial year ended -

Month: **March**

Year: **2012**

<b>Income received from:</b>	<b>£</b>
Voluntary income	199,403
Activities for generating funds	0
Investment income	5,448
Income from charitable activities	7,440,683
Other sources	0
<b>Total Income</b>	<b>7,645,534</b>

<b>Expenditure:</b>	<b>£</b>
Charitable activities	7,205,987
Governance costs	53,387
Cost of generating funds	0
Other	0
<b>Total Expenditure</b>	<b>7,259,374</b>
<b>(Deficit)/surplus for the year:</b>	<b>386,160</b>

<b>Asset position at year end</b>	<b>£</b>
Fixed assets	1,732,527
Investments	0
Net current assets	2,277,565
Long-term liabilities	0
<b>*Total A</b>	<b>4,010,092</b>

<b>Reserves at year end</b>	<b>£</b>
Endowment funds	0
Restricted funds	670,454
Unrestricted funds	3,339,638
<b>*Total B</b>	<b>4,010,092</b>

\* Total A and Total B must be the same and should be taken from your balance sheet

## 9. Statutory funding

For the financial year above, what % of your income was from statutory sources?  
90%

## 10. Material changes

Describe any material changes to the organisation's activities, structure or financial position since the date of the most recent accounts:

There have been no major changes apart from the merger of CASA into Blenheim CDP

## 11. Previous applications to the Trust

Have you applied to the Trust before? If so, please give details:

Month/Year:	Ref:	Grant received:	OR application rejected?
Month/Year:	Ref:	Grant received:	OR application rejected?
Month/Year:	Ref:	Grant received:	OR application rejected?

## 12. Previous funding received

Funding received by your organisation from the following sources during the last **THREE** years:  
**(i)** City of London (other than the City Bridge Trust) **(ii)** London boroughs **(iii)** London Councils (formerly ALG)  
**(iv)** Health authorities **(v)** Central government departments **(vi)** Other statutory bodies (e.g. Housing Corporation, Arts Council) - List source, years and annual amounts:

	Year: 2009	Year: 2010	Year: 2011
(i)			
(ii) Wandsworth Lewisham Southwark, Kensington & Chelsea Councils	932,982	1,572,773	2,925,785
(iii)			
(iv) Kensington & Chelsea, Southwark, Greenwich, Lambeth, Lewisham, Bexley, Haringey PCT's	4,505,854	4,613,626	3,521,555
(v) DATs	500,099	531,281	436,317
(vi) Quay Assements	17,400		

## 13. Previous grants received

Grants received by your organisation from charitable trusts and foundations (other than the City Bridge Trust) during the last **TWO** years. List source, years and annual amounts:

	Year: 2010	Year: 2011
BBC Children In Need	11,925	44,235
Campden Charities	78,262	40,461

## 14. What steps is your organisation taking to reduce its carbon footprint?

Blenheim CDP has taken a number of steps to reduce its carbon footprint including

- Turning off all IT equipment at night/when not in use
- Ensuring all lights are turned off when not needed
- Only printing documents if absolutely necessary and using double-sided printing
- Keeping the heating down (turning down by 1°C knocks 10% of the heating bill)
- Recycling

Current targets:

- To reduce the carbon footprint in individual services by 5% in year two of our carbon reduction programme from the current level of 23.3 tonnes of CO2 per service (approx)
- Reduce the use of paper by 5%
- Raise awareness internally through our carbon reduction action plan of the steps to take to reduce our carbon footprint
- Calculate the carbon footprint for entire organisation
- Develop and implement a green procurement policy

All targets will be reviewed on an annual basis.

## 15. Purpose

Complete this section whatever the amount of grant requested. **In addition**, if the request is for £25,000 or more in total, a fuller proposal should be sent with this form. Also, if your application is for all or part of new or existing post(s), please enclose a copy of the relevant job description(s) including the salary level.

**In order to provide the right information, please refer to guidance note 15 before completing this section.**

The overall aim of Insight is to intervene at a difficult and challenging point in young people's lives. Providing a breathing space for them to increase their maturity and social responsibility; otherwise their emotional and mental health may deteriorate until it reaches crisis point. The need for this service has been well documented in the 2010-13 Crime and Community Safety Plan and the Needs Assessment carried out by Kensington and Chelsea Drug and Alcohol Action Team (2010), indicating that 34.9% of young people had been offered drugs. Of this cohort, 73.9% went on to take drugs with the majority of those entering treatment either living in North Kensington (W10) or Earls Court (SW5). The service currently operates in the Golborne Ward which has the second highest rate of deprivation in London. Issues emerging identify that drugs such as Cocaine, Cannabis and Ecstasy are widely available and mental health issues such as depression and personality disorder are prevalent. Due to minimal statutory service provision Insight is a vital source of support .

The actual name 'Insight' was chosen by young people who felt the staff and service were well placed to help them provide 'insight' into their on-going issues. Young people have been key in the design of the service and currently 3 young services users are consulted with regularly on needs and activities. This provides local information to enable us to offer the best possible service.

Insight engages young people on the street through outreach work to access our 12 week programme of activities. Initial activities will focus on establishing relationships with trusted adults/role models where they can discuss sensitive issues with an expectation to attend the programme for no less than 3 days per week.

This is followed by assessment where the young person's journey is documented in their Personal Action Plan. Part of this process includes a referral into the CAHMS service if required and all young people are offered time with our onsite counsellor. We will support them through a mentoring and/or coaching process exploring substance misuse, education and family relationships. Additionally we aim to increase levels of motivation, focus on studies or finding vocational training leading to employment, whilst providing practical workshops concerning health, education, self-esteem and life skills to increase their aspirations.

The project will aim to work with 280 young people to achieve the following objectives :

- Improved mental and emotional well being of the young people who attend the programme. (250 Y.P)
- Reduction in substance and alcohol abuse, with willingness for young people to engage in drug treatment. (200 Y.P)
- An increase in the number of young people attending the programme and the number completing the programme. (65%)
- Increase in uptake of positive activities, e.g. peer education, peer mentoring, volunteering, with an emphasis to re-engage in school/college. (220Y.P)

Insight has a track record of successful service delivery and associated positive outcomes. This is a result of our unique and engaging programmes; our motivated and skilled workforce who are able to work with challenging young people in a positive manner to help them meet their needs. In 2010/11 Insight worked with over 600 young people; 61% male and 39% female, between 15-24; more than 54% of whom are from Black or Minority Ethnic Groups.

Many of the young people that access Insight have learning, behavioural, social and emotional needs. Many have disengaged with statutory provision, including compulsory education. This evidence means that our service enables more young people to receive specialist help resulting in their improved mental health, one of the programme outcomes for 'Improving Londoners Mental Health'.

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**16. Explain how you will monitor and evaluate both your own outcomes and those of the programme under which you are applying.**

Insight uses a robust Data Management System BOMIC for the collation of statistics, notes, reports. This system enables us to effectively monitor and evaluate all aspects of service delivery. An example of the range of data collected typically includes numbers who attend and complete the project (280), the ethnic and gender breakdown and the number of referrals to the onsite counsellor and CAHMS (200)

This data and case studies are discussed at staff meetings so as to review the impact of the service concerned with improving the well being of young people . Ensuring that young people are accessing the appropriate support required for tier three treatment. The evaluation will capture the outcomes specified in the project brief such as improved mental and emotional health , increase in uptake of positive activities (220), the number of those engaging in drug treatment (200.)all of which help alleviate mental health issues

**17. Beneficiaries**

How many people will benefit from the grant per year?  
**280**

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In which local authority is your organisation based?  
**Kensington & Chelsea**

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Which borough(s) of Greater London will benefit from this grant?  
(if more than one, please give % for each)  
**Kensington and Chelsea**

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At what address will the activity be located?  
**51:Golbourne Road  
London W10 5NR**

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What age group will benefit? **over 16 years**

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

	%		%
White - British	<b>30</b>	Black - Caribbean	<b>10</b>
White - Irish		Black - African	<b>7</b>
White - Other (please describe) Other white	<b>7</b>	Black - Other (please describe) Moroccan (8.70%), Other Black (15.94%), White and Black African (1.45%)	<b>26</b>
Asian - Indian		Black - British	
Asian - Pakistani		Chinese	
Asian - Bangladeshi			
Asian - Other (please describe)		Other (please describe) Not Stated (1.45%) Other (4.35%), Other Mixed (14.49%)	<b>20</b>
Open to everyone			<b>100</b>

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What proportion of the beneficiaries will be disabled people?  
**0%**



## 18. Funding required for the project

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

(List main expenditure headings and amounts)

Expenditure heading	Year 1 £	Year 2 £	Year 3 £	Total £
Salaries(2FT,2PT, PLUS NI and PENSION COSTS)	105,415	105,415	105,415	<b>316,245</b>
Supervision	700	700	700	<b>2,100</b>
Insurance	600	600	600	<b>1,800</b>
Resources	3,000	3,000	3,000	<b>9,000</b>
Printing	1,500	1,500	1,500	<b>4,500</b>
Catering for Young People	2,500	2,500	2,500	<b>7,500</b>
Travel for Young People	500	500	500	<b>1,500</b>
Activities for Young People	2,200	2,200	2,200	<b>6,600</b>
<b>TOTAL</b>	<b>116,415</b>	<b>116,415</b>	<b>116,415</b>	<b>349,245</b>

What income has already been raised? (List amounts and main sources)

Source	Year 1 £	Year 2 £	Year 3 £	Total £
<b>TOTAL</b>				

What other funders are currently considering the proposal?

Funder	£
BBC Children In Need	40,000
Mercers	10,000
Kensington & Chelsea DAT	60,000
<b>TOTAL</b>	<b>110,000</b>

## 19. Funding requested from the Trust

How much is requested from the Trust? (List main expenditure headings and amounts)

Expenditure heading	Year 1 £	Year 2 £	Year 3 £	Total £
Contribution to Salary Costs	40,000	40,000	40,000	<b>120,000</b>
<b>TOTAL</b>	<b>40,000</b>	<b>40,000</b>	<b>40,000</b>	<b>120,000</b>

20. Funding requested from the Trust (continued)

When will the funding be required?

01/04/2013

Is the activity to continue beyond the period for which funding is requested?

If so, how will it be resourced?

There is a proven need for the service in the local area . A fundraising strategy has been developed subject to an on-going review on a yearly basis, designed to continue the service after this current cycle of 3 year funding. The service will be adapted if the local need changes.

If any planning or other statutory consents are required for the project to proceed, what stage have the applications reached?

N/A

Declaration on behalf of applicant organisation

I, Sarah Cahn (your name)

am an authorised representative of

Blenheim CPP Insight (your organisation)

within which I am Manager (your position)

To the best of my knowledge, all the information that I have provided in this application form is correct

Signature Sarah Cahn Date 1/9/2012

Return the completed form to: The City Bridge Trust

City of London
PO Box 270
Guildhall
London EC2P 2EJ

Please

- do not send this application by fax or e-mail
do send the information in the checklist
do send only the information in the checklist
do ensure you have signed and dated this form
do use the correct postage