

MEETING: 04/07/2013

Ref: 11468

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

**Anchor House: London Inter-Diocesan
Council of the Apostleship of the Sea**

Adv: Tim Wilson

Amount requested: £98,985

Base: Newham

Benefit: Newham

Amount recommended: £97,500

Purpose of grant request: Funding for the salary of a Lifestyle Architect providing tailored support to our homeless residents with mental health issues to overcome the multiple disadvantages they face.

Background

Anchor House is a Canning Town-based residential centre offering over 100 rooms to single homeless people. Built in 1962 as a support service for sea-farers, the charity refocused its operations on homelessness in the 1990s. Anchor House provides an intensive support programme to its residents in order to address underlying reasons that led to their homelessness. This may include work to address reasons behind a history of offending, support if the client is a victim of domestic violence, and work to combat substance abuse.

Anchor House's approach is based on the belief that every resident is capable of being a good member of society, is capable of getting and sustaining a job, and is capable of independent living. New residents, who are referred by the local authority, police, probation service, or prisons, must demonstrate that they are committed to change. Most clients come from Newham, and three quarters are men. The average stay is 15 months.

Funding History

You have not previously funded Anchor House. The charity submitted an application which it withdrew at your meeting in September 2012 following advice from officers.

Current Application

The charity seeks your support with the costs of a new worker who will have a primary focus on mental health support needs.

Anchor House finds that it often takes time to understand a client's presenting needs following their referral. Approximately three quarters of clients have mental health needs, anywhere on a spectrum from mild anxiety to dual diagnosis. New clients are not usually in contact with mainstream mental health support services and the charity has noted an increase in referrals of clients with complex needs. To an extent this has

been caused by closure of a number of other local support providers, and it is placing strain on Anchor House's approach.

The charity wishes to strengthen its support services by adding a new "Lifestyle Architect" to the personal development team. By focusing on mental health, the post-holder will complement existing specialists working on substance misuse and offending.

Financial Observations

Audited accounts for the year ended 31 December 2012 show income of £3.4m and expenditure of £2.3m resulting in an operating surplus of £1.1m (32% of turnover), comprising a £1.1m surplus on restricted funds partially offset by a £63,214 deficit on unrestricted funds. Unrealised gains on investments of £30,767 boosted the total surplus to £1,117,281.

The charity aims to hold a contingency reserve equivalent to 6 months of unrestricted turnover, equating to £931,145 in 2013. It also aims to hold a technology reserve of £200,000 ahead of a planned investment programme, and a job continuity reserve of £50,000 to ensure the charity can provide continuity of service should restricted funding cease. Together, these reserves make a total target holding of £1,181,145. As at 31st December 2012 the charity was marginally ahead of this target with a free unrestricted reserves holding of £1,290,444.

The budget for the current year 2013 shows total income of £2.1m and an overall deficit of £128,041 (6.1% of turnover), which will be entirely met from free unrestricted funds.

Officer's Appraisal

Anchor House's approach of intensive intervention is delivered to clients who would not otherwise have access to tailored, residential support. The charity's belief that life-changing outcomes are achievable in a relatively short period of time is substantiated by the number of success stories it can present about its work.

Based in one of London's most deprived boroughs, and well connected to a range of local support providers, Anchor House is a highly regarded charity.

Recommendation

£97,500 over three years (3 x £32,500) for the salary costs of a full time Lifestyle Architect providing tailored support to Anchor House residents with mental health 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)

Date Received:
5.11.12

Programme
Area:
03

1. About your organisation

Name of organisation applying for grant: Anchor House: London Inter-Diocesan Council of the Apostleship of the Sea	
If the organisation is part of a larger organisation, what is its name? n/a	
Address for correspondence 81, Barking Road Canning Town London	
Postcode: E16 4HB Is this your home address? No	
Contact person: Mr Guy Insull	Position: Appeal Director
Phone: 02074766062	Fax: 02070556821
E-mail: guy@anchorhouseuk.org	
Website: www.anchorhouseuk.org	
Legal status of organisation: Registered Charity	
If registered, please give charity number: 253669	
Year and month organisation established: August 1967	

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) Funding for the salary of a Lifestyle Architect providing tailored support to our homeless residents with mental health issues to overcome the multiple disadvantage they face
How much funding is requested? Year 1: £32,995 Year 2: £32,995 Year 3: £32,995 Total: £98,985

3. Aims of your organisation

Anchor House is an award winning and nationally acclaimed life skills and residential centre in East London for single people facing multiple disadvantages. We work with highly marginalised single people facing multiple disadvantages such as homelessness, mental health issues, history of alcohol and substance abuse, personality disorders, offending, reckless and disturbing behaviour, poor level of social functioning and lack of skills. We recognise that homelessness is a by-product of the various challenges our residents face in their lives. At Anchor House they receive tailored support and services depending on what their needs are, to support them to achieve their full potential.

4. Main activities of your organisation

We are based in Canning Town in Newham, the most deprived ward in the 3rd most deprived borough in England. We offer a solution to the escalating levels of homelessness and high unemployment in the borough. We provide:

- Accommodation for up to 220 single homeless people each year
- Rehabilitation for homeless residents through activities including counselling, drop-in medical clinics, weekly support groups for substance abuse, recreational/therapeutic activities, support for ex-offenders, volunteering placements and back to work activities
- Access to art, music and sports activities
- Support for moving on to independent living
- Accredited vocational training to residents and local people, who when working together break down the stigma of homelessness and create greater social cohesion
- Vital community resource centre for local people and groups
- Community partner with the Police, Probation Services, LB Newham Housing team etc.
- Appropriate employment opportunities for our residents by developing SLA type partnerships with local employers

5. Number of staff

Full-time	Part-time	Management committee members	Active volunteers
43	4	5	4

6. How do you support your volunteers?

We provide our volunteers with information and guidance required for the role and encourage them to develop in that role. The environment they work in complies with Health and Safety guidelines. We recompense volunteers' food and travel expenses.

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?
Owned	

8. Finance

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

Financial year ended -

Month: **31 December**

Year: **2012**

Income received from:	£
Voluntary income	1,071,218
Activities for generating funds	25,806
Investment income	59,662
Income from charitable activities	2,232,658
Other sources	0
Total Income	3,389,344

Expenditure:	£
Charitable activities	1,957,746
Governance costs	73,330
Cost of generating funds	271,754
Other	0
Total Expenditure	2,302,830
Net (Deficit)/Surplus:	1,086,514
Other Recognised Gains/(Losses)	30,767
Net Movement in Funds	1,117,281

Asset position at year end	£
Fixed assets	5,394,412
Investments	1,898,860
Net current assets	1,498,899
Long-term liabilities	0
*Total A	8,792,171

Reserves at year end	£
Endowment funds	6,684,856
Restricted funds	2,107,315
Unrestricted funds	0
*Total B	8,792,171

* 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?
60%

10. Material changes

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

11. Previous applications to the Trust

Have you applied to the Trust before? If so, please give details:					<input checked="" type="checkbox"/>
Month/Year: -	/ -	Ref:	Grant received: £	OR application rejected	<input type="checkbox"/>
Month/Year: -	/ -	Ref:	Grant received: £	OR application rejected	<input type="checkbox"/>
Month/Year: -	/ -	Ref:	Grant received: £	OR application rejected	<input type="checkbox"/>

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) Supporting People Grant	£360,000	£360,000	£360,000
(ii) Newham Primary Care Trust	£70,000	£70,000	£70,000
(iii)			
(iv)			
(v)			
(vi)			

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
Big Lottery Reaching Communiti		65,000
Oak Foundation	61,000	65,000
Monument Trust		40,000
Porticus	25,000	25,000
Holbeck Trust		25,000

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

Anchor house is getting greener by the day. In 2006 we reduced our annual carbon footprint by switching off energy intensive oil heaters, thereby saving £60K annually. We recycle our paper, cans, plastic bottles, mobile phones and computers. And when we must print documents, we print on both sides of paper.

We procure ingredients for the food prepared at Anchor house from FareShare, the UK charity working to reduce food waste in the country.

We have no air conditioning in most of our offices and we use energy efficient lighting and equipment at Anchor House. We pay our volunteers travel expenses to encourage use of public transport. Our service-users, volunteers and staff are encouraged to use bikes for travel and we provide a bike shed to store these. These are just a few of the measures we have taken so far and we are constantly on the look out for measure to reduce our carbon footprint.

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.

Need: The link between mental health and wellbeing and homelessness is quite complex. As the Homeless Link guide points out, poor mental health is both a cause and consequence of homelessness. Nearly 70% of people accessing homelessness services state they have a mental health issue of some kind. At Anchor House we realise that to support our residents into full-independent living we need to address the underlying issues that have led them in to homelessness. We offer a bespoke rehabilitation service as a way forward for highly marginalised, homeless residents to turn their lives around and become valued members of the community despite having lived highly chaotic lives with multiple disadvantage.

Delivery: We have developed, in collaboration with our residents, an award winning, service provision model, the Aspirations Programme, a holistic, multi-tiered programme of activities which incorporates 'The Outcomes Star' a unique tool for supporting and measuring change when working with highly marginalised, vulnerable people. Within the larger programme is the component of Healthy Living-Wellbeing Programme, a set of activities focusing on residents' health- mental, emotional and physical. In addition to this are outward bound visits focusing on mindfulness and mental health. We offer engagement with a comprehensive range of structured activities within the Aspirations Programme. This work is both sensitive and challenging. Engagement, accurate assessment of risk and the development of relationship with our residents is key to our success. The responsibilities of the Lifestyle Architect in charge of delivering the healthy living and wellbeing module and related activities are summed up as:

- To identify the care pathways into statutory agencies to ensure a multi-agency approach to the welfare of each resident and access to the appropriate and relevant services
- To contribute to Management of and treatment and recovery planning for residents with substance misuse/mental health/offending history
- To plan for residents on current court orders including licence at risk of non-compliance
- To assess, plan, implement and evaluate the needs of a resident through shared working with partner agencies like the NHS
- To support residents towards recovery through facilitating and supporting activities that encourage resident participation and involvement including the Aspirations Programme
- To actively promote and contribute to the health, fitness and personal development of residents
- To organise and conduct bi-annual visits to Abbotswick, an outward bound retreat, where residents spend 3 uninterrupted days of meditation and quiet reflection to take stock of their life and reflect on what they can do to improve their situation and fulfil their potential.
- To conduct healthy living and wellbeing sessions for Anchor House residents, including sessions on 'Understanding your Mental Health', 'Dealing with Prejudice', 'Responding to Depression', music and performing arts.

Outputs and Outcomes: 1) Increase the number of residents accessing Healthy Living and Wellbeing workshops by 5-10%

2) Conduct at least two visits to Abbotswick for 12 residents per visit.

3) Forge partnerships with relevant agencies to help our residents access mental health services and support

4) Help remove the stigma around mental health issues and homelessness.

Why are we the right organisation to do this: Anchor House is run on a tight cost control regime delivering excellent value for money. In 2010 we commissioned Oxford Economics to undertake a social return on investment (SROI) report published this year and they found that for every £1 invested in Anchor House, we deliver £3.98 of impacts for society. That is nearly a 400% return on investment. In November 2010 we were awarded four National Training Awards by the UK Skills Council and in December 2010 our Head of Employment and Education, a former resident, was awarded UK Trainer of the Year by the UK Skills Council.

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

Anchor House has a Performance Management System in place that monitors and evaluates its activities on a quarterly basis. It tracks the number of attendees during the programmes and monitors individual resident's progress via the development and progress of each individual's personal development plans en route back into independent living and full time employment. All outputs and results are tracked by the senior leadership team and reviewed quarterly by the committee of management. This also includes resident feedback loops so as to track the user's experience. All data captured is disseminated quarterly to our partners, sponsors and major donors. We derived our own findings from:

- Our own internal Tribal Consultancy survey of our residents and the need for our services
- Annual on-going Anchor House Resident's surveys
- Quarterly Resident's Committee meetings
- Quarterly monitoring and evaluation of our residents individual PDPs (personal development plans)

17. Beneficiaries

How many people will benefit from the grant per year? **Year 1: 220 ; Year 2: 231; Year 3: 254**

In which local authority is your organisation based?
Newham

Which borough(s) of Greater London will benefit from this grant?
(if more than one, please give % for each)
Newham, Tower Hamlets

At what address will the activity be located? **81, Barking Road**
Canning Town, London E16 4HB

What age group will benefit? **20-64 years**

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


	%		%
White - British		Black - Caribbean	
White - Irish		Black - African	
White - Other (please describe) British/Irish		Black - Other (please describe)	
Asian - Indian		Black - British	
Asian - Pakistani		Chinese	
Asian - Bangladeshi			
Asian - Other (please describe)		Other (please describe)	
Open to everyone			100

What proportion of the beneficiaries will be disabled people?
None

20. Funding requested from the Trust (continued)

When will the funding be required? By March 2013
Is the activity to continue beyond the period for which funding is requested? If so, how will it be resourced? Anchor House has a fundraising department in place that has a good track record of securing funds via different fundraising streams- Trust and Foundations, Statutory funding, corporates, individual and major donors
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, Guy Insull (your name)
am an authorised representative of
Anchor House (your organisation)
within which I am the Appeal Director (your position)
To the best of my knowledge, all the information that I have provided in this application form is correct
Signature 
Date 31/10/2012

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** – unless applying online, applications must be posted to the Trust
- **do send the information in the checklist** - if items are missing, your application will be returned to you
- **do send only the information in the checklist** – if further information is required, we will contact you
- **do ensure you have signed and dated this form** – we cannot accept forms which have not been signed and dated
- **do use the correct postage** – the completed form and additional materials are likely to exceed 100g in weight