

MEETING: 13/03/2014

Ref: 12046

ASSESSMENT CATEGORY - Making London Safer

Bede House Association

Adv: Jemma Grieve Combes

Base: Southwark

Amount requested: £87,365

Benefit: Southwark

Amount recommended: £88,000

Purpose of grant request: For the Bede Starfish Project to develop peer support and one to one techniques to empower survivors of domestic violence to break free from abuse.

Background

Bede House was founded as a Settlement in 1938 to work alongside poor families in Bermondsey and Rotherhithe. Today, despite increasing prosperity along the riverfront, the local neighbourhood is still amongst the 10% most deprived in the country. Bede believes that everyone should be able to play their part in building strong confident communities. However, factors such as financial hardship, disability, isolation and fear of violence may present barriers that hold people back. Through its work Bede aims to empower people to fulfil their potential and play a full role in community life. To do this it currently runs four main programmes: Bede Learning Disabilities' Project which provides volunteering, employment, training, social and educational services for adults who have a learning disability; Bede Youth Adventure Project which runs youth clubs and street based activities and education programmes for young people from low income families; practical support for local volunteers working to build stronger communities; and the Bede Starfish Project for those experiencing hate crime or domestic violence – the focus of this application.

Funding History

You have funded Bede House several times before, most recently in 2007 for £65k over three years towards 'Inside Outside', a handyperson service for isolated older people provided by volunteers with learning disabilities; and in 2003 for £65k over three years for the salary and running costs of a Training Café for people with learning disabilities. Both grants returned good monitoring information and your officer was able to see Bede's Learning Disabilities project in action, including the training café, as part of the assessment visit.

Current Application

Bede's Starfish Project supports survivors of domestic violence who are not able to access mainstream services due to complex needs such as: no recourse to public funds; mental health needs; and ESOL needs. This year 144 women have been supported by the project. The project takes a creative, person-centred approach and staff will meet clients wherever it is safe to do so. The focus is not just on immediate safety concerns but on providing support for women to regain confidence and avoid future abusive relationships. There are three main elements to the project: In the first instance 121 support is provided to all women to understand what help they would like and to make a safety plan. Support could involve arranging refuge or temporary accommodation; speaking to housing officers; support through criminal and legal procedures; attending meetings with social services; and counselling.

Secondly, two peer support groups are facilitated by Bede's Domestic Violence Manager. Each runs for 12 weeks three times a year. The Freedom Programme is a nationally recognised programme which aims to help women break the cycle of abuse. Women can then move onto the more informal Survivors Group which covers discussion topics such as the effects of domestic violence on children and legal advice alongside activities to build self-esteem such as yoga, self-defence and creative arts. Finally, Bede would like to introduce a new peer mentoring service for women who want to 'give back' to the project. It has developed a training programme, which over time it hopes will become accredited. Mentors would be provided with regular access to supervision and counselling. This will particularly help women in school holiday times when the peer support groups are not running.

Financial Observations

Audited accounts for the year ended 31st March 2013 show a deficit of £51,926 (4.7% of a turnover of £1,100,196), comprising a deficit of £60,632 on restricted funds and a surplus of £8,706 on unrestricted funds.

The reserves policy states that the organisation aims to hold free unrestricted reserves equivalent to between one and three months' worth of projected expenditure, which based on 2014/15 budgeted expenditure equates to between £106,953 and £320,860. At 31st March 2013 free unrestricted reserves stood at £357,597 which is equivalent to 3.3 months' worth of 2014/15 budgeted expenditure.

The forecast for the current year to 31st March 2014 shows total income of £1,241,128, all of which is confirmed. After expenditure of £1,282,176, the organisation anticipates a deficit of £41,047 (3.3% of turnover) all of which is on unrestricted funds. The budget for 2014/15 shows anticipated income of £1,264,788, of which £1,039,365 (82.2%) is confirmed. After expenditure of £1,283,440 a deficit of £18,652 (1.5% of turnover) is expected, comprising £13,576 on unrestricted funds and £5,076 on restricted funds.

Officer's Appraisal

Bede has been providing domestic violence support for over 11 years and has an impressive track record. In 2012/13 the project worked with 73 clients. 60 completed the Freedom and Survivor's Group programmes and all were free from abuse at least six months afterwards. The project's creative approach means that staff can meet women in places such as doctor's surgeries or dentists when they might otherwise not be able to attend meetings.

The organisation has applied to you for a three-year grant equivalent, per year, to just under a third of the total Starfish domestic violence budget. Funding bids for the remainder are currently under consideration with other funders and trustees have recourse to designated reserves towards the project if required.

Recommendation

£88k over three years (£29k; £29k; £30k) towards the salary of the Manager (11hrs/week) and Assistant Case Worker (11hrs/week), and running costs of the Starfish domestic violence project subject to the necessary balance being raised in year 2 and 3 to make the project viable.

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Bede House Association	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Southwark	
Contact person: Mr. Nick Dunne	Position: Director
Website: http://www.bedehouse.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 303199
When was your organisation established? 01/01/1938	
<p>Aims of your organisation:</p> <p>At Bede, we believe strong, confident communities enable people to flourish and that everyone has a part to play in building them. However, here in Southwark, there are many who cannot play as full a part as they would wish. Financial hardship, disability, isolation, or fear of violence at home or on the streets can hold people back and prevent them from fulfilling their potential. Since 1938, Bede has been working from our base in Bermondsey and Rotherhithe to support local people in creating better lives for themselves, their families and their communities. We believe in building relationships over the long term, being creative in how we meet people's needs, and in bringing people together of different backgrounds, skills and experiences to create new opportunities for those who have fewest.</p>	
<p>Main activities of your organisation:</p> <p>We achieve these aims through four main Projects:</p> <ul style="list-style-type: none"> * the Bede Starfish Project providing practical and emotional help through peer programmes and specialist one to one work with victims of domestic violence or hate crime * the Bede Learning Disabilities Project providing daytime volunteering, employment, training, social and educational services for adults who have a learning disability * the Bede Youth Adventure Project providing youth clubs, holiday programmes, detached (street based) activities and educational programmes for low income and at risk young people aged 11 to 19. * the Bede Community Engagement Project providing facilities for local independent groups, volunteer opportunities, and working in partnership to develop the Big Local South Bermondsey Partnership's tenant-led programmes on local, deprived estates. 	

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
12	27	13	50

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?
Owned	23yrs

Environmental Impact

City Bridge Trust wants to help voluntary sector organisations to have a positive environmental impact. Please tell us how much your organisation is already doing to have a positive environmental impact using the definitions below to help you decide.

Getting started: We try not to be wasteful and have introduced some simple 'green actions'.

Grant Request

Details of grant request

Under which of City Bridge Trust's programmes are you applying?

Making London Safer

Which of the programme outcome(s) does your application aim to achieve?

More survivors of domestic violence accessing good quality support services that help them to improve their safety, health and well-being

Domestic violence survivors empowered to avoid or leave violent, abusive or exploitative situations

Please describe the purpose of your funding request in one sentence.

For the Bede Starfish Project to develop peer support and one to one techniques to empower survivors of domestic violence to break free from abuse.

When will the funding be required? **01/04/2014**

How much funding are you requesting?

Year 1: **£28,930**

Year 2: **£29,121**

Year 3: **£29,314**

Total: £87,365

Do you plan to continue the activity beyond the period for which you are requesting funding? If so, how do you intend to fund it?

Bede has over 11 years of local experience successfully helping victims of domestic violence live safer lives. We do plan to continue the activity and raise funds through our Friends of Bede programme, our reputation with charitable trusts and companies, and our partnerships with local and national organisations in the sector.

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

None needed

Summary of grant request

Over 2000 cases of domestic violence are reported in Southwark every year. Breaking the cycle of abuse is challenging and women often return to crisis services when they are again at high risk. Since April 2012, the Bede Starfish Project has been developing a unique approach to this problem. Using a combination of peer-support groups, peer mentoring, and intensive one to one casework, Starfish reaches very isolated individuals and enables survivors of domestic violence to address the high risks of returning to abusive relationships by developing personal strategies to enable them and their families to live safely in the long term.

With the support of a small team of experienced workers, participants support each other whilst dealing with their own unique circumstances and issues. They know that their peers in the Project have "been through it themselves" so peer feedback can have a powerful influence on their attitudes and actions, changing long established behaviours which increase their vulnerability to abusive relationships. Knowing that their own experiences are helping others helps peers develop their sense of self-worth, confidence and self-belief.

The Starfish Project has three main elements:

- The Freedom Programme and the Survivor Group: these run for 12 weeks each, bringing together groups of around 15 women who have survived a crisis of violence in their relationships and who are at high risk of further abuse in the long term. The Freedom Programme is nationally recognised and delivered by professionally accredited staff. It helps women understand male violence against women, why it occurs and how to recognise the early signs of abuse that so often lead to physical violence; the impact of this abuse on their children; and the steps they can take to reduce its influence on their lives. On completion, if a woman needs further support she can move on to The Survivor's Group. The more informal structure helps women discuss current issues and incidents with their peers who offer valuable and often critical advice. The Starfish Project also provides intensive one to one support for women in complex situations, for example involving mental health issues or immigration status problems. Around 90% of women in our programmes come from local BME communities, with about 2% in same sex relationships.
- Peer mentor support: women who have completed the courses often return to co-lead sessions and to provide individual support, particularly when the groups are not running during holiday periods. Peer mentors receive specific training for their role and support and supervision from the Starfish team.
- One to One support: the small team of experienced workers work closely with individuals who are at high risk of violence, hearing their story, assessing the risks of harm and developing a practical plan with them to reduce the risks and address underlying issues. This can involve a lengthy involvement, being creative and proactive in engaging women who are isolated, or experiencing mental health problems, and supporting women through complex legal and housing processes until they are safe

From April 2014 to March 2017 the project will work with at least 100 clients a year who are unable to access main-stream domestic violence services because of their complex circumstances, or need for longer term support. At least 60 a year will attend the Freedom Programme and Survivors Groups. Intensive one to one work and counselling will be available to all clients.

Bede's team comprises two experienced staff, three trained volunteers and, from 2014, two trained peer mentors. All are from diverse ethnic and social backgrounds. The team uses public transport, recycles materials and uses energy saving devices where possible.

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.

At least 60 women each year will attend the nationally recognised Freedom Programme and the Survivors Group. By examining and questioning their own behaviours and attitudes and recognising abusive behaviours in others, participants will significantly increase their chances of breaking the cycle of forming abusive relationships.

24 women each year are helped through counselling to address deeper post trauma issues, such as suicidal thoughts, agoraphobia and panic attacks, and explore ways to manage the effects of the violence on their children to reduce the risks of psychological damage.

At least 70 women a year with complex mental health, immigration, housing or legal issues receive practical, one to one help to progress these issues and increase their level of long term safety. This includes being accompanied to client meetings with statutory services, court appearances and general advocacy.

At least 10 hard to reach women who have been subjected to domestic violence over a period of at least 12 months and who have not been able to successfully engage with main stream domestic violence services will be successfully engaged by the Starfish project using creative engagement techniques.

10 women a year whose children are considered to be at risk by social services as a result of the violence in their home are enabled, through the groups and one to one support, to reduce the risks to their children.

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.

90% of women participating will continue to be free from abuse 6 months after completing the Freedom Programme or Survivors Group.

90% of women who complete a 12 week programme of counselling report significant progress in managing the issues they have been discussing, for example, that they are less anxious, less likely to self harm or that, where there was cause for concern, there are improvements in a child's behaviour

At least 80% of women in complex circumstances achieve a tangible improvement in these circumstances, such as a court injunction, a reduction in their "At Risk" status as assessed by mental health or social services, or a change in their housing situation, which increases their chances of long term safety.

90% of hard to reach women successfully engaged by Starfish Project using creative techniques will increase their prospects of achieving safety by completing a risk assessment and developing a basic safety plan with a Starfish worker.

80% of children assessed as high risk and on child protection plans will have their level or risk reduced within 12 months of their mother's referral to the Bede Starfish Project.

Who will benefit?

About your beneficiaries

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

100

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

Southwark (100%)

What age group(s) will benefit?

16-24

25-44

45-64

65-74

What gender will beneficiaries be?

Female

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

A range of ethnic groups

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

71-80%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff Costs	57,147	57,719	58,297	173,163
Project Activities and peer mentor training	3,500	3,500	3,500	10,500
Volunteer and Client Expenses	2,000	2,000	2,000	6,000
Creche costs	3,420	3,420	3,420	10,260
Travel	1,310	1,310	1,310	3,930
Premises and insurance costs	6,630	6,630	6,630	19,890
Finance, payroll, HR, governance and fundraising	7,410	7,410	7,410	22,230
Communications (IT, phones, letters, publicity etc)	6,900	6,900	6,900	20,700
Counselling service	5,000	5,000	5,000	15,000

TOTAL:	93,317	93,889	94,467	281,673
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Bede's Reserves	31,011	31,011	31,010	93,032
Noel Buxton Trust	3,000	0	0	3,000
	0	0	0	0
	0	0	0	0

TOTAL:	34,011	31,011	31,010	96,032
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Tudor Trust	10,000	0	0	10,000
Charles Hayward Trust	20,460	0	0	20,460
Friends of Bede	10,000	10,000	10,000	30,000
Diocese of Southwark (C of E)	10,000	0	0	10,000

TOTAL:	50,460	10,000	10,000	70,460
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff Costs	19,050	19,050	19,050	57,150
Volunteer and client expenses	500	500	500	1,500
creche costs	800	800	800	2,400
Travel	350	350	350	1,050
Premises and Insurance	2,210	2,210	2,210	6,630
Finance, payroll, HR, governance and fundraising	2,470	2,470	2,470	7,410
Communications	2,300	2,300	2,300	6,900
Counselling Service	1,250	1,250	1,250	3,750
1% inflation on staff costs	0	191	384	575
TOTAL:	28,930	29,121	29,314	87,365

Finance details

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

Financial year ended:	Month: March	Year: 2013
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Income received from:	£
Voluntary income	84,021
Activities for generating funds	68,148
Investment income	3,475
Income from charitable activities	944,552
Other sources	0
Total Income:	1,100,196

Expenditure:	£
Charitable activities	1,103,729
Governance costs	24,255
Cost of generating funds	24,138
Other	0
Total Expenditure:	1,152,122
Net (deficit)/surplus:	-51,926
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-51,926

Asset position at year end	£
Fixed assets	150,345
Investments	450
Net current assets	582,121
Long-term liabilities	0
*Total Assets (A):	732,916

Reserves at year end	£
Endowment funds	0
Restricted funds	56,892
Unrestricted funds	676,024
*Total Reserves (B):	732,916

* 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?
71-80%

Organisational changes

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

no significant changes

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2010 £	2011 £	2012 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	1,035,853	851,504	680,257
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	49,968	51,855
Other statutory bodies	55,472	152,340	79,156

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	2010 £	2011 £	2012 £
Rank Foundation	30,000	30,000	30,000
Children in Need	27,286	28,104	28,948
United St Saviours	0	35,543	47,377
Big Local Big Lottery	0	0	25,333
Wakefield Tetley	0	0	10,000

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: **Nick Dunne**

Role within **Director**
Organisation: