

MEETING 10/04/2014

Ref: 12135

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

One North East London

Adv: Julia Mirkin

Base: Redbridge

Amount requested: £41,500

Benefit: Several NE London

Amount recommended: £38,000

Purpose of grant request: To maintain the provision of education, counselling and support for young carers/children affected by parental addiction.

Background

One North East London (1NE) has been providing treatment for people with alcohol and drug problems since 1987 and was the first organisation in Waltham Forest to receive the QuADS (Quality in Alcohol and Drug Services) quality standard (an organisational standards framework developed by Alcohol Concern and SCODA). 1NE's treatment is distinctive in that it provides abstinence-based treatment, which aims to support addicts to stop using drugs and alcohol permanently. The alternative approach is 'harm minimisation', which aims to help addicts maintain a reasonable level of health while using drugs and alcohol. 1NE considers addiction to be a generational illness that, if untreated, can severely affect the lives of children growing up with addicts, perpetuating the problem in later generations. This position is supported by findings from the Alcohol Concern report, 'Swept under the Carpet: Children affected by Parental Alcohol Misuse', which states that 78% of young offenders who misuse alcohol were found to have grown up in homes with parental alcohol abuse. 1NE offers a programme for the relatives of addicts, reinforcing its holistic approach. The NE Teens project, for which support is requested, grew from the relatives' service. Since 2008, however, the NE Teens project has been a discrete element of 1NE's programme.

Funding History

You have awarded two grants to 1NE, the first being for its Relatives' Service. However, you were also one of the first funders to support the NE Teens Project and awarded a grant of £23K over 12 months in 2009. This grant was monitored satisfactorily by your officers.

Current Application

1NE requests funding towards the salary costs of its specialist Counsellor for children and young people, who leads and manages the NE Teens project. NE Teens offers one-to-one therapy by a qualified Counsellor to children and young people (12-21 years) who are affected by parental addiction. As children and young people often lack the capacity and vocabulary to process and express how they feel - and because they are often dealing with normal but complicated issues associated with adolescence as well - their treatment requires a carefully tailored approach. The NE Teens project offers solutions-focussed treatment that aims to equip children and young people with the knowledge and skills to understand and cope with the problems caused by parental addiction: without this support, young people with poor mental health commonly express feelings of anger with violence, or commonly self-harm in response to anxiety. Treatment aims to educate beneficiaries about the risks

of behaviour that often become normalised; it also aims to educate beneficiaries about healthy relationships, supporting them to identify and nurture fulfilling relationships outside of the home. Referral to the NE Teens project is, for the most part, through a local school, with which 1NE has developed a strong relationship. However, some referrals come from users of 1NE's main treatment programme or come through self-referral. Teachers often notice unusual behaviour, which along with poor academic performance and poor attendance is a common indicator that a young person is experiencing difficulty at home. A factsheet produced by 'Balance: Getting the measure of Alcohol', stated that parental alcohol misuse has been identified as a factor in over 50% of child protection cases.

The NE Teens project works with approximately 40 children or young people per year. However, treatment is flexible and responsive to individual's needs - varying from an average of 24 weeks to two years of regular treatment. The Counsellor uses a 'Clinical Outcomes Routine Evaluation' (CORE) measurement tool to monitor changes in beneficiaries' mental health. During the three-year funding period, 1NE aims to support 60 young people to re-engage with their education and reduce behaviour that puts them at risk.

Financial Observations

Audited accounts for the year ended 31st March 2013 show a surplus of £31,006 (10.8% of turnover), comprising £40,927 on unrestricted funds partly offset by a deficit of £9,921 on restricted activity.

The charity's reserves policy states that it aims to hold in free unrestricted reserves 3 months' worth of expenditure, which based on the 2014/15 budget equates to £61,925. At 31 March 2013 free unrestricted reserves stood at £12,883 equating to 2.7 weeks' worth of total expenditure.

The latest forecast for the current year 2013/14 shows total income of £258,500, all of which is confirmed, and a surplus of £15,006 (5.8% of turnover) comprising £14,373 on unrestricted funds and £633 on restricted activity.

The budget for 2014/15 shows total income of £264,550, of which £225,050 (85%) had been confirmed as at 17th March 2014. After total expenditure of £247,700 a surplus of £16,850 (6.4% of turnover) is forecast comprising £16,260 on unrestricted funds and £590 on restricted funds. This unrestricted fund surplus would see the free reserves position increase to £43,516 by 31st March 2015, equating to 2.1 months' worth of total expenditure.

Officer's Appraisal

1NE has received the GlaxoSmithKline Impact Award twice, which recognises and rewards charities doing excellent work to improve people's health in the UK. The Rt. Hon. Iain Duncan Smith MP is a patron of 1NE and nominated its Clinical Manager for a House of Commons Volunteer Heroes Award. Since submitting its application, 1NE has secured £5K towards project costs in year one, reducing its request to CBT.

Recommendation

£38,000 over three years (£8,000; £15,000; £15,000) towards the salary costs of the full-time Counsellor for the NE Teens project.

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: One North East London	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Redbridge	
Contact person: Ms Fiona Dunwoodie	Position: Business Manager
Website: http://www.1ne.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1080673
When was your organisation established? 01/04/1991	
<p>Aims of your organisation:</p> <p>1NE aims to reduce the devastation addiction creates to individuals, families and the local community and break the cycle of addiction within families. We help addicts maintain an abstinence based lifestyle enabling them to resume their as fully functioning members of the community. Since 1992 our Relatives service has provided support for anyone affected by another's addiction and in 2008 we introduced NE Teens, a service for young carers/children affected by parental addiction.</p>	
<p>Main activities of your organisation:</p> <p>Our abstinence based treatment programme weekly provides: 16 therapy groups, two afternoon after care groups, two long term evening support groups, four relaxation sessions, reflexology and yoga. Our Relatives service provides individual counselling, couples counselling for parents of addicts, group therapy and evening support. NE Teens offers individual counselling at the centre and also for students in a local school.</p>	

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
4	6	8	30

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?
Leased	24 years

Grant Request

Details of grant request

Under which of City Bridge Trust's programmes are you applying? Improving Londoners' Mental Health
Which of the programme outcome(s) does your application aim to achieve? More children and young people receiving specialist help, resulting in improved mental health
Please describe the purpose of your funding request in one sentence. To maintain the provision of education, counselling and support for young carers/children affected by parental addiction.
When will the funding be required? 01/04/2014
How much funding are you requesting? Year 1: £11,500 Year 2: £15,000 Year 3: £15,000 Total: £41,500
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? We intend the NE Teens service to be embedded into 1ne as a constant element of our services. Since 2008 we have raised funds from a wide range of sources and now have regular annual donors. We will continue to approach other charitable trusts and foundations to maintain this project.
If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Summary of grant request

An estimated 3.6 million children live with parental addiction, having a devastating effect and causing problems that follow them into adulthood. Childline states that heavy drinking was a factor in over 50% of child protection cases. They receive over 100 calls a week from children regarding parents' drinking.

Children of addicts may suffer trauma, domestic violence and chaotic family. Schooling is affected with higher incidents of problem behaviour and truancy (40% of students referred for counselling within schools are affected by parental addiction). They are four times more likely to develop disorders such as chemical abuse, attention deficit hyperactivity disorders and depression. In adult life these behaviours continue, making communication and relationships difficult.

The counsellors work two days a week in a local school providing individual counselling, specialist consultancy and supervision for staff on the effects of parental addiction on children, and the impact on their engagement and behaviour in school. Further we aim to increase counselling sessions at our centre for those referred via other agencies.

We aim to improve overall mental health of young people increasing their confidence and the ability to develop positive healthy relationships. With improve their self-esteem and they become able to re-engage in education/training. NE Teens makes interventions to challenge dysfunctional behaviour, open up freedom of choice and break the cycle of addiction. Studies show that when young people receive high levels of support it reduces the risk of disturbed psychological functioning and the continuing cycle of addiction.

1NE is the right organisation to provide this service as we are the only organisation in the area to provide this kind of service. One of our overall aims is to reduce the devastation addiction causes, breaking the cycle of addiction and deprivation within families. As a multi award winning service we have a proven track record of successfully providing abstinence based group therapy for people with drink and drug problems since 1987. For every addict there are an estimated 6 others affected. In 1992 we established a Relatives service for anyone affected by addiction. Combined, staff have over 150 years' experience working with addiction and recovery. Our NE Teens counsellor has worked with young people for over 6 years and has specialist training in both addiction and the effects of living with addicts and receives specialist supervision.

1NE provides a safe environment for young people to receive specialist help in sharing their fears and difficulties experienced with their parents, providing education, support and counselling. Educating children in the dynamics of addiction enables them to identify patterns in their family improving mental health and helping them to engage in healthy lifestyles. Parental addiction may result in young people being involved in the criminal justice system. Anger management is provided - 78% of young offenders who misuse alcohol have grown up with parental addiction.

Service users are actively encouraged to participate in the planning of services and were responsible for the design and wording of NE Teens leaflets, they decide on the number of sessions required, the format and where they wish to receive the support ie the centre or in school. We welcome people from all backgrounds and the school work is in an area that is culturally diverse with significant pockets of deprivation. 1NE enjoys the benefit of many volunteers who are supported with regular supervision and training opportunities. Volunteers established two independent associations and fundraise to provide additional support for service users. 1NE actively encourage staff and clients to reduce our carbon footprint by recycling, and use public transport. We replaced CRT monitors with LCD monitors and use energy saving lighting.

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.

We will provide 300 individual counselling sessions within the academic year in a local school for students affected by parental addiction in order to help them re-engage in their education

We will provide 100 individual counselling sessions for young people at the centre working with young people whose 1) parents are on the day programme, 2) young people referred by our Relatives Service, in order to teach them the skills to move forward with their lives

We will develop an information pack about the common problems of living with addiction and the impact on family functioning with further resources for young people to access. This will include questionnaires and problem solving techniques.

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.

20 to 25 students per year will show an improvement in behaviour and attendance and re-engage in their education

30 young people per year will gain the skills to enable them to move forward in their lives, developing healthy relationships and reducing dangerous behaviour e.g. involvement in gangs, substance misuse

40 young carers/children per year will have an increased knowledge in the process of addiction and the impact on family functioning and learn coping strategies.

Who will benefit?

About your beneficiaries

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

50

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

Several NE London (100%)

What age group(s) will benefit?

0-15

16-24

What gender will beneficiaries be?

All

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?

0%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
NE Teens Counsellor	32,174	32,979	33,803	98,956
Sessional NE Teens Counsellor	5,000	5,000	5,500	15,500
Supervision (Group and Individual)	1,120	1,140	1,160	3,420
Telephone	255	260	267	782
Literature	510	520	533	1,563
Stationery	513	526	540	1,579
Postage/Publicity	667	687	704	2,058
	0	0	0	0
	0	0	0	0

TOTAL:	40,239	41,112	42,507	123,858
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Henry Smith Charity	10,000	10,000	0	20,000
SI Luck Trust & Charles French Charity	5,500	5,500	5,500	16,500
Highams Park & Albert Hunt Trust	7,000	5,000	5,000	15,000
The Leigh Trust & St John's Southworth Fund	5,000	2,000	2,000	9,000

TOTAL:	25,500	22,500	12,500	62,500
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
The Sir James Roll Charitable Trust	0	0	0	0
Volant	5,000	5,000	5,000	15,000
Green Hall Foundation	0	0	0	0
Garfield Weston Foundation	0	0	0	0

TOTAL:	5,000	5,000	5,000	15,000
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
NE Teens Counsellor	11,500	15,000	15,000	41,500
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	11,500	15,000	15,000	41,500
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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	39,955
Activities for generating funds	0
Investment income	48
Income from charitable activities	241,550
Other sources	6,200
Total Income:	287,753

Expenditure:	£
Charitable activities	248,497 204,127
Governance costs	1,250 45,620
Cost of generating funds	7,000
Other	0
Total Expenditure:	256,747
Net (deficit)/surplus:	31,006
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	256,768
Investments	0
Net current assets	13,177
Long-term liabilities	0
*Total Assets (A):	269,945

Reserves at year end	£
Endowment funds	0
Restricted funds	236,010
Unrestricted funds	33,935
*Total Reserves (B):	269,945

* 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?
41-50%

Organisational changes

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

None

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	91,735	61,969	96,643
London Councils	0	0	0
Health Authorities	29,878	29,878	26,883
Central Government departments	147,088	0	0
Other statutory bodies	0	0	0

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 £
Big Lottery	53,106	65,321	62,947
Henry Smith Charity	50,000	0	40,000
The Tudor Trust	50,000	0	0
Lloyds TSB Foundation	10,000	0	17,400
Garfield Weston	0	10,000	0

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: **Fiona Dunwoodie**

Role within **Business Manager**
Organisation: