

**MEETING 15/05/2014**

**Ref: 12119**

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

**Room to Heal**

**Adv: Julia Mirkin**

**Base: Islington**

**Amount requested: £119,889**

**Benefit: London-wide**

**Amount recommended: £120,000**

**Purpose of grant request:** To sustain and develop our unique, trauma-healing community for asylum seekers and refugees living in exile in London who have survived torture and organised violence.

**Background**

Room to Heal (RtH) was established in 2007 and is a registered charity providing long-term therapeutic and casework support to Asylum Seekers and Refugees who have experienced torture and/or sexual violence. The founding/current Director previously worked for Freedom from Torture and the Helen Bamber Foundation, both of which have previously received your support. RtH's approach replicates but also builds on the individually-based treatments utilised by both of these organisations: assessing all new beneficiaries and following short-term individual therapy, progressing them to gender-specific therapy groups, bringing them into contact with others who have survived torture and are further down the line with their treatment. This feature of RtH's approach is unique; it aims to help beneficiaries to gain socially through contact with other survivors, relearning how to trust people and establish relationships. Clients access service by numerous routes, including: self-referral; referral from Social Services and other agencies; from NHS services; solicitors and from previous clients.

**Funding History**

N/a

**Current Application**

RtH proposes to expand and develop its therapeutic and caseload service for Refugees and Asylum Seekers by increasing its capacity and developing its programme. The organisation proposes to increase its staffing capacity from 14.5 days to 19.5 days per week, including an uplift in specialist therapeutic staff time (2.5 days), clinical administration (2 days) and casework support (0.5 days). RtH wishes to expand its provision in response to increasing demand: they have typically accepted between 25-30 new referrals per year; however, in the last year, this figure has increased to 60.

RtH also wishes to refine how it works in response to feedback from staff and beneficiaries. It hopes to introduce mixed-sex therapy groups and specialised Narrative Exposure Therapy (NET) to its therapeutic programme. NET is specifically for people who have experienced multiple traumatic experiences. It provides a technique for untangling traumatic memories that often become merged together, creating a memory that is too distressing to treat. RtH proposes to structure its treatment programme more precisely: it will continue to offer short-term individual

treatment following assessment; however, afterwards, beneficiaries will be referred either to NET, gender-specific therapy groups or directly to mixed-therapy groups, allowing the organisation to tailor its service to individuals' needs. Rth's aim is that all beneficiaries will eventually join mixed therapy groups, preparing them for the intensive treatment offered during Rth's retreats and mixed-gender community gardening projects.

Rth offers a weekly gardening session as part of its activity programme that complements the focused therapeutic sessions and offers an opportunity for its beneficiaries to come together and work in the garden. The gardening sessions provide a forum in which beneficiaries can put new skills into practice, in preparation for Rth's therapeutic retreats and wider integration into society. Their casework support offers practical advice and signposting in relation to accessing services and also in support of the asylum application process.

### **Financial Observations**

Independently examined accounts for the year ended 31<sup>st</sup> December 2012 shows total income of £105,885 and an operating surplus of £5,425 (5.1% of turnover), all of which was on unrestricted funds.

The reserves policy states that the organisation aims to build sufficient free unrestricted reserves to cover three months' worth of expenditure, which based on current budgeted expenditure is £42,372. At 31<sup>st</sup> December 2012 free unrestricted reserves stood at £14,083, which equates to just less than one months' worth of current budgeted expenditure.

The forecast for the year ended 31<sup>st</sup> December 2013 shows total income of £120,770 and an operating surplus of £5,303 (4.4% of turnover). The surplus comprises £4,362 on restricted funds and £941 on unrestricted funds.

The budget for the current year to 31<sup>st</sup> December 2014 includes increased income (59.1%) and expenditure (46.8%) from 2013, which is associated with this potential CBT grant and with the implementation of a new fundraising strategy. Total predicted income is £192,088, of which £103,875 (54.1%) has been confirmed as at 10<sup>th</sup> March 2014. After projected expenditure of £169,482 a surplus of £22,606 (11.8% of turnover) is expected, comprising £11,333 on restricted funds and £11,273 on unrestricted funds.

At 31<sup>st</sup> December 2014 free unrestricted funds are predicted to be £26,297, which is equivalent to 1.2 months' worth of current budgeted expenditure.

### **Officer's Appraisal**

Rth's specialist trauma-therapy provision is delivered by experts associated with leading organisations in this field; it is recognised by funders such as Comic Relief and the United Nations Voluntary Fund for Victims of Torture. The proposed developments have been informed by feedback from clients and staff. Increased capacity will allow Rth to meet growing demand for its service.

### **Recommendation**

**£120,000 over three years (£40,000; £40,000; £40,000) towards the salary costs of specialist therapeutic and support staff, therapeutic retreats and clinical supervision for therapeutic staff.**

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Room to Heal</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Islington</b>	
Contact person: <b>Mr Mark Fish</b>	Position: <b>Director</b>
Website: <b>http://www.roomtoheal.org</b>	
Legal status of organisation: <b>Charitable company</b>	Charity, Charitable Incorporated Company or company number: <b>1128857</b>
When was your organisation established? <b>01/01/2007</b>	
<p><b>Aims of your organisation:</b></p> <p>Room to Heal aims to help survivors of torture and gross human rights violations heal from their traumatic experiences and build meaningful lives in exile. We achieve this predominantly through the cultivation of a therapeutic community, through which people are able to:</p> <ul style="list-style-type: none"> <li>* Address traumatic experiences and symptoms via therapeutic groups, individual trauma-focused therapy and body therapies;</li> <li>* Find renewed meaning and enjoyment in life through a range of social and creative activities;</li> <li>* Navigate the stress and complexity of the asylum process and resolve material difficulties through casework assistance;</li> <li>* Educate themselves and prepare for future employment;</li> <li>* Interact with local communities;</li> <li>* We also raise awareness of the plight of this vulnerable community amongst the wider public and policy makers.</li> </ul>	
<p><b>Main activities of your organisation:</b></p> <p>Room to Heal works with refugees and asylum seekers who have experienced various forms of torture, persecution and organised violence. We provide a healing community for our members and offer practical support alongside psychological and body therapies. Room to Heal offers its members:</p> <ul style="list-style-type: none"> <li>* Weekly men's and women's therapeutic support groups;</li> <li>* Twice weekly therapeutic gardening and mixed social groups;</li> <li>* Individual trauma focused therapy, including specialist techniques;</li> <li>* Intensive therapeutic retreats, single sex and mixed (2-3 per year);</li> <li>* Body-oriented therapies for trauma, and creative community activities;</li> <li>* Casework sessions to help members resolve practical issues such as housing, benefits and employment, medical etc.</li> </ul>	

- \* Intensive practical and psychological support through the asylum process including: liaison with immigration lawyers, writing expert reports, attending court as expert witnesses etc.
- \* Tailored education and employment support;
- \* Integration with local communities through joint projects at the Mildmay Centre and retreat centres in Norfolk / Devon.

### Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>0</b>	<b>5</b>	<b>7</b>	<b>15</b>

### 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?
<b>Leased</b>	<b>3 years</b>

### 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.

**Making progress: We have reviewed our organisation's environmental impact and have started to carry out a plan of improvements.**

## Grant Request

### Details of grant request

Under which of City Bridge Trust's programmes are you applying? <b>Improving Londoners' Mental Health</b>
Which of the programme outcome(s) does your application aim to achieve? <b>More refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health</b>
Please describe the purpose of your funding request in one sentence. <b>To sustain and develop our unique, trauma-healing community for asylum seekers and refugees living in exile in London who have survived torture and organised violence.</b>
When will the funding be required? <b>04/04/2014</b>
How much funding are you requesting? Year 1: <b>£39,963</b> Year 2: <b>£39,963</b> Year 3: <b>£39,963</b> <b>Total: £119,889</b>

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 plan to continue our activity beyond the funding period. We are currently updating our 3 year organisational/fundraising strategy, with input from trustees and partners and a strategy day scheduled in January 2014. We will source continued funding through applications to trusts/foundations, developing corporate partnerships and building support from individual donors.**

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

**N/A**

### **Summary of grant request**

RtH is a specialist, therapeutic community for refugees and asylum seekers. Our members have all survived various forms of torture, persecution and organised violence. The majority have faced rape and sexual abuse. They have lost their families, friends and communities. The experiences they have endured leave them struggling to cope with overwhelming trauma, grief and loss. In addition people face considerable on-going anxieties/challenges around the asylum system and the possible risk of forced return, as well as marginalisation, destitution and poverty. People who have experienced such overwhelming trauma and live in insecurity, need long-term, intensive support that addresses both therapeutic and material needs and the healing benefits of belonging to a community. This is particularly the case as the external environment becomes increasingly hostile, and other services contract in the context of recession.

The over-arching aim of our organisation is to enable people who have survived torture to heal from their traumatic experiences, find renewed meaning in life and integrate successfully into the UK. This project supports this overarching aim, focusing particularly on: increasing our capacity to conduct clinical assessments and short-term psychotherapy (so people can address the most shameful/traumatic aspects of their history and be prepared for group-work); securing a new clinical administration post (enabling us to effectively/sustainably administer our therapeutic programmes); securing further group therapy facilitation (to run a pioneering mixed-gender therapeutic support group); adding further capacity to our casework team (to help members address material needs such as homelessness/immigration issues); fund two intensive, rural therapeutic retreats (which enable profound, lasting therapeutic change); providing clinical supervision and appropriate managerial oversight (ensuring our therapeutic programme is safe and accountable, and ensuring effective direction of the programmes).

Over the past 5 years we have developed expertise in assisting asylum seekers through our unique, community-based programme. We have built strong relationships with other major organisations working in the field including: Freedom from Torture, the Red Cross, and the Helen Bamber Foundation who recognise the innovative, effective and complimentary nature of our work, reflected in increased referrals. We have also developed a network of local/national partners to whom we can refer our members. These include advisory/advocacy groups, solicitors and organisations supporting gay and lesbian people. Time and again members tell us that being part of our unique community provides them with a crucial lifeline and reawakens the hope they had lost, as one member said, 'RtH gave me back hope in life.'

## Summary of grant request

At the core of our philosophy is an attempt to move beyond the expert-patient relationship. While there is an important place both for our skilful facilitation of the therapeutic process and the strategic direction of the organisation, our aim has always been to help unlock the resources of our members, empowering people to take their own, unique steps towards healing. Involving members' meaningfully in shaping our work has always been at the heart of our approach and we are increasingly formalising processes that enable their input.

Our members come from 25 countries, and vastly different religious and socio-cultural backgrounds. Negotiating and celebrating difference and diversity, whilst building a rich, functioning community with respect and tolerance at its heart, is key to our work.

Volunteers are vital to our work. We work hard to ensure they too are fully integrated into our community, valuing them and involving them in meaningful work and supporting them through supervision. Preserving the environment and living sustainably is also important to us. We are interested in permaculture principles and using them in the development of our work, particularly through retreats and gardening work. We have moved into an award-winning, passive-haus building to reduce our carbon footprint.

## 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.

**Mixed therapeutic support running weekly for 2 hours, facilitated by a male and female therapist (each group running for 6 months and involving approx. 10 persons). Provision of assessments and trauma-focused short-term therapy, including Narrative Exposure Therapy, prior to new members joining therapeutic group.**

**Clinical Administration of therapeutic programmes. This involves oversight of referrals and referral processes; liaising with therapeutic and casework teams in support of new members; ensuring comprehensive case records are kept securely and confidentially; overseeing and facilitating monitoring and evaluation processes; maintaining and strengthening relationships with partners/funders; facilitating user involvement.**

**Weekly 4 hour community gardening/integration session led by a community gardening facilitator in partnership with therapists. We have access to two beautiful gardens in Islington: at the Mildmay Centre, and the award-winning Culpeper Garden. This session will present opportunities both for therapeutic gardening sessions and integration with local communities.**

**5 weekly casework appointments, in which members are offered signposting and practical assistance in accessing legal, medical, welfare benefits, education, employment and housing entitlements. Caseworker also conducts research on issues affecting our members' demographic, and builds relationships with partner organisations, as well as supporting management team in office administration.**

**Each year we plan to offer 2 x intensive, therapeutic retreats (each for approx. 8-10 members). These offer opportunities for deep therapeutic change and building of relationships in a rural context. We typically incorporate therapeutic groups, skills-training, gardening, story-telling, yoga / chi kung in our retreats.**

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.

**Survivors of torture report improved mental and physical well-being, including greater ability to manage symptoms of trauma, and the development of a more meaningful life and relationships. Enhanced ability for men and women to relate to the opposite sex, addressing for example the legacy of sexual trauma.**

**Referrals of new members to Rth are processed quickly and appropriately; effective liaison with partner agencies improving responses to members' needs; improved coordination between therapeutic/casework teams ensuring effective and appropriate support of members; members feel greater empowerment and ownership of Rth community through development of effective user involvement processes.**

**Survivors of torture are able to use gardening/nature therapies for healing; they are less isolated and better integrated into local communities; members' physical and mental health is improved through exercise, meaningful activity and being in a beautiful, natural environment; low-income members able to supplement diet with healthy, home-grown food.**

**Survivors of torture resolve material difficulties (for example housing, legal, medical, welfare) through assistance by caseworkers; members more able to use therapeutic programme effectively through resolution of practical difficulties; Members enjoy better access to statutory services, partner agencies; education and training.**

**Significant improvements in quality of life of members as a result of intensive retreats (e.g. reduction of trauma symptoms, deepening of meaningful relationships, increased physical and mental health, improved relations between the sexes). Members develop employable skills and confidence through work-based activities undertaken on retreats.**

## Who will benefit?

### About your beneficiaries

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

**80**

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

**London-wide (100%)**

What age group(s) will benefit?

**16-24**

**25-44**

**45-64**

What gender will beneficiaries be?

**Male**

**Female**

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

**A range of ethnic groups**

**Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)**

**Black/ African/ Caribbean/ Black British (including African; Caribbean; Any other Black/ African/ Caribbean background)**

**Other ethnic group (including Arab)**

If Other ethnic group, please give details: **Arab**

What proportion of the beneficiaries will be disabled people?

**11-20%**



## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Specialist trauma therapist full-time @£30k pro rata plus costs	33,070	33,070	33,070	99,210
Clinical Administrator 3 days p/w @£23k pro rata plus costs	15,063	15,063	15,063	45,189
Caseworker 4 days p/w @£22k pro rata plus costs	19,176	19,176	19,176	57,528
Community-gardener 1 day p/w @£28k pro rata plus costs	6,160	6,160	6,160	18,460
Management costs 1 day p/w @£37.5k pro rata plus costs	8,320	8,320	8,320	24,960
Intensive rural therapeutic retreats x 3 @ £2500 each	7,500	7,500	7,500	22,500
Clinical supervision, 1.25 hours per week @£35 per hour x 47 weeks	2,056	2,056	2,056	6,168
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>91,345</b>	<b>91,345</b>	<b>91,345</b>	<b>274,035</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Comic Relief	9,700	9,700	9,700	29,100
Tudor Trust	20,000	20,000	0	40,000
UNVFVT	12,000	12,000	12,000	36,000
Bromley Trust	12,500	12,500	12,500	37,500
<b>TOTAL:</b>	<b>54,200</b>	<b>54,200</b>	<b>34,200</b>	<b>142,600</b>

### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Lloyds TSB	10,000	10,000	10,000	30,000
Awards for All	10,000	0	0	10,000
Lush	10,000	10,000	0	20,000
	0	0	0	0
<b>TOTAL:</b>	<b>30,000</b>	<b>20,000</b>	<b>10,000</b>	<b>60,000</b>

### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Trauma therapist 2 days @£30k pro rata plus costs\	13,228	13,228	13,228	39,684
Clinical Administrator 2 days @£23k pro rata	10,042	10,042	10,042	30,126

plus costs				
Caseworker 0.5 days @£22k pro rata plus costs	2,397	2,397	2,397	7,191
Gardener 0.5 days @£28k pro rata plus costs	3,080	3,080	3,080	9,240
Management costs, 0.5 days @£37.5k pro rata plus costs	4,160	4,160	4,160	12,480
Intensive rural therapeutic retreats x 2 @£2500 each	5,000	5,000	5,000	15,000
Clinical supervision, 1.25 hours p/w @£35 p/h x 47 weeks	2,056	2,056	2,056	6,168
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>39,963</b>	<b>39,963</b>	<b>39,963</b>	<b>119,889</b>

## Finance details

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

Financial year ended:	Month: December	Year: 2012
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Income received from:	£
Voluntary income	32,801
Activities for generating funds	0
Investment income	0
Income from charitable activities	73,084
Other sources	
<b>Total Income:</b>	<b>105,885</b>

Expenditure:	£
Charitable activities	82,893
Governance costs	17,567
Cost of generating funds	0
Other	0
<b>Total Expenditure:</b>	<b>100,460</b>
<b>Net (deficit)/surplus:</b>	<b>5,425</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>5,425</b>

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	14,083
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>14,083</b>

Reserves at year end	£
Endowment funds	0
Restricted funds	0
Unrestricted funds	14,083
<b>*Total Reserves (B):</b>	<b>14,083</b>

**\* 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?

1-10%

### Organisational changes

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

We have secured a further 3 years' core funding (£120,000) from Comic Relief, an increase of 25% on the previous grant. We have also re-secured funding both from the United Nations Fund for Victims of Torture (£120,000 core funding) and the Bromley Trust (£12,500 unrestricted funds). We have also secured a 3 year tenancy on our premises with a fixed rent of £8,000 pa.

### 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	0	0	2,600
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	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 £
Comic Relief	35,982	32,000	20,625
Tudor Trust	0	0	25,000
Lush	5,000	10,000	10,000
UN Voluntary Fund	0	11,609	11,609
Cripplegate	7,000	8,750	7,000

### 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: **Mark Fish**

Role within                      **Director**

Organisation: