

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Healthy Living Projects Ltd	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Redbridge	
Contact person: Mr. Phil Herbert	Position: Director
Website: http://www.hlpltd.org.uk	
Legal status of organisation: Registered Charitable Incorporated	Charity, Charitable Incorporated Company or company number: 1087256
When was your organisation established? 29/06/2001	
Aims of your organisation: <p>Healthy Living Projects is based in Ilford which lies within the London Borough of Redbridge and experiences significant diversity and deprivation. The project works to overcome social isolation, reduce poverty and improve the health and education amongst the most marginalised sections of the local community. It is particularly focused upon meeting the needs of the homeless, refugees, asylum seekers, vulnerable adults, children, families and the elderly, regardless of their age, ethnicity, gender or religion.</p> <p>There are high levels of social exclusion and health inequalities compared with other more affluent wards within the borough and demand for the work is high. The area is in one of the 20% most deprived wards in the country with Redbridge Housing Service estimating that there are at least 35 people sleeping rough, 21% of households overcrowded and 27% of families claiming means tested benefits.</p>	
Main activities of your organisation: <p>Current activities include: a day centre for homeless and vulnerable adults, offering support, advice and guidance, a life skills, training and employment programme, Nurse led clinics, counselling, hot meals, clothing, washing and laundry facilities; groups for older people to combat isolation; English Language classes; a pre-school child development programme, out of school childcare clubs, neutral contact facilities for estranged parents and parent & toddler groups.</p> <p>The needs of the area are well proven and our day centre receives an average of 45 visits per day from people who are homeless or at risk of becoming homeless. Of those that we work with a 100% are unemployed with 71% being Eastern European or Asian and up to 38% suffering from some kind of mental health issue or low self esteem. Our work brings us into contact with those with complex needs, facing language barriers and with poor basic skills who seem unable to identify and address their problems.</p>	

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
6	20	7	26

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	Indefinitely

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 homeless and transient people having access to mental health services and reporting improved well-being More refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health
Please describe the purpose of your funding request in one sentence. To help homeless people experiencing mental health issues resulting from sexual, physical, emotional abuse and domestic violence that has led to addiction and homelessness.
When will the funding be required? 01/04/2014
How much funding are you requesting? Year 1: £27,500 Year 2: £28,325 Year 3: £29,175 Total: £85,000
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 would intend to approach local health commissioners with clear evidence of successfully meeting this previously unmet need with a view to getting this service included as one of their funding priorities. We would also approach other charitable trusts as part of our ongoing fundraising activity.
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

We are applying for funds to build on the successes of our existing nurse led clinics that address the general health and wellbeing of those who are homeless and/or refugees and asylum seekers at our Day Centre. By extending the time that the nurse is present from 2 days to 4 days we will have the capacity to focus on the large number of mental health related issues that we are currently unable to address. Our aim is to improve the mental health of our service users by improving access to mainstream mental health services including the dual diagnosis team, improving access to counselling sessions, making referrals to drug and alcohol agencies and providing complimentary therapies to reduce stress, anxiety and improve health and well-being.

Current statutory services are ill-equipped to deal with the growing homeless population and do not have the capacity or experience to deal with the complex needs that are commonly found in a homeless person. There is a reluctance to invest time and money in counselling and issues such as depression are masked by a myriad of other problems such as addiction. In our ward there are high levels of social exclusion and health inequalities compared with other more affluent wards within the London Borough of Redbridge and the area is in one of the 20% most deprived wards in the country with Redbridge Housing Service estimating that there are at least 35 people sleeping rough. The needs of the area are well proven and our Day Centre receives an average of 45 visits per day. Of those that we work with a 100% are unemployed with 71% being Eastern European or Asian and up to 38% suffering from mental health issues including depression, anxiety, schizophrenia and dual diagnosis with drugs and alcohol.

We currently provide one to one support, advice and guidance, a life-skills, training and employment programme, a nurse led clinic and counselling (although there is a reluctance to engage with counselling). Our Support Workers carry out initial assessments of service users and work with individuals on a one to one basis to prioritise their needs in order to create a Personal Development Plan. The most basic needs of accommodation, food, warmth and security are met first and each service user receives a thorough health check-up. This often reveals other underlying issues that are the root cause of deterioration in mental health. Our underlying aim is to help those that are homeless, marginalised and socially excluded to take control of their own mental health and address their most basic social care needs.

All of our work is backed by experience and commitment which has been built upon since 2001. In recent years it has helped to influence change by assisting organisations to work together under the Government's Places of Change programme. This has been highlighted by our collaboration with Redbridge Council and more recently the homeless charity, Centrepoint whereby joint working has been recognised as a good example of partnership.

We have a proven track record of addressing the issues of those with complex needs, particularly those that are homeless. We have made significant strides in improving their health and wellbeing and have helped address other significant issues such as addiction. Equally in the context of our work with refugees and asylum seekers we have addressed problems involving domestic violence, physical and emotional abuse together with separation from family and cultural change. Good practice is at the core of what we do and this has been recognised by us receiving the PQASSO quality assurance mark and the prestigious Queen's Award for Voluntary Service 2013.

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.

Provide nurse led clinics 2 days a week where initial mental health assessments take place identifying early signs of mental health issues and an indication of a person's state of depression.

Provide weekly Therapeutic Massage sessions to relieve stress and anxiety.

Provide informal sessions with a trained counsellor to establish what can be offered by a structured course of counselling.

Provide referrals to mainstream mental health services through the Community Mental Health Team with a view to addressing mental health issues.

Provide referrals to specialist drug or alcohol agencies. Organise Drug & Alcohol Outreach Workers to be available to talk about treatment options including detox and rehab.

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.

To improve the mental health of 180 people that are homeless, refugees or asylum seekers by detecting the early onset of mental illness and offering referrals leading to diagnosis and successful intervention. Also by referring into Counselling or Complimentary Therapies. Improvements will be measured on the PHQ9 scale.

To reduce stress and anxiety and improve self esteem of 60 homeless people, refugees and asylum seekers by providing Aromatherapy and Indian Head Massage sessions. Therapists will monitor well-being before and after sessions using a self assessment monitoring tool. Improve access to other services through relaxation and improved engagement.

To overcome barriers and improve uptake of formal counselling sessions for 60 homeless people by holding weekly informal sessions with a trained counsellor, helping to de-mystify the concept of counselling for those unaware of its' benefits.

To improve access to mainstream mental health services by assisting 60 of those that are homeless, refugees or asylum seekers to keep appointments and where necessary to advocate on their behalf at assessments and outpatient clinics. Interpretation services will also be provided to ensure a meaningful consultation takes place.

To improve access to specialist drug and alcohol detox, rehabilitation and dual diagnosis services by making 36 referrals and encouraging attendance to appointments. Also by arranging weekly outreach sessions by Drug and Alcohol agencies within our Day Centre.

Who will benefit?

About your beneficiaries

How many people will benefit directly from the grant per year? 270
In which Greater London borough(s) or areas of London will your beneficiaries live? Redbridge (100%)
What age group(s) will benefit? 16-24 25-44 45-64 65-74
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? 1-10%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Nursing Services	20,700	21,321	21,961	63,982
Core Costs (Manager, Administrator, Supervision)	7,088	7,301	7,521	21,910
Sessional Costs (Alternative Therapies)	7,200	7,416	7,638	22,254
Rent	1,000	1,030	1,061	3,091
Heat & Light	1,000	1,030	1,061	3,091
Telephone/Internet	348	358	369	1,075
Stationery/Post	264	272	280	816
Insurance	200	206	212	618
	0	0	0	0

TOTAL:	37,800	38,934	40,103	116,837
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Department of Health	2,575	0	0	0
	0	0	0	0

TOTAL:	2,575	0	0	0
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
N/A	0	0	0	0
	0	0	0	0

TOTAL:	0	0	0	0
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Nursing Services	10,400	10,712	11,033	32,145
Core Costs (Manager, Administrator, Supervision)	7,088	7,301	7,521	21,910
Sessional Costs (Alternative Therapies)	7,200	7,416	7,638	22,254
Rent	1,000	1,030	1,061	3,091
Heat & Light	1,000	1,030	1,061	3,091
Telephone/Internet	348	358	369	1,075
Stationery/Post	264	272	280	816
Insurance	200	206	212	618

TOTAL:	27,500	28,325	29,175	85,000
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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	50,595
Activities for generating funds	0
Investment income	260
Income from charitable activities	436,177
Other sources	0
Total Income:	487,032

Expenditure:	£
Charitable activities	437,506
Governance costs	960
Cost of generating funds	8,246
Other	0
Total Expenditure:	446,712
Net (deficit)/surplus:	40,320
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	40,320

Asset position at year end	£
Fixed assets	27,344
Investments	0
Net current assets	123,703
Long-term liabilities	0
*Total Assets (A):	151,047

Reserves at year end	£
Endowment funds	0
Restricted funds	41,887
Unrestricted funds	109,160
*Total Reserves (B):	151,047

*** 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?
61-70%

Organisational changes

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

There have been no significant changes since our last accounts were produced other than routine changes to personnel and our Trustees.

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	165,098	183,643	179,285
London Councils	0	0	0
Health Authorities	0	0	17,500
Central Government departments	0	0	45,332
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 £
The Henry Smith Charity	25,000	25,000	25,000
Lloyds TSB Foundation	5,000	0	25,000
Trust for London	0	0	20,000
Garfield Weston Foundation	5,000	5,000	0
Essex Fairway Trust	5,000	0	5,000

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: **Phil Herbert**

Role within **Director**
Organisation: