

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Women's Therapy Centre	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Islington	
Contact person: Ms Monika Schwartz	Position: Chief Executive
Website: http://www.womenstherapycentre.co.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 274520
When was your organisation established? 01/09/1979	
Aims of your organisation: The Women's Therapy Centre was set up with the aim of providing high quality gender sensitive therapy to women in London. Over the years, this aim has broadened into a commitment to ensuring that all women, including those from hard to reach community groups, can access therapy that meets their needs and is sensitive to their linguistic, cultural and faith backgrounds. The Centre is recognised as central to the development of gender and culturally sensitive psychotherapy for women. The majority of the women that we work with come from areas of severe deprivation and are experiencing domestic violence, poverty, isolation and poor physical health as well as mental and emotional distress. We are one of the few services able to offer these women emotional support over many months, and sometimes years, to address deep rooted problems and to provide women with services that can make lasting positive change in their lives.	
Main activities of your organisation: The Centre provides individual and group psychotherapy for women across all London boroughs. We have expertise in addressing complex issues including depression, violence and abuse, eating problems, racism, trauma and exile. We provide individual and group psychotherapy, training and clinical supervision and information and therapy taster sessions in the community. The Centre provides a dedicated service for disabled women. We have a contract with LB Haringey's Domestic Violence and Support Centre and a Department of Health funded contract to reduce mental health inequalities for women from refugee Albanian and Kosovan communities. The Centre has recently secured funding from Comic Relief to work with refugee and asylum seeking women. Funding is also in place from the Big Lottery Fund for Breaking the cycle -- a project that reaches out to young mothers experiencing social exclusion, poverty and mental and emotional ill-health. Each year we work with over 1,300 women - 65-70% have experienced or are experiencing domestic violence.	

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
10	1	9	5

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?
Rented	5 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? A reduction in suicide and self-harm amongst the recognised at risk groups More people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment
Please describe the purpose of your funding request in one sentence. Affirm will work with women from poor communities including asylum seekers, offenders and those in debt who are at risk of self harm and suicide.
When will the funding be required? 02/06/2014
How much funding are you requesting? Year 1: £44,000 Year 2: £40,000 Year 3: £36,000 Total: £120,000
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? Throughout the three years of the project applications will be made to trusts combined with approaches to clinical commissioning groups and other statutory sources. It is anticipated that a rising level of income will be generated from year 2 from these sources to support the Affirm project.
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

From 2009 to 2012 WTC was funded by the Trust to extend access to psychotherapy to women refugees. Affirm will build on this project providing a focused service for women at risk of self harm and suicide from poor communities.

Need: Research indicates that the UK has the highest rate of self-harm in Europe. High risk populations include young women, prisoners, refugees and asylum seekers. In 2009 75% of people who committed suicide were not in contact with mental health services. Every year in London nearly twice as many people die by suicide as are killed in road accidents. For every suicide, up to 100 more are injured by non-fatal suicidal behaviours. The female suicide rate has significantly increased since 2007. Statutory services can be difficult to navigate, stigmatising and the third sector is more accessible. Talking therapies clearly benefit people who self harm and those at risk of suicide. People on low incomes are more likely to suffer from poor mental health. Rates of admission for acute psychiatric care are higher in deprived areas and 55% of our service users are in receipt of benefits, not in paid work or have no source of income. Many asylum seekers seen by WTC are homeless and destitute.

Delivery: Affirm will offer one to one sessions designed to tackle entrenched issues leading to poor mental health. Those engaged will be self harming or have self harmed in the past and will include women at risk of suicide. Secondly, groups will enable women to come together and learn techniques to avoid self harming and suicide attempts. Thirdly, Affirm will offer reflective practice to staff and volunteers working with London based agencies that have contact with people at risk of self harm and suicide. A Link Worker will offer support to secure appropriate housing, benefits and other essential needs. We will work closely with agencies including NHS Trusts, support groups, the Samaritans, Rethink and Freedom from Torture.

Achievements: Each year 15 women will receive an average of 20 one to one therapy sessions. Both these and a further 40 women will access group work. Affirm will establish two additional groups to specifically to address harmful behaviour. 10 two hour reflective practice sessions will be offered each year of the project.

The right organisation: WTC was established to provide high quality gender sensitive therapy to women in London. This aim has broadened into a commitment to ensuring women from hard to reach community groups can access therapy that is sensitive to linguistic, cultural and faith backgrounds. Most clients are experiencing domestic violence, poverty, isolation and poor physical health as well as mental distress. We are one of the few services able to offer these women support over months or years to address deep rooted problems. Independent evaluation of our services demonstrates that women accessing therapy through the Centre experience significant benefits including improved mental health and a reduction in social exclusion.

Improving Londoners Mental Health: The Centre supports women who are unable to access other support or therapy including women on low incomes, refugees, asylum seekers and migrants, survivors of rape/ violence and women with complex mental health needs. Affirm will achieve a reduction in the level of self harm and suicide amongst high risk women in London. The project will be independently evaluated by an external academic body to demonstrate its effectiveness.

Principles: All WTC projects are user led and Affirm has been developed with service users. A steering committee of user representatives and agencies will oversee and direct the project. Volunteers will provide will be an essential part of the success of Affirm.

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.

15 women who are self harming and/or at risk of suicide and affected by poverty a year (60 in total) will receive an average of 20 one to one therapy sessions

Both the 60 women benefiting from the one to one sessions and a further 40 women who are self harming and/or at risk of suicide and affected by poverty a year will have the opportunities for group work and two new groups will be established specifically to address harmful behaviour

10 two hour reflective practice sessions will be offered each year of the project i.e. 30 in total for staff and volunteers of services and agencies in London that have contact with people at risk of self harm and suicide

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.

A reduction in the level of self harm and suicide amongst high risk women in London. Affirm to be independently evaluated by an external academic body to demonstrate its effectiveness so that other projects in the capital and beyond can learn from our experience in taking forward this initiative

Women at high risk of self harm and suicide will have improved mental health and will be equipped with strategies to avoid harmful behaviour

Women at high risk of self harm and suicide will experience less social isolation with the support of effective networks within the community

More London based community organisations, agencies and services have skills and networks to provide enhanced services to women at high risk of self harm and suicide

Women report improved wellbeing as a result of the practical support with housing, benefits etc. provided by the Affirm Link Worker

Who will benefit?

About your beneficiaries

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

125

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

65-74

75 and over

What gender will beneficiaries be?

Female

Trans

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

Mixed/ Multiple ethnic groups (including White and Black Caribbean; White and Black African; White and Asian; Any other Mixed/ Multiple ethnic background)

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

11-20%

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	65,645
Activities for generating funds	0
Investment income	456
Income from charitable activities	336,119
Other sources	0
Total Income:	402,220

Expenditure:	£
Charitable activities	328,835
Governance costs	3,852
Cost of generating funds	0
Other	0
Total Expenditure:	332,687
Net (deficit)/surplus:	69,533
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	69,533

Asset position at year end	£
Fixed assets	10,641
Investments	0
Net current assets	171,899
Long-term liabilities	0
*Total Assets (A):	182,540

Reserves at year end	£
Endowment funds	0
Restricted funds	71,335
Unrestricted funds	111,205
*Total Reserves (B):	182,540

*** 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?
31-40%

Organisational changes

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

N/a

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Community Development Therapist	12,074	12,436	12,809	37,318
Link Worker	14,352	14,783	15,226	44,361
Therapists	9,000	9,270	9,548	27,818
Promotions	750	450	450	1,650
Travel	600	612	624	1,836
Evaluation & Report	750	750	750	2,250
Supervision	1,440	1,469	1,498	4,407
Management & Admin	3,117	3,182	3,272	9,571
Organisation Overheads	2,338	2,386	2,454	7,178

TOTAL:	44,421	45,337	46,632	136,390
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0

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

Source	Year 1	Year 2	Year 3	Total
	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
Community Development Therapist	12,074	12,436	12,809	37,318
Link Worker	14,352	10,483	7,000	31,835
Therapists	9,000	9,270	9,548	27,818
Promotions	750	450	450	1,650
Travel	600	612	624	1,836
Evaluation & Report	750	750	750	2,250
Supervision	1,440	1,469	1,498	4,407
Management & Admin	3,117	2,838	2,614	8,569
Organisation Overheads	1,917	1,693	707	4,317

TOTAL:	44,000	40,000	36,000	120,000
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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	10,000	9,984	11,024
London Councils	95,543	35,829	0
Health Authorities	96,268	100,466	90,250
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 £
Big Lottery Fund	0	38,807	38,004
Comic Relief	20,949	42,408	43,640
Henry Smith's Charity	45,066	49,533	49,533
Trust for London	11,500	20,000	0
City Bridge Trust	14,500	20,500	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: **Monika Schwartz**

Role within **Chief Executive**
Organisation: