

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Friend Counselling (London) Limited	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Islington	
Contact person: Mr Monty Moncrieff	Position: Chief Executive
Website: http://www.londonfriend.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 299307
When was your organisation established? 01/01/1972	

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 LGBT people accessing mental health services resulting in improved mental health and reduced mental distress
Please describe the purpose of your funding request in one sentence. To fund a programme of volunteering providing group and one-to-one interventions to improve the mental health of LGBT people in London.
When will the funding be required? 01/07/2014
How much funding are you requesting? Year 1: £43,500 Year 2: £45,095 Year 3: £46,690 Total: £135,285

Aims of your organisation:

TO RELIEVE MENTAL AND EMOTIONAL CRISES SUFFERED BY PERSONS, PRIMARILY IN LONDON, WHO ARE HOMOSEXUAL, BI-SEXUAL OR IN DOUBT ABOUT THEIR SEXUAL IDENTITY OR BY THOSE WHO MAY BE AFFECTED OR INVOLVED WITH SUCH PERSONS, BY GIVING OF ADVICE, COUNSEL AND HELP FROM MEMBERS OF THE ASSOCIATION WORKING UNDER DIRECTION, WHO HAVE BEEN SELECTED AND PREPARED TO GIVE SUCH ADVICE COUNSELLING AND HELP.

Main activities of your organisation:

We provide a range of interventions to improve the health and well-being of LGBT people. These include:

- Coming out groups
- Social groups
- Creative groups
- Trans group
- Low-threshold drop-in
- Helpline
- Online information & advice

We also provide an extensive LGBT counselling service, work in partnership with three NHS sexual health services to provide sexual health and HIV prevention interventions, and run Antidote, a specialist LGBT drug and alcohol service.

We run a volunteer programme for LGBT people wishing to become involved in delivering support interventions within their communities.

Strategically we partner with 13 other LGBT organisations as the National LGB & T Partnership, which is a member of the Department of Health's Strategic Partners Programme. We also work with other London LGBT organisations to identify opportunities for joint working and sharing resources.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
4	2	7	106

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	

Summary of grant request

A detailed proposal is also submitted for this project.

This proposal seeks funding for work to improve the mental health of lesbian, gay, bisexual & transgender (LGBT) people in London. We wish to provide a range of services including drop-in support; services for people coming out and exploring their sexual orientation or gender identity; social & confidence building groups to address isolation and low self-esteem; and structured one-to-one and group counselling.

We aim to do this by supporting volunteering, enabling trained and qualified volunteers who themselves identify as LGBT to deliver peer support to other LGBT people, addressing also the engagement of LGBT people within their own communities.

We also have robust evidence of LGBT people demonstrating poorer health outcomes and lower levels of engagement with health services from many sources including research by Stonewell, the 2012 Trans Mental Health Study, the UK Drug Policy Commission's 2010 literature review and research reviews collated by the Equality & Human Rights Commission.

We know that LGBT people tend to prefer to access support that is LGBT specific: from our own surveys only 12% of our service users would have felt comfortable accessing mainstream provision, citing safety and understanding of LGBT issues as the primary reason for choosing us.

The project will be led by volunteers, supported by a small staff team. Input and feedback from service users will be sought throughout, and will inform both the planning, evaluation and development of the project. Volunteers will be recruited from the LGBT communities to reflect the fact that service users are opting to attend a service specifically provided by and for LGBT people.

Service provided will include: coming out groups; social groups; trans group; low-threshold drop-in group; one-to-one counselling; group counselling. Additional support to enable this will be provided through clinical supervision and volunteer training.

The project will meet the Trusts's principles of good practice by:

- Involving service users in the planning and evaluation of services, and through person-centred care planning. We will also run formal feedback mechanisms and satisfaction questionnaires.
- The project seeks to work specifically with diversity by targeting LGBT people. Within this we aim to reach a diverse range of LGBT people. We will provide training & support to enable our volunteers to understand diverse needs and the impact of intersectionality & multiple prejudice.
- The project values & support volunteers by placing them at the heart of delivery. Volunteering has been key to our organisation's 40 year history. We provide full training, ongoing professional development, support and supervision to our volunteer team.
- We are striving to reduce the organisational carbon footprint by measures such as recycling, and reducing energy and waste. We assess ourselves as 'getting started' and acknowledge the need for further action in this area.

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

No applicable

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

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.

10 group sessions per month, including coming out groups, low-threshold social groups, trans group, creative groups (120 individual service users, 1200 attendances per year)

50 weekly drop-in sessions per year (50 individual service users, 400 attendances per year)

120 counselling clients completing a course of therapy each year and reporting improved mental health & wellbeing

50 new volunteers recruited to the project each year.

15 volunteer training sessions provided per year.

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.

LGBT people report improved mental health from engagement in open-access services

LGBT people report improved mental health from engagement in structured therapy

LGBT people are engaged in volunteering to deliver mental health support to other LGBT people

Do you plan to continue the activity beyond the period for which you are requesting funding? If so, how do you intend to sustain it? If not, what is your exit strategy?

We will be seeking funding from other Trusts, exploring how to engage with potential NHS or local authority funding, and seeking to increase our unrestricted funding to support these core services. We will use the outcomes from this project to evidence our own efficacy as a provider.

Who will benefit?

About your beneficiaries

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

340

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?

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?

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
Volunteer Coordinator salary & costs	32,000	32,500	33,000	97,500
Counselling Service Coordinator salary & costs	19,000	19,400	19,800	58,200
Clinical Supervision	10,000	10,500	11,000	31,500
Volunteer expenses	2,000	2,200	2,400	6,600
Training	1,000	1,000	1,000	3,000
Office costs (printing, IT, telephones etc.)	4,000	4,500	5,000	13,500
Premises cost (building, utilities etc.)	6,000	6,500	7,000	19,500
Management cost	7,400	7,660	7,920	22,980
	0	0	0	0
TOTAL:	81,400	84,260	87,120	252,780

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Big Lottery Fund (proportion towards this work)	13,000	0	0	0
HIV Prvention England (supporting volunteering & counselling)	25,000	0	0	0
TOTAL:	38,000	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Tudor Trust (applied)	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Volunteer Coordinator salary & costs	20,000	20,500	21,000	61,500
Counselling Service Coordinator salary & costs	8,000	8,300	8,600	24,900
Clinical Supervision	5,000	5,250	5,500	15,750
Volunteer expenses	1,000	1,100	1,200	3,300
Training	500	500	500	1,500
Office costs (printing, IT, telephones etc.)	2,000	2,100	2,200	3,600
Premises cost (building, utilities etc.)	3,000	3,200	3,400	9,600
Management cost	4,000	4,145	4,290	12,430
	0	0	0	0
TOTAL:	43,500	45,095	46,690	135,285

Finance details

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

Financial year ended:	Month: March	Year: 2013
-----------------------	---------------------	-------------------

Income received from:	£
Voluntary income	148,318
Activities for generating funds	21,149
Investment income	197
Income from charitable activities	129,966
Other sources	0
Total Income:	299,630

Expenditure:	£
Charitable activities	285,071
Governance costs	5,825
Cost of generating funds	20,518
Other	0
Total Expenditure:	311,414
Net (deficit)/surplus:	-11,784
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-11,784

Asset position at year end	£
Fixed assets	174,135
Investments	0
Net current assets	62,181
Long-term liabilities	-112,918
*Total Assets (A):	123,398

Reserves at year end	£
Restricted funds	56,279
Endowment Funds	0
Unrestricted funds	67,119
*Total Reserves (B):	123,398

* 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:

Npt applicable.

Previous funding received

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

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	5,750	24,000	24,000
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	2012 £	2013 £	2014 £
Volunteering England	36,025	37,708	0
Big Lottery Fund	0	121,480	120,120
Monument Trust	0	47,000	37,000
Monument Trust Capital Appeal	25,000	0	0
Lloyds TSB	0	0	20,000

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: **Monty Moncrieff**

Role within **Chief Executive**
Organisation: