

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

| | |
|---|--|
| Name of your organisation: Choices Islington | |
| If your organisation is part of a larger organisation, what is its name? Not applicable | |
| In which London Borough is your organisation based? Islington | |
| Contact person: Mrs Celia Wyatt | Position: Executive Director |
| Website: http://www.choicesislington.org | |
| Legal status of organisation: Registered Charitable Incorporated | Charity, Charitable Incorporated Company or company number: 1124209 |
| When was your organisation established? 29/01/2000 | |

Grant Request

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| 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 offenders and ex-offenders receiving help and support to improve their mental health |
| Please describe the purpose of your funding request in one sentence. Providing constructive counselling to women inmates at HMP Holloway to help them healthily grieve their baby or child losses and thereby improve their mental health. |
| When will the funding be required? 01/08/2014 |
| How much funding are you requesting? Year 1: £14,144 Year 2: £14,427 Year 3: £14,716 Total: £43,287 |

Aims of your organisation:

Our aims are to:

Help reduce distress for local women facing a crisis pregnancy and facilitate informed decision making in a non-judgemental manner.

Facilitate resolution for local women and men troubled by a past abortion.

Empower local young people to make healthy choices about relationships and sexual activity; thereby reducing teenage pregnancy and sexually transmitted infection rates in Islington.

Our objectives are:

For women struggling with post abortion, adoption or other pregnancy/child loss issues to:
Enable them to find acceptance of past events.

Grieve their losses in a healthy way.

Recover lost self-respect and raise feelings of self-worth.

Increase their ability to take control of their lives.

Increase their recognition of steps they can take to handle their emotions.

Provide them with tools to help them handle other issues of loss in their lives

For women facing an unplanned pregnancy to:

Reduce distress by offering support.

Facilitate informed decision making.

Increase their ability to take control of their lives.

Main activities of your organisation:

Our services include:

Unplanned Pregnancy Support providing information, a listening ear and options discussion.

Post-Abortion (and other types of pregnancy loss) Support offering a ten-step counselling programme.

HMP Holloway Pregnancy and Child Loss Counselling Project providing caring, compassionate counselling to support female prisoners with unplanned pregnancy or pregnancy/child loss issues including women whose children have been compulsorily adopted.

Community Relationships and Sexual Health Education (RSHE) Project working across the community using a range of creative methods to explore the dynamics of relationships and build skills to form positive relationships (a similar RSHE project is also provided at HMP Holloway).

Befriending Service offering support and friendship for vulnerable women who continue their pregnancies including free loan of baby clothing and equipment.

Number of staff

| Full-time: | Part-time: | Management committee members: | Active volunteers: |
|------------|------------|-------------------------------|--------------------|
| 1 | 4 | 6 | 20 |

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 | Expired 07/14. To be renewed |

Summary of grant request

Need for the Project

This project has a significant demand (150 referrals in 2013). Grief over their lost children and pregnancies is one of the deepest and most abiding themes for women in prison. Our experience has shown that women have often turned to substance abuse to deal with the pain of their child losses, an activity which directly contributes to their offending behaviour and has a deleterious effect on their mental health.

How the work will be delivered

This work will be delivered by a team of volunteers who are qualified counsellors or counsellors-in-training. In addition they are trained in-house in the use of our specific bereavement material. Volunteers are managed by the Director of Choices, a qualified counsellor with ten years' experience.

Why we are the right organisation to deliver the work

Choices has an established track record at HMP Holloway. We have built a reputation for delivering a quality service which is highly appreciated by staff and inmates. Choices' Prison Project is part of the Healthcare Department at HMP Holloway and line-managed by the Mental Health Manager. We have a service level agreement with CNWL (Central and North West London NHS Trust) which is commissioned to provide all healthcare for Holloway prison. We work very closely with the Mental Health and Psychological Therapies Teams and play a recognised role in the overall mental healthcare provision for the inmates. We are the only team providing dedicated unplanned pregnancy support and counselling for pregnancy and child loss issues.

How we will meet the Trust's programme outcome of more offenders and ex-offenders receiving help and support to improve their mental health

Choices aims to help women struggling to deal with their baby and child losses in an environment where serious psychological implications are inevitable without specific support. This includes women whose children are subject to enforced adoption (up to 40% of our clientele). This project aims to make a difference to women prisoners by enabling them to tackle painful issues of grief and responsibility in relation to their lost pregnancies and children. Once in prison and able to soberly reflect on events, participating in a programme which enables them to deal with some of their principal losses from the past, improves female prisoners' long term mental health and reduces the risk of self-harm or substance abuse. Combined with an improved self-respect learned through the counselling relationship their risk of reoffending is also reduced.

We recently added a Relationships and Sexual Health (RSHE) project. This encourages participants to develop the skills they need to ensure that when released they make and maintain healthy relationships, and are empowered with the information they need to keep themselves sexually and relationally healthy. This is particularly important for a population particularly at risk of sexual coercion and violence which is known to be associated with depression and anxiety.

How our project meets the Trust's 'Principles of Good Practice'

We use the Hospital Anxiety and Depression Scale to score clients before and after counselling. We involve service users in the management and running of the service through quantitative and qualitative evidence gathered from satisfaction questionnaires and programme evaluations. Annual reports of statistics and client work is produced as part of our service level agreement with CNWL and disseminated to key stakeholders within and outside the prison. We continually adapt our material to suit our client's needs; hence the recent introduction of the RSHE project. We plan to offer training and support to other groups so that similar projects can commence in other women's prisons around the UK.

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

Not applicable

Do you have a Vulnerable Adults policy? ~~NO~~ YES 

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.

Consolidate the prison counselling service by raising the necessary funds and then recruiting an additional paid counsellor Year 1. In Year 2, continue to have three paid counsellors on the team.

Provide crisis pregnancy and pregnancy/child loss counselling to 100 women inmates at HMP Holloway in Year 1 and 120 in Year 2 and 3.

Recruit, train and maintain 4 volunteer counsellors making an optimal team size of 7 in order to keep waiting times to a minimum and increase the numbers of women we reach.

Introduce our services to local Probation, drugs intervention projects and other agencies to facilitate working with ex-offenders in the community as well as continuing with counselling 'through the gate' with released clients who are local.

Review our monitoring and evaluation procedures.

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.

By avoiding fluctuations in the size of our team we will be able to provide better service delivery and guarantee the sustainability of the service for the future.

Through the increased provision of this service women inmates at HMP Holloway will receive appropriate support for one of the most significant and sensitive issues for female prisoners; providing resolution for women troubled by the loss of their child.

Through the retention of a small volunteer team we will be able to maximise the opportunity to build individual relationships between counsellors and inmates. This will create a trusted and stable environment in which our work can flourish prior to their release.

Improving the mental health of ex-offenders by helping them to healthily grieve their child losses thereby offering support at a critical juncture and reducing the risk of reoffending or returning to substance abuse.

Women will benefit from a service which is tailored to their needs and one which they contribute to shaping the delivery of.

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?

Our Prison Counselling Project is funded partly through grants and partly through Choices' own fundraising efforts and through private donations. We will continue to fund this work from these sources but are always looking for sustainable funding solutions for our work.

Who will benefit?

About your beneficiaries

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

120

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

Islington (100%)

What age group(s) will benefit?

16-24

25-44

45-64

What gender will beneficiaries be?

Female

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

White (including English/ Welsh/ Scottish/ Northern Irish/ British; Irish; Gypsy, Traveller or Irish Traveller; Any other White background)

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

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)

If Other ethnic group, please give details: **Non-British white**

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 |
|---|--------|--------|--------|--------|
| Project Manager Salary | 12,240 | 12,485 | 12,735 | 37,460 |
| Employers NI Liability | 628 | 640 | 653 | 1,921 |
| Prison Counsellor Salary I | 4,992 | 5,092 | 5,194 | 15,278 |
| Prison Counsellor Salary II | 4,992 | 5,092 | 5,194 | 15,278 |
| Materials and Resources | 750 | 750 | 750 | 2,250 |
| Supervision | 3,328 | 3,395 | 3,462 | 10,185 |
| Volunteer Expenses | 500 | 600 | 650 | 1,750 |
| Training and Volunteer Development | 1,000 | 1,200 | 1,400 | 3,600 |
| Other costs (broken down as a full breakdown in proposal) | 9,500 | 9,500 | 10,000 | 29,000 |

| | | | | |
|---------------|---------------|---------------|---------------|----------------|
| TOTAL: | 37,930 | 38,754 | 40,038 | 116,722 |
|---------------|---------------|---------------|---------------|----------------|

What income has already been raised?

| Source | Year 1 | Year 2 | Year 3 | Total |
|--|--------|--------|--------|-------|
| Hinchley Charitable Trust | 7,500 | 0 | 0 | 7,500 |
| Leaver Family Charitable Trust | 500 | 0 | 0 | 500 |
| Barnabas Trust | 500 | 0 | 0 | 500 |
| Other trusts (broken down as full breakdown in supporting information) | 10,000 | 0 | 0 | 0 |

| | | | | |
|---------------|---------------|----------|----------|---------------|
| TOTAL: | 18,500 | 0 | 0 | 18,500 |
|---------------|---------------|----------|----------|---------------|

What other funders are currently considering the proposal?

| Source | Year 1 | Year 2 | Year 3 | Total |
|------------------------|--------|--------|--------|-------|
| Hilden Charitable Fund | 5,000 | 0 | 0 | 5,000 |
| | 0 | 0 | 0 | 0 |

| | | | | |
|---------------|--------------|----------|----------|--------------|
| TOTAL: | 5,000 | 0 | 0 | 5,000 |
|---------------|--------------|----------|----------|--------------|

How much is requested from the Trust?

| Expenditure heading | Year 1 | Year 2 | Year 3 | Total |
|-----------------------------|--------|--------|--------|--------|
| Prison Counsellor Salary I | 4,992 | 5,092 | 5,194 | 15,278 |
| Prison Counsellor Salary II | 4,992 | 5,092 | 5,194 | 15,278 |
| Supervision | 3,328 | 3,395 | 3,462 | 10,185 |
| | 0 | 0 | 0 | 0 |
| | 0 | 0 | 0 | 0 |

| | | | | |
|---------------|---------------|---------------|---------------|---------------|
| TOTAL: | 13,312 | 13,579 | 13,850 | 40,741 |
|---------------|---------------|---------------|---------------|---------------|

Finance details

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

| | | |
|-----------------------|-----------------|------------|
| Financial year ended: | Month: December | Year: 2013 |
|-----------------------|-----------------|------------|

| Income received from: | £ |
|-----------------------------------|----------------|
| Voluntary income | 125,277 |
| Activities for generating funds | 20,098 |
| Investment income | 19 |
| Income from charitable activities | 156 |
| Other sources | 6,642 |
| Total Income: | 152,192 |

| Expenditure: | £ |
|---|----------------|
| Charitable activities | 102,905 |
| Governance costs | 2,437 |
| Cost of generating funds | 14,527 |
| Other | |
| Total Expenditure: | 119,870 |
| Net (deficit)/surplus: | 32,323 |
| Other Recognised Gains/(Losses): | |
| Net Movement in Funds: | 32,323 |

| Asset position at year end | £ |
|----------------------------|---------------|
| Fixed assets | |
| Investments | |
| Net current assets | 98,969 |
| Long-term liabilities | |
| *Total Assets (A): | 98,969 |

| Reserves at year end | £ |
|-----------------------------|---------------|
| Endowment funds | |
| Restricted funds | 7,728 |
| Unrestricted funds | 91,241 |
| *Total Reserves (B): | 98,969 |

* Please note that total Assets (A) and Total Reserves (B) should be the same.

Statutory funding

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|--|
| For your most recent financial year, what % of your income was from statutory sources? 0% |
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Organisational changes

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

Choices' Treasurer resigned in 2013 and so far we've had two unsuccessful recruitment drives to source a replacement. We currently have another person considering the post. In the meantime, our Finance Subcommittee (Chaired by our Chair of Trustees) together with our very competent Bookkeeper have been covering the Treasurer's duties and the 2013 Accounts and Report have been successfully produced and approved. Bimonthly financial reviews at the Board have continued and the Bookkeeper will attend the Board AGM on 30 July to speak to the accounts and Choices' current financial situation.

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 | 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 | 2012 £ | 2013 £ | 2014 £ |
|---------------------------|-----------|-----------|-----------|
| Henry Smith Charity | 0 | 30,000 | 30,000 |
| Joseph Rank Trust | 12,000 | 12,000 | 12,000 |
| Sir Halley Stewart | 0 | 0 | 20,000 |
| Seedbed Trust | 0 | 5,000 | 2,500 |
| Hinchley Charitable Trust | 0 | 0 | 7,500 |

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: **Celia Wyatt**

Role within **Executive Director**
Organisation:

Choices Islington - Revised Outputs and Outcomes

Appendix 1

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.

Activity 1: All women admitted to HMP Holloway with an unplanned pregnancy and unsure what to choose, be offered one-to-one pregnancy choices counselling within two weeks of referral in order to facilitate their own informed decision-making. This output to be the same for Years 1 - 3.

Activity 2: At least 100 inmates at HMP Holloway receive one-to-one pregnancy/child loss counselling with 600 sessions delivered in Year 1, and 120 women with 650 sessions in Years 2 and 3 respectively.

Activity 3: To recruit, induct, train and support two volunteer counsellors and two paid counsellors to provide one-to-one pregnancy/child loss counselling and bring the team size up to seven in Year 1. Further volunteers inducted, trained and supported as required in Years 2 and 3 to maintain an optimal team size of seven.

Activity 4: To provide 'through the gate' pregnancy/child loss counselling for 5 -10 ex-offenders in Year 1, rising to 8 – 12 and 10 – 15 in Years 2 and 3 respectively.

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.

Difference 1: All unplanned pregnancy clients at HMP Holloway have a reduced risk of adverse psychological consequences regarding their pregnancy through the experience of supported decision-making.

Difference 2: At least 80% of clients at HMP Holloway who complete the programme of one-to-one counselling for pregnancy/child loss in Years 1, 2 and 3 respectively, achieve an improvement in their mental health by reducing their anxiety and depression levels and report an improvement in their psychological well-being through raising their self-esteem and reducing their distress levels by healthily grieving their lost pregnancies/children and where appropriate through re-establishing letterbox contact with their adopted children.

Difference 3: At least 50% of clients in Year 1 will benefit from rapid relief of psychological distress through a timely counselling response in less than one month from date of referral and receive at least five sessions thereby improving therapeutic outcomes. This figure to rise to 60% and 70% in Years 2 and 3 respectively.

Difference 4:

Improving the mental health of 5 – 10 ex-offenders in Year 1 by:

- a) helping them to healthily grieve their child losses
- b) providing professional consistency

Thereby offering support at a critical juncture and helping them maintain mental health gains achieved in prison and reducing the risk of reoffending or returning to substance abuse. This number to rise to 8 – 12 in Year 2 and 10 – 15 in Year 3.