

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Open Door, Young People's Consultation Service	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Haringey	
Contact person: Ms Julia Britton	Position: Director
Website: http://www.opendooronline.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 299707
When was your organisation established? 01/01/1976	

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 children and young people receiving specialist help, resulting in improved mental health A reduction in suicide and self-harm amongst the recognised at risk groups
Please describe the purpose of your funding request in one sentence. To develop Open Door Tottenham -- a comprehensive therapy service for vulnerable and marginalised young people aged 12-24 in an area of significant deprivation.
When will the funding be required? 01/07/2014
How much funding are you requesting? Year 1: £45,000 Year 2: £46,000 Year 3: £47,000 Total: £138,000

Aims of your organisation:

- To improve the well-being and mental health outcomes of young people aged 12-24 through delivering effective, evidence- based psychological therapies.
- To reduced the risk of suicide and self harm and alleviate the effects of abuse, trauma and mental ill health.
- To enhance the educational achievement and employment opportunities of young people experiencing mental health problems.
- To enable young people to feel more in control of their lives and to make positive choices.
- To improve young people's capacity to develop and sustain relationships.
- To provide consultation and support to parents, carers and professionals concerned with young people.
- To ensure delivery of evidence-based services through monitoring, evaluation and research.
- To provide an inclusive service that works to remedy discrimination on any grounds.
- To deliver the 'Every Child Matters' targets.

Main activities of your organisation:

Young people aged 12-24 are offered a range of fully evaluated psychological interventions delivered by highly trained professionally accredited clinicians. We currently offer:

- Counselling
- Psychotherapy
- Cognitive Behaviour Therapy (CBT)
- Mindfulness Based Therapy
- Dynamic Interpersonal Therapy (DIT)
- Specialist Psychotherapy for young people with disabilities
- Group Therapy
- Family Therapy

Therapy is offered on a brief, medium and longer-term basis, from a few sessions of crisis work to two years of weekly psychotherapy.

We have a separate service for parents/carers concerned about their adolescent and young adult children called the 'Parenting Teenagers Project' which offers brief and longer term interventions. We also have therapy services operating in a number of secondary schools throughout Haringey.

Additionally offer work placements for clinical trainees and volunteering opportunities.

We undertake evaluation and research with a view to improving service provision for young people and their families and disseminate this work more widely through presentations and publications.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	17	8	8

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

Haringey is one of the most socially, ethnically and economically diverse Boroughs in London. It is home to some of the most affluent as well as the most deprived communities in the UK, reflected geographically in a split between west and east. Rates of physical and mental ill health, unemployment, family breakdown, teenage pregnancy, gang related violence and other indicators of poorer outcomes for children and young people are significantly higher in the more impoverished east. 5 of London's 25 most deprived wards are located in East Haringey. Anxiety about the massive social divide in the borough was heightened following the riots in 2011 giving a sense of urgency to the need for the development of services for children, young people and families in the east.

Based in Crouch End, West Haringey, since its inception in 1976, Open Door has been supported over the years by funders including City Bridge, to improve access to its services across the borough through outreach work in schools and other community based settings. Last year we received 3 years funding from Haringey Council's Voluntary Sector Investment Fund for organisational transformation and are aiming to achieve something more ambitious - not an outreach service, nor a satellite service but a permanent presence in the heart of Tottenham, East Haringey.

We have secured premises within the 639 Enterprise Centre, a flagship regeneration project funded by the GLA and opened by the Mayor of London in May 2013. 639 is a hub for youth training, employment and enterprise. We were welcomed in to this new venture to facilitate a more supportive and holistic approach to issues of youth employment, inclusion and emotional well-being and to provide an easily accessible, non-stigmatising mental health service for local young people and their families.

Having established the infrastructure we are looking to build a clinical team of highly trained professionals and volunteers to deliver the full range of Open Door's services as well as piloting new interventions in response to local need.

We aim to deliver:

- Counselling and psychotherapy for 12-24 year olds from a few sessions of crisis work to 2 years weekly therapy
- Cognitive Behaviour Therapy (CBT)
- Mindfulness Based Therapy
- Specialist psychotherapy in our service for young people with disabilities
- Family Therapy & Parent Work in our Big Lottery funded Parenting Teenagers Project
- New targeted therapy services for teenage parents; care leavers and young people not in education, employment or training to be delivered with local partners based in and around the 639 Enterprise Centre including First Rung, The Princes Trust and local Children's Centres.

Over the past 38 years, Open Door has worked with thousands of young people facing emotional and mental health difficulties in their transition from childhood to adulthood. Our interventions are evidence-based and outcomes monitored.

Our latest evaluation showed:

- 89% improvement in mood
- 77% reduction in self-harm
- 86% reduction in anxiety
- 84% improvement in functioning

We also listen to service users and it was their feedback about the need for locally based services that led us to the idea of establishing a permanent home in Tottenham, an area that presents particular challenges for its young people but also holds within it so much creative potential. We hope that City Bridge Trust will support the development of Open Door Tottenham and contribute to improving the mental health outcomes and life chances of local young people.

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

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.

Carry out comprehensive mental health needs assessments to establish the most appropriate therapeutic intervention or package of interventions. The educational, employment and social needs of the young person will also be assessed.

Highly trained clinicians will deliver evidence-based psychological therapies on an individual and group basis -- counselling, psychotherapy, CBT, Mindfulness and Dynamic Interpersonal Therapy (DIT). Interventions will range from a few sessions of crisis work to 2 years weekly therapy. Personalised packages of interventions will be offered where appropriate.

Pilot targeted services for particularly disadvantaged young people -- those not in education, employment or training; care leavers, young parents and young people from BME communities. Working with local partners we will deliver flexible multi-level interventions -- to meet the therapeutic, educational, training and social needs of young people.

Alongside the work in our Young People's Service, we will deliver Open Door's fully evaluated model of therapeutic support for parents and carers concerned about their teenage and young adult children as well as family therapy in our Big Lottery funded Parenting Teenagers Project.

We will recruit, train and support voluntary therapists and other frontline volunteers to increase capacity and to provide high quality work experience in an established, highly professional organisation undergoing an exciting period of change and development.

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.

Young people using our service will experience improved mental health and emotional well-being -- indicators would include reduction in rates of depression, anxiety, self-harm, suicidal ideation and eating difficulties as well as reduced 'externalising behaviours' including violence, delinquency, alcohol and substance misuse

Particularly marginalised and at risk young people will have access to a local service and become engaged in mental health treatment. These will include young people from BME communities, those not in education, employment or training, care leavers, pregnant teenagers and young parents.

Young people will feel more confident and able to engage with education, employment and training and be less socially isolated.

Young people will experience improved family, peer and partner relationships crucial to sustaining improved mental health, emotional well-being and resilience.

Volunteer therapists and front line support workers will gain essential experience and training - equipping them to go on to employment, taking with them the necessary skills and understanding to be able to work effectively with vulnerable and marginalised young 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?

Our project very much fits the local strategy of developing targeted services in the Tottenham area. We would therefore hope that the service would be integrated into our overall work after 3 years with financial support from local commissioners. As you will understand, we cannot get guarantees at this stage given constraints on public expenditure.

Who will benefit?

About your beneficiaries

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

62

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

Haringey (100%)

What age group(s) will benefit?

0-15

16-24

What gender will beneficiaries be?

All

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: includes Kurdish, Turkish, Cypriot

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
STAFF - employed	33,512	34,357	35,224	103,093
Clinical supervision	1,790	1,790	1,790	5,370
Clinical Admin (from support service)	6,032	6,184	6,340	18,556
Contribution to core costs	5,027	5,154	5,284	15,465
Project costs	3,870	3,951	4,100	11,921
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	50,231	51,436	52,738	154,405
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Open Door resources	5,354	5,488	5,626	16,468
	0	0	0	0

TOTAL:	5,354	5,488	5,626	16,468
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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
STAFF - employed	28,158	28,869	29,598	86,625
Clinical supervision	1,790	1,790	1,790	5,370
Clinical Admin (from support service)	6,032	6,184	6,340	18,556
Contribution to core costs	5,027	5,154	5,284	15,465
Project costs	3,870	3,951	4,100	11,921
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	44,877	45,948	47,112	137,937
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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	94,476
Activities for generating funds	0
Investment income	1,203
Income from charitable activities	277,030
Other sources	0
Total Income:	372,709

Expenditure:	£
Charitable activities	357,503
Governance costs	2,355
Cost of generating funds	0
Other	0
Total Expenditure:	359,858
Net (deficit)/surplus:	12,851
Other Recognised Gains/(Losses):	-728
Net Movement in Funds:	12,123

Asset position at year end	£
Fixed assets	308,657
Investments	17,620
Net current assets	86,656
Long-term liabilities	0
*Total Assets (A):	412,933

Reserves at year end	£
Restricted funds	183,730
Endowment Funds	0
Unrestricted funds	229,203
*Total Reserves (B):	412,933

* 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?
41-50%

Organisational changes

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

None

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	21,000	9,450	34,683
London Councils	0	0	0
Health Authorities	124,000	126,000	117,300
Central Government departments	30,376	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 £
Big Lottery (Reaching Communities Programme)	89,660	90,825	98,564
Comic Relief	0	31,953	46,079
BBC Children in Need	0	6,623	23,736
Aardvark Trust	7,372	2,212	0
AB Charitable Trust	0	7,500	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: **Julia Britton**

Role within **Director**
Organisation: