

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Positive East	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Tower Hamlets	
Contact person: Mr Liam Clipsham	Position: Trusts and Foundations Officer
Website: http://www.positiveeast.org.uk	
Legal status of organisation: First Contact	Charity, Charitable Incorporated Company or company number: 1001582
When was your organisation established? 10/01/1991	

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? Domestic violence survivors empowered to avoid or leave violent, abusive or exploitative situations 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. Re:Assure works with HIV Positive women (and partners) who have experienced rape and sexual violence -- in particular refugee and asylum seeking women.
When will the funding be required? 01/10/2014
How much funding are you requesting? Year 1: £37,628 Year 2: £38,739 Year 3: £0 Total: £76,376

Aims of your organisation:

Positive East supports people living with and affected by HIV in East London. There are now nearly 100,000 people in the UK living with HIV with around half of them in London. We work in many of the boroughs with the highest rates. They are also some of the most economically deprived areas in the UK. We provide a range of support services to those who are unwilling or unable to access help anywhere else, due to fear of stigma or a lack of confidence and means.

We also wish to see no more onward transmission of the virus and so we carry out rapid HIV tests in more places than anyone else in London. That includes providing information in the community to reach as many people as possible and doing outreach work in community centres, churches, gay bars and clubs, gay saunas, shops, gymnasiums, libraries, schools and colleges.

Main activities of your organisation:

Positive East supports people living with HIV by providing:

Psychological help, advice and counselling, including specific groups linked to age, language, culture and gender.

Peer support led services.

Well-being courses promoting a healthy lifestyle and building social networks.

Ongoing guidance on living a healthy lifestyle making use of our own social enterprise café, gym and communal garden.

Courses promoting independence in life and fostering pathways back into employment, education and training.

Volunteering opportunities, encouraging giving back, where appropriate, with an ethos of benefiting all parties involved

Positive East promotes HIV awareness and undertakes community testing:

We focus on harder to reach and more at risk groups; examples include education and testing outreach in black faith congregations and onsite testing in gay sauna's across East London

We provide translated materials aimed at encouraging testing as well as language specific points of access for our support services; in recent years we have increased the language portfolio to include more Eastern European languages

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
16	14	12	60

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	125 years+ peppercorn rent

Summary of grant request

Re:Assure is the only project in Greater London that specifically focuses on HIV Positive women, in particular refugees and asylum seekers, who have experienced rape and sexual violence. Many of these women have complex needs related to past and current traumas and many are living in difficult economic and social circumstances with immigration status being a major concern.

The project provides counselling, group work and mentoring so that the women, along with their partners and families, can overcome past traumas, current conflicts and fear of stigma and disclosure around their status. The counselling is led by a qualified and experienced clinical psychologist and will be complemented by a final year trainee. The group work is led by a Supporting Services worker who specialises in working with refugees and asylum seekers. The project naturally complements Positive East's wider supporting services that address welfare payments, housing, employment, social networks, health living etc.

The core aim of the work is to facilitate increased independence and well-being in the women with whom we work, so that they are more confident and able to live their lives and have successful relationships. Additional aims are to address fear of disclosure, discrimination and stigma, facilitate stronger relationships and to tackle domestic violence.

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Positive East has been supporting PLWHIV across East London for nearly 25 years and we have run the Re:Assure project for the last six, after identifying an unmet need with women who had experienced sexual abuse, rape and trauma which was often related to their HIV diagnosis. The project has evolved to both confront more complex issues related to past trauma through refined counselling methods as well as tackling day-to-day challenges and links into a support package that promotes independence and well-being in life. We are the right organisation to continue this work as we have the experience and skill set to deliver it successfully, the supporting services that compliment the project and the partnerships that reach out to where the need is.

The Re:Assure project is a targeted approach aimed at improving the mental health of vulnerable women in London who are living with HIV. Specifically we work with refugee and asylum seeking women from BME communities along with their partners and families. While the majority of service users are black African Re:Assure has worked with women of other ethnicities and backgrounds and we are further investigating partnerships with charities and agencies working with recent immigrants where there might be a need for this type of intervention. The nature of living with HIV adds to the complexity and challenges making non HIV specific mental health support insufficient to address properly issues of stigma, self loathing and fear of disclosure.

We actively encourage current and ex service users to help shape the content of our Re:Assure group sessions and as a result we have spent longer on topics such as sexual relationships and dealing with abuse from partners. We has also utilised their ideas to help us fund-raise for the work and this has included craft sales with items made by the women and a Fashion Show which is being supported by MAC Cosmetics. We also encourage volunteering and in particular peer support from women that have already been through the course helping those who are embarking on it for the first time, part of our core ethos is learning from lived experience. We plan to increase volunteer delivery.

The demand for the work is still high and the challenges the women face are increasingly complex, mainly due to the increasingly hostile welfare and immigration environment that is apparent in the UK.

* = People Living With HIV

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

N/A

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.

Deliver one to one counselling sessions with the women focused on improving their mental health and overcoming past traumas.

Providing a structured weekly programme on sex and relationships within a group setting.

Following feedback we will be providing more therapy sessions for couples focused on addressing issues of domestic violence.

We will provide volunteer and peer support opportunities that will include training support and signposting on to further education and employment opportunities. We plan to increase the amount of work delivered by peers/volunteers from 20% to 30% over the next two years.

We will promote the work to the wider sector, in particular focusing on migrant and domestic violence charities.

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.

The women who have attended the trauma intervention therapy will build up their personal resilience and coping strategies to help address the past and deal with current day-to-day challenges.

Participants are encouraged to share their stories in a non judgemental environment as well as listen to advice and tips from experts. This will enable them to have more expertise and confidence to negotiate sex and relationships with their partners.

Most of the women that are in relationships currently experience levels of domestic violence. We aim to engage with the partners in a delicate and informative way to try and reduce this and to show that it is unacceptable.

The women taking part in the Re:Assure programme will be encouraged to gain skills and qualifications with Positive East that can lead on to further education and employment opportunities, taking into account legal status and right to work.

We want to further ensure that those who would benefit from the Re:Assure project know about it and to this end we will be working more with general migrant, domestic violence and HIV charities in London to advertise and promote the project.

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?

Yes. We intend to fund it from alternative sources of voluntary income. We will also explore further the generation of income from social enterprise work stemming from the project such as selling hand-crafted goods made by the ladies involved in the course themselves. A fashion show event will also be explored.

Who will benefit?

About your beneficiaries

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

100

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

What gender will beneficiaries be?

Male

Female

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)

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)

Other ethnic group (including Arab)

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

21-30%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Lead Clinical Psychologist	23,510	24,215	0	47,725
Women's support worker	8,518	8,774	0	17,292
Travel expenses for service users	2,000	2,200	0	4,200
Creche for service users with children	4,200	4,350	0	8,550
Volunteer expenses (training and travel + food)	3,000	3,200	0	6,400
Monitoring and evaluation costs	1,200	1,200	0	2,400
Management costs	4,400	4,550	0	8,950
	0	0	0	0
	0	0	0	0

TOTAL:	46,828	48,489	0	95,317
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Co-operative Community fund - creche worker	1,875	0	0	1,875
Positive East Events (for volunteers and travel costs)	3,550	0	0	3,550
	0	0	0	0
	0	0	0	0

TOTAL:	5,425	0	0	5,425
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
PE funding events	1,775	5,250	0	7,025
Wandsworth Oasis small grant	2,000	2,500	0	4,500
Co-operative Community Award	0	2,000	0	2,000
	0	0	0	0

TOTAL:	3,775	9,750	0	13,525
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary Psychologist	23,510	24,215	0	47,725
Women's support worker	8,518	8,774	0	17,292
Monitoring and evaluation costs	1,200	1,200	0	2,400
Management costs	4,400	4,550	0	8,950
	0	0	0	0
	0	0	0	0

TOTAL:	37,628	38,739	0	76,376
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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	71,100
Activities for generating funds	111,297
Investment income	986
Income from charitable activities	1,421,258
Other sources	105,668
Total Income:	1,710,309

Expenditure:	£
Charitable activities	1,235,544
Governance costs	95,349
Cost of generating funds	160,526
Other	199,901
Total Expenditure:	1,691,320
Net (deficit)/surplus:	18,989
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	18,989

Asset position at year end	£
Fixed assets	121,894
Investments	125,000
Net current assets	361,433
Long-term liabilities	0
*Total Assets (A):	608,327

Reserves at year end	£
Restricted funds	0
Endowment Funds	0
Unrestricted funds	608,327
*Total Reserves (B):	608,327

* 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:

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)	12,000	10,800	10,800
London Local Authorities	306,916	314,728	1,020,953
London Councils	0	0	0
Health Authorities	0	829,798	763,644
Central Government departments	0	0	0
Other statutory bodies	305,743	133,102	139,865

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 £
MAC AIDS	0	66,000	89,000
Monument Trust	40,500	50,750	66,250
Trust for London	0	17,213	17,213
Big Lottery Transitions	0	205,000	0
Gilead	13,805	0	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: **Liam Clipsham**

Role within **Trusts and Foundations Officer**
Organisation: