

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Respond	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Camden	
Contact person: Ms Deborah Lyttelton	Position: Forensic Psychotherapist & Fundraiser
Website: http://www.respond.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 800862
When was your organisation established? 02/01/1989	
<p>Aims of your organisation:</p> <p>Respond aims to make a real difference to the lives of people with learning disabilities by providing effective and flexible support to help them to improve their lives. Respond works with children and adults with learning disabilities who have experienced abuse or trauma - as well as those who have abused others - through psychotherapy, advocacy, campaigning and other support. Respond also aims to prevent abuse by providing training, consultancy and research.</p>	
<p>Main activities of your organisation:</p> <ol style="list-style-type: none"> 1. Individual psychotherapy - for children, young people and adults with learning disabilities who are victims/perpetrators of sexual abuse, who have experienced significant trauma or witnessed domestic violence. 2. Group psychotherapy - for children who have been sexually abused; young people with sexually harmful behaviours; young people using violence in intimate relationships; adult male sex offenders; adult loss and bereavement group; and a group for women who have been abused. 3. Family counselling - mother and child groups for those who have experienced domestic violence; family therapy for children and parents; advice and support. 4. Psychotherapy in schools - groups and individual therapy in 6 schools 5. Training and consultancy for professionals 6. Forensic risk assessments -- for sexually offending clients 7. Parenting assessments 8. Policy and campaigns work currently focussing on safeguarding and 'mate' crime 9. Circles of Support & Accountability for young people with sexually harmful behaviour 10. Specialist support for the victims & families of Winterbourne View 	

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
5	14	7	26

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	3 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? More offenders and ex-offenders receiving help and support to improve their mental health More children and young people receiving specialist help, resulting in improved mental health
Please describe the purpose of your funding request in one sentence. To improve the mental health of people with learning disabilities and/or autistic spectrum disorders involved in the criminal justice system thereby reducing offending/re-offending
When will the funding be required? 01/04/2014
How much funding are you requesting? Year 1: £40,008 Year 2: £40,808 Year 3: £41,624 Total: £122,440
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? The project will continue beyond 3 years. We will partly fund the work through income generated by fees for therapeutic work and training and by seeking funding from other trusts.
If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Summary of grant request

The Prison Reform Trust estimated in a 2007 report that 20-30% of all offenders have a learning disability and there is currently minimal specialist provision for this group (please see the project proposal attached for more details of how we have established the need for the project).

Delivery

All delivery will be to young people and adults with learning disabilities or autistic spectrum disorder who have offended or are at risk of offending.

The key activities of the project will be:

- Training, consultancy and awareness raising for professionals in the Criminal Justice System and families of offenders

We will provide training & consultancy for at least 100 professionals each year

We will provide support and training for at least 30 family members each year

- Circles of Support & Accountability

We already run a COSA project for young offenders with LD and we will extend this to include adults as well. We will support at least 6 core members in each year and train 30 volunteers.

- One to one and group therapeutic support

We will provide long-term individual psychotherapy for at least 15 people each year.

We will provide group psychotherapy to up to 8 people each year.

- Risk assessments

We will provide at least 8 12-week psychotherapeutically informed risk assessments.

Aims

The overall aim of the project is reduce offending & re-offending amongst offenders with learning disabilities/ASD. In order to achieve this aim, we will work towards the following outcomes:

1. Improved mental well-being evidenced for at least 30 offenders or those at risk of offending with learning disabilities through the use of recognised outcome measures
2. Decreased levels of risk for at least 30 offenders or those at risk of offending evidenced through the use of recognised outcome measures
3. Improved mental well-being and awareness of risk for at least 30 family members
4. Increased knowledge and skills for at least 100 professionals supporting people with sexually harmful/offending behaviours
5. Decreased levels of isolation for at least 30 offenders with LD

Why Respond?

Respond is the leading provider of therapeutic services to people with learning disabilities who have been abused and/or abused others in London and surrounding areas. We have been working for 25 years, specialising particularly in sexual abuse and trauma. Our team of therapists, advocates and case workers are skilled in working with clients who have complex needs (such as communication) and are often considered "hard to reach". We have a strong team of therapists who are expert in working forensically with young people and adults with LD who have offended or display sexually harmful behaviour.

Principles of Good Practice

- People with learning disabilities are employed to work as members of our Respond Action Group. The group is consulted about service development and deliver workshops and training to other organisations.
- All our service users are disabled and from a wide range of ethnic backgrounds. We make much of our information available in easy-read formats and employ staff from a range of backgrounds to reflect the make-up of our service users as far as possible.
- We have recently expanded our use of volunteers in all areas of the organisation. In particular we have recruited volunteers to work on our COSA project, supporting people with LD who have offended and to work on our helpline for providing support to the former residents of Winterbourne View and their families.

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.

- **At least 8 risk assessments**

Assessments will address the following areas: attachment deficits, self-esteem, cognitive distortions from the abuse, sexualised behaviour, self-harm, aggression, guilt, shame, post-traumatic stress disorders (amongst other factors).

At least 15 individual psychotherapeutic interventions of a minimum of one year

Training

We will run at least 10 training events for at least 100 professionals and front-line workers to raise awareness around the vulnerability and risks of this group. We will provide support and training for up to 30 family members each year

Circles of Support & Accountability

We already run COSAs for young offenders with LD and we will extend this to include adult offenders with LD as well (known as the "core member"). We will support 6 core members in each year and train 30 volunteers to work with core members

Enhancing skills in the field and developing partnerships

We will work with partners such as the Ann Craft Trust, Prison Reform Trust, Institute of Psychotherapy and Disability, NSPCC and Barnardos in order to create a broader understanding of the needs of young people and adults with learning disabilities.

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.

Improved community participation and understanding of the needs of isolated offenders with LD living in the community

A reduction of sexual offending amongst men with learning disabilities

Offenders with learning disabilities will be less isolated and have improved mental health

Professionals working with offenders with learning disabilities will be more able to provide appropriate interventions and support

Who will benefit?

About your beneficiaries

How many people will benefit directly from the grant per year? 130
In which Greater London borough(s) or areas of London will your beneficiaries live? London-wide (100%)
What age group(s) will benefit? 0-15 16-24 25-44 45-64 65-74
What gender will beneficiaries be? Male
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? 91-100%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Forensic Services Development Lead	40,008	40,808	41,624	122,440
Case manager	35,198	35,901	36,619	107,718
Administrator	10,266	10,471	10,680	31,417
Consultant Clinical Supervisor (1 day)	8,043	8,302	8,468	24,813
Forensic Psychotherapist (2 days)	15,212	15,516	15,826	46,554
Travel, publicity & resources	3,500	3,570	3,600	10,670
Training	2,000	2,040	2,081	6,121
Overheads (15%)	17,134	17,491	17,789	52,114
	0	0	0	0

TOTAL:	131,361	134,099	136,687	402,147
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Therapy & risk assessment fees	70,000	70,000	75,000	215,000
Training & consultancy fees	20,000	20,000	23,000	63,000
	0	0	0	0
	0	0	0	0

TOTAL:	90,000	90,000	98,000	278,000
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
None as yet	0	0	0	0
	0	0	0	0
	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
Forensic Services Development Lead	40,008	40,808	41,624	122,440
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	40,008	40,808	41,624	122,440
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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	28,173
Activities for generating funds	0
Investment income	182
Income from charitable activities	599,712
Other sources	0
Total Income:	628,067

Expenditure:	£
Charitable activities	584,866
Governance costs	16,069
Cost of generating funds	30,180
Other	0
Total Expenditure:	631,115
Net (deficit)/surplus:	-3,048
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	(3,048) JM

Asset position at year end	£
Fixed assets	22,882
Investments	0
Net current assets	80,234
Long-term liabilities	9,168
*Total Assets (A):	93,948

Reserves at year end	£
Endowment funds	0
Restricted funds	10,741
Unrestricted funds	83,207
*Total Reserves (B):	93,948

* 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? 21-30%
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Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts: None
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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)	22,500	22,500	29,000
London Local Authorities	0	0	0
London Councils	58,852	53,392	53,371
Health Authorities	0	0	0
Central Government departments	113,691	104,456	127,994
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 £
Comic Relief	77,582	80,239	70,231
Tudor Trust	0	2,833	34,500
John Lyons	29,600	29,600	29,600
Trust for London	0	0	29,000
Esmee Fairbairn	0	0	26,900

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: **Deborah Lyttelton**

Role within **Psychotherapist & Fundraiser**
Organisation:

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Forensic Services Development Lead (0.8)	39,374	40,161	40,965	120,500
Psychotherapist/Case Manager (0.6 in Y1&2 0.8 in Y3)	20,536	21,291	28,955	70,782
Administrator (0.4 in Y1&2 0.6 in Y3)	7,240	7,385	11,299	25,924
Consultant Clinical Supervisor (0.4)	15,836	16,153	16,476	48,465
Advocate/Family Worker (0.4 in Y1&2 0.6 in Y3)	13,915	14,193	21,716	49,824
Travel	1,000	1,020	1,040	3,060
Publicity	2,000	2,040	2,081	6,121
Training	2,000	2,040	2,081	6,121
Therapeutic resources	500	510	520	1,530
Overheads (12% of salary costs)	11,628	11,902	14,329	37,859
Evaluation	15,000	12,000	9,000	36,000
TOTALS	129,029	128,695	148,462	406,186

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Individual therapy fees	24,000	48,000	72,000	144,000
Group therapy fees	5,000	5,000	5,000	15,000
Risk assessment fees	16,000	40,000	76,000	132,000
Training & consultancy fees	4,000	6,000	8,000	18,000
TOTALS	49,000	99,000	161,000	309,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Consultant Forensic Psychotherapist (4 days)	39,374	40,161	40,965	120,500
Contribution to cost of Evaluation (66% of total cost)	10,000	8,000	6,000	24,000
TOTAL:	49,374	48,161	46,965	144,500