

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Centrepont Soho	
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: Miss Millie Hui	Position: Trusts & Statutory Fundraising Manager
Website: http://www.centrepont.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 292411
When was your organisation established? 16/12/1969	

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 More homeless and transient people having access to mental health services and reporting improved well-being
Please describe the purpose of your funding request in one sentence. The expansion of Centrepont's Dual Diagnosis programme which provides focused interventions for young people, integrating support work around substance misuse (harm reduction) and mental health.
When will the funding be required? 01/02/2015
How much funding are you requesting? Year 1: £55,958 Year 2: £75,225 Year 3: £77,225 Total: £208,408

Aims of your organisation:

As per our articles of association, Centrepoint aims to:

- provide care, support, accommodation and resettlement for young people who are vulnerable or homeless or in need of help in acquiring a settled way of life
- assist, educate and further the interests of those young people who are physically, psychologically, emotionally or socially disadvantaged who are in need of advice, counselling or any other form of aid in order that they may obtain a settled way of life in the community and to enable them to develop into mature and responsible individuals.

Main activities of your organisation:

Centrepoint provides supported accommodation services in the form of hostels, emergency shelters and self-contained flats, to ensure that homeless young people have a safe place to sleep at night. However, we believe that accommodation is not enough, and work holistically with homeless young people in all aspects of their lives to turn their lives around. Our Health & Wellbeing Team deliver a range of high quality health services to homeless young people with physical and mental health issues whilst our Learning Team provides information, guidance and accredited support into education, training, work and vocational opportunities. Centrepoint's Youth Parliament and Youth Educators' Project provide homeless young people with a voice and engage and empower them through participation. Our programmes help young people gain independent living skills and we also continue to support them with guidance and advice for six months after they have moved on. Furthermore, Centrepoint campaigns to influence national and local government on policies that affect homeless young people.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
234	64	12	134

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	3

Summary of grant request

Upon arrival at Centrepoin, 25% of our homeless young people have a formally diagnosed mental health problem, an additional 28% report mental health and emotional wellbeing problems including mild depression, anxiety and consistent low moods, and of the 53% with a diagnosis or symptoms of a mental health problem, 61% admit to using drugs. Frequently, we have found that where a young person has been diagnosed, the resources are not available through statutory services in order for them to receive the intensive support they need and that 18-25 year olds are misdiagnosed as having a personality disorder.

This is where Centrepoin's Health & Wellbeing Team comes in. Working holistically and in a targeted way, the Health & Wellbeing Team tackles physical, mental, social and emotional wellbeing, employing a multidisciplinary approach. The team is unique in that it has both qualified clinicians such as psychotherapists and healthy living experts and, for the past year, a dedicated dual diagnosis worker, bridging the gap between mental health and substance misuse. With the London Mental Health Report (Greater London Authority, 2014) indicating that over 75% of lifetime mental health disorders start by the mid-20s, Centrepoin's programme is reaching the most vulnerable age group, working specifically with 16-25 year olds. Key to our delivery strategy is working with partners across local areas to ensure that our young people get access to the most appropriate services.

Having just run our programme for almost one year, our approach is already proving very successful. The way we work means that we can reach not just those with a known need, but also those who have not received a formal diagnosis, pre-contemplative young people who do not consider themselves in need of support, and even young people who may not necessarily have a dual diagnosis, but nevertheless are concerned about mental health and substance misuse issues.

Moving into the programme's second year, our primary aim is to build on the success and momentum of the programme. Based on the first year's evaluation, we will continue to improve the quality of the service. We also hope to reach a greater number of young people within our services by recruiting an additional Dual Diagnosis Practitioner.

Principles of good practice

Involving service users in the planning of the services

We find that the best way to engage young people with our service is to involve them in programme design and making appropriate adaptations in response to their feedback, so that their voices are heard. We also work with them to communicate in ways relevant to young people's age and culture and run youth-led drop-ins/open days. In 2013, over 100 young people were involved in designing or improving how Centrepoin's health services are delivered.

Welcoming people from all backgrounds and valuing diversity

39% of our young people are from BME communities and 37% are refugees, 31% have slept rough and 20% have been in care. We also have a large percentage (20%) with a history of offending.

Valuing and supporting volunteers

We intend to recruit young people who have previously accessed the service and who are now in recovery as volunteers, or Recovery Champions, to come into group sessions to share stories and experiences. They will be supported to develop and deliver AQA-accredited training. Through initiatives such as our Youth Educator' Project, we know that peer support has a very positive influence on young people receiving the support.

Organisational steps to reducing carbon footprint

Centrepoin has an environmental policy and action plan, and are currently creating an Environmental Management System. We will raise the profile of environmental issues through a marketing campaign.

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**

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.

1:1 Brief Interventions: Minimum 2 sessions. Aims (depending on presenting issues): a) give the opportunity to discuss dual diagnosis needs and acknowledge that substance use might hinder a healthy lifestyle, b) address ambivalence accessing support, c) enhance motivation for change and d) to encourage access to block sessions.

1:1 Block Sessions: engaging a young person in a block of sessions (a minimum of 6 sessions). The aim of the block treatment is to address risk, symptom management, harm reduction and reduced use.

Speak Freely Groups have proven hugely successful. These peer led sessions focus on the initial engagement of young people, particularly those unfamiliar with 1:1 Dual Diagnosis support, enabling them to choose discussion topics, increasing engagement and attendance without incentives. Friends and family can attend, as can those not displaying Dual Diagnosis.

Train and support 4 young people to volunteer as rehabilitation champions, to deliver AQA accredited sessions and sharing their experiences.

Dual Diagnosis assessments and treatments offer and / or signposting. Young people will be referred to appropriate treatment.

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.

80% of young people who have received a therapeutic 1-2-1 dual diagnosis intervention self report a positive change in how they feel by the end of the intervention.

80% of young people receiving a dual diagnosis intervention report an overall satisfaction rate of 8 or above as a satisfaction rating when completing a Health & Wellbeing Satisfaction Form.

70% of young people receiving a dual diagnosis intervention subsequently reduce the levels of substance misuse at the end of the intervention.

80% of young people receiving a dual diagnosis intervention engaged with their pathway provider.

80% of young people referred to appropriate treatment improve their mental / emotional wellbeing and gain better access to mental health services.

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?

This programme has already been incredibly successful and it is Centrepoint's intention to continuing offering Dual Diagnosis support to homeless young people and expand its provision to an increasing number of our services. In order to achieve this, we will continue to identify potential funding, including trusts and foundations, corporations and wealthy individuals.

Who will benefit?

About your beneficiaries

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

150

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

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?

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
Salaries, NI and Pension (2 FTE Dual Diagnosis Practitioners)	64,716	66,657	68,657	200,030
Training	1,300	1,300	1,300	3,900
Recruitment (1 FTE additional post)	995	0	0	995
Staff insurance	308	308	308	924
Office costs	1,200	1,200	1,200	3,600
ICT	1,200	1,200	1,200	3,600
Central Costs (HR, Finance, Contracts, Communication)	4,560	4,560	4,560	13,680
	0	0	0	0
	0	0	0	0
TOTAL:	74,279	75,225	77,225	226,729

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Amy Winehouse Foundation	18,321	0	0	18,321
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	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
Salaries, NI and Pension	46,395	66,657	68,657	181,709
Training	1,300	1,300	1,300	3,900
Recruitment	995	0	0	995
Staff insurance	308	308	308	924
Office costs	1,200	1,200	1,200	3,600
ICT	1,200	1,200	1,200	3,600
Central costs (HR, Finance, Contracts, Communication)	4,560	4,560	4,560	13,680
	0	0	0	0
	0	0	0	0
TOTAL:	55,958	75,225	77,225	208,408

From your most recent audited or independently examined accounts, complete the following:

Financial year ended -

Month: 31st March

Year: **2014**

Income received from:	£
Voluntary income	10,293,000
Activities for generating funds	403,000
Investment income	136,000
Income from charitable activities	9,463,000
Other sources	270,000
Total Income	20,565,000

Expenditure:	£
Charitable activities	14,044,000
Governance costs	85,000
Cost of generating funds	4,216,000
Other	
Total Expenditure	18,345,000
Net (Deficit)/Surplus:	2,220,000
Other Recognised Gains/(Losses)	0
Net Movement in Funds	2,220,000

Asset position at year end	
Fixed assets	4,329,000
Investments	24,000
Net current assets	9,998,000
Long-term liabilities	0
*Total A	14,351,000

Reserves at year end	
Endowment funds	172,000
Restricted funds	2,698,000
Unrestricted funds	11,481,000
*Total B	14,351,000

*** Total A and Total B must be the same and should be taken from your balance sheet**

for staff, human resources

- Policy and Engagement: includes volunteering and partnering with other organisations
- Commercial: fundraising, marketing and communications, business and property development
- Finance and Corporate Services: finance, ICT, other business support

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)	28,500	0	0
London Local Authorities	4,631,688	4,385,036	4,813,856
London Councils	0	0	0
Health Authorities	7,770	0	0
Central Government departments	10,000	10,000	0
Other statutory bodies	387,376	299,128	557,087

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 £
R&H Trust (Bermuda) Ltd	303,901	0	0	
Comic Relief	184,630	121,678	121,678	
Northern Rock Foundation	145,513	136,387	136,387	
Newman's Own Foundation	102,376	0	0	
JPaul Getty Jnr Charitable Trust	60,000	60,000	60,000	

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: **Millie Hui**

Role within **Trusts & Statutory Fundraising Manager**
Organisation: