

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Havering and Brentwood Bereavement Service</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Havering</b>	
Contact person: <b>Mrs Louise Mundy</b>	Position: <b>Grants Manager</b>
Website: <a href="http://www.hbbscounselling.org">http://www.hbbscounselling.org</a>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>803650</b>
When was your organisation established? <b>12/07/1989</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Improving Londoners' Mental Health</b>
Which of the programme outcome(s) does your application aim to achieve? <b>More children and young people receiving specialist help, resulting in improved mental health</b> <b>A reduction in suicide and self-harm amongst the recognised at risk groups</b>
Please describe the purpose of your funding request in one sentence. <b>To fully support 30 local children and their families in 2014-5 through our Children's Bereavement Service</b>
When will the funding be required? <b>01/07/2014</b>
How much funding are you requesting? Year 1: <b>£17,362</b> Year 2: <b>£0</b> Year 3: <b>£0</b> <b>Total: £17,362</b>

**Aims of your organisation:**

For almost 25 years the Havering and Brentwood Bereavement Service has supported local people struggling to come to terms with bereavement or loss.

Our aim is to help them unlock their emotions, come to terms with how they are feeling and adjust to their new lives.

Through timely clinical intervention and support we aim to enhance their self esteem and ability to express their feelings and overcome feelings of helplessness and isolation enabling them to lead more active and fulfilling lives.

5 years ago we launched our Children's Service as many adult clients either had children who needed advice, help and support or had been bereaved as children

We offer a unique local service, 25% year on year increase in referrals, this year anticipating 100, free from point of contact and are a part of our local community with good relationships with schools and GPs and other health professionals.

**Main activities of your organisation:**

Our activities are mainly one to one counselling sessions for clients. We also run a Social Interaction project for current and former children clients incorporating an annual christmas party, outdoor adventure days for the bereaved children to meet with others in a similar positions to themselves.

We also offer informal support to clients and their families by phone from the moment they first make contact with us.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	12	10	10

**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	6 months

## Summary of grant request

Since it was funded 25 years ago the Havering and Brentwood Bereavement Service (HBBS) has supported local people of all ages deal with issues surrounding bereavement and loss. We have a diverse range of services which we offer which have developed through our work in the local community which are all funded in different ways. For example we run a Dementia Carers Counselling Project based in Hadleigh funded by SW Essex Health and a generic counselling service for Brentwood Secondary Schools funded by the schools' consortium. Presently we see 70 clients a week across all services which is efficiently managed from our Hornchurch office.

As an organisation we are very passionate about the work we do. We have a dedicated team of specialist, experienced counsellors and the long serving management staff ensure that the organisation not only fulfils our mission but that we do it effectively and efficiently. Local community fundraising events have made a significant contribution to the running of the Children's Service particularly and we have excellent relationships not only with schools, GPs and other medical practitioners, especially those involved with mental health issues.

Since the Children's Service was founded nearly 5 years ago demand has increased year on year by 20-25%. In the next financial year we anticipate 100 referrals. The number of children clients from the most deprived parts of Havering has more than doubled over the last 2 years. Each year in Havering about 60 children are bereaved of a parent or a sibling, often in traumatic circumstances such as suicide or road traffic accidents. The impact of such events is immense, especially for the children in the family and no other specialised bereavement support is available. We are also finding that cases referred to us are becoming increasingly complex, families more disjointed and living under additional burdens of financial, employment and social pressures. All of which exacerbates the impact of a bereavement, especially on the children, the most vulnerable. We do not receive any local authority or health service funding for this work.

Through timely clinical intervention we are able to maintain and preserve the mental health of our clients, seeking further professional help as needed. Usually we are able to help our clients understand what has happened, talk about it and in time adjust to their new lives. Negative feelings, such as anger, frustration and revenge, are acknowledged, addressed and dealt with in such a way to stop the spiral of hurt which often follows bereavement. We also work with our clients to build self esteem and confidence, combatting the isolation and loneliness so often experienced after a loved one has died. This enables them to feel more in control and less vulnerable and it a stronger mental state to face the challenges of the future.

Next year we aspire to make this difference to 100 children and their families and are seeking funding from The City Bridge Trust to finance work with 30 of these children, supporting them within their families and schools.

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

**No**

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.

**One to One Counselling for Children (30)**

**Informal support for parents, carers and schools**

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.

**Our clients will demonstrate and report improved emotional well being and emotional skills.**

**Grief can trigger a range of emotions, including loneliness, anger, confusion and guilt as well as loss. Counselling eases people into talking about their emotions, normalising and accepting them giving them the confidence to adjust to changes.**

**They will demonstrate and report changes in their general attitude to life and improvements in behaviour.**

**Children referred to us often have behaviour issues. Frustration and anger about what has happened can lead to aggression or violence. We help them understand what is happening and deal with their feelings.**

**Our clients will demonstrate and report improved relationships with family and friends**

**Under the pressure of bereavement family units often break down. Grief affects everyone differently and we all have to make our journey. Counselling can give everyone a better understanding of themselves and each other, strengthening the family unit.**

**Our clients will demonstrate and voice their improved self esteem and ability to cope with issues of day to day life.**

**Feeling powerless and vulnerable affects children's confidence and through counselling and meeting other children in similar positions to their own, our Service helps them feel positive about themselves.**

**Our clients will demonstrate and voice a more positive attitude to the future and will aspire to lead happy, successful and well adjusted lives.**

**Unresolved grief can stay with an individual for a lifetime. Through our work with the children of today, we can minimise the impact of childhood bereavement.**

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, it will be funded in the same way as it has been since the Service was founded 5 years ago through local fundraising and grant applications to Trusts and Foundations. Some monies have been secured for 2014-5, fundraising events planned and in addition to this application, further applications are being made to other Foundations.**

## 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?

**Havering (100%)**

What age group(s) will benefit?

**0-15**

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?

**0%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Children's Social Interaction Project	3,500	0	0	0
Expenses	2,160	0	0	0
Rent	10,287	0	0	0
It/comms/insurance/office supplies	3,195	0	0	0
Supervision	1,890	0	0	0
Salary Co ordinator	15,000	0	0	0
Salary client administrator	9,636	0	0	0
Salary Counsellor	12,240	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>57,908</b>	<b>0</b>	<b>0</b>	<b>0</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Barbara Ward Children's Foundation	5,000	0	0	0
Royal Bank of Scotland	5,000	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Children in Need	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Children's interaction project t	1,050	0	0	0
Expenses	647	0	0	0
Rent	3,086	0	0	0
It/comms/insurance & office supplies	958	0	0	0
Supervision	567	0	0	0
Salary Co ordinator	4,500	0	0	0
Salary client administrator	2,891	0	0	0
Salary counsellor	3,672	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>17,372</b>	<b>0</b>	<b>0</b>	<b>0</b>

## Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	113,405
Activities for generating funds	39,898
Investment income	0
Income from charitable activities	19,737
Other sources	0
<b>Total Income:</b>	<b>173,040</b>

Expenditure:	£
Charitable activities	162,730
Governance costs	750
Cost of generating funds	11,270
Other	0
<b>Total Expenditure:</b>	<b>175,200</b>
<b>Net (deficit)/surplus:</b>	<b>(2,160)</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement In Funds:</b>	<b>2,160</b>

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	44,789
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>44,789</b>

Reserves at year end	£
Restricted funds	127
Endowment funds	0
Unrestricted funds	44,662
<b>*Total Reserves (B):</b>	<b>44,789</b>

\* 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?
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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:
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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.

	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	32,896	40,399	39,778
Central Government departments	0	0	0
Other statutory bodies	13,329	12,022	9,485

### 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 £
Lloyds TSB	13,700	0	0
Children in Need	0	8,882	28,236
Awards for All	0	0	9,604
	0	0	0
	0	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: **Louise Anne Mundy**

Role within                      **Grants Manager**  
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
To support 30 bereaved children in each year				
Children's Social Interaction Project	£1530.00	£1560.60		
Counsellors Expenses	£660.96	£673.90		
Rent	£3147.72	£3210.67		
IT/Comms/Insurance/Office Supplies	£978.18	£997.74		
Supervision	£578.34	£589.90		
Salary Service Coordinator	£4590	£4681.80		
Service Client Administrator	£2948.82	£3007.80		
Counsellors (total 3 working P/T hours)	£3745.44	£3820.35		
<b>TOTAL:</b>	<b>£19,250</b>	<b>£19635.18</b>		

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
N/A				
<b>TOTAL:</b>				

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
N/A				
<b>TOTAL:</b>				

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
To support 30 bereaved children in each year	2015/16	2016/17		
As per breakdown above	£19250	£19635.18		
<b>TOTAL:</b>				