

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

|  |  |
|--|--|
| Name of your organisation:<br><b>Maya Centre</b>                                       |  |
| If your organisation is part of a larger organisation, what is its name?<br><b>n/a</b> |  |
| In which London Borough is your organisation based?<br><b>Islington</b>                |  |
| Contact person:<br><b>Mrs Jo Ansell</b>  | Position:<br><b>Director</b>   |
| Website: <b>http://www.mayacentre.org.uk</b>   |  |
| Legal status of organisation:  | Charity, Charitable Incorporated Company or company number: <b>1012889</b> |
| When was your organisation established? <b>01/10/1984</b>                              |  |

### Grant Request

|  |
|--|
| Under which of City Bridge Trust's programmes are you applying?<br><b>Improving Londoners' Mental Health</b>   |
| Which of the programme outcome(s) does your application aim to achieve?<br><b>More refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health</b><br><b>More people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment</b> |
| Please describe the purpose of your funding request in one sentence.<br><b>We are seeking to bridge the gap between mental health services and those women who are most in need of them.</b>   |
| When will the funding be required? <b>04/08/2014</b>   |
| How much funding are you requesting?<br>Year 1: <b>£52,608</b> Year 2: <b>£58,258</b> Year 3: <b>£0</b><br><b>Total: £110,866</b>  |

**Aims of your organisation:**

The Maya Centre is an independent charity offering a specialist counselling service run by women for women. The charitable objects as laid out in our governing document are:

1. To provide relief for women who are suffering from mental health problems by means of therapeutic services
2. To educate the general public on the subject of mental health

We provide free, long-term psychodynamic counselling for some of the most vulnerable and marginalized women in our community: women who have experienced severe trauma through domestic violence, sexual assault, abuse or neglect in childhood, or war and conflict overseas.

The aim is to provide women with a safe and trusting relationship, within which they can come to terms with their history and rebuild their self-esteem and identity. The resulting benefits of better mental health and life chances benefit not only the client herself but also her immediate family, including her children, her community and other services.

**Main activities of your organisation:**

We offer women in severe distress up to 48 weeks of counselling with a qualified, experienced counsellor.

We provide:

- Detailed assessments of the therapeutic needs of women referred to us;
- Long term psychodynamic counselling for those who meet our criteria and for whom it is appropriate;
- Therapeutic group work.

Maya Centre therapy is only available to clients who meet our criteria and it is always free for those clients who qualify. Our clients are all women over 18 who are:

- In receipt of any form of means-tested state benefit (not including child benefit) and on an income of less than £10,000 p.a. (£15,000 p.a. with dependants);
- Living or working in, or having a significant local connection with, the London Borough of Islington or, less frequently, the boroughs of Hackney, Haringey, Camden, Enfield and Barnet.
- Unable to access other mental health services.

**Number of staff**

| Full-time: | Part-time: | Management committee members: | Active volunteers: |
|------------|------------|-------------------------------|--------------------|
| 0          | 9          | 7                             | 4                  |

**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? |
| <b>Leased</b>  | <b>4 years</b>   |

## Summary of grant request

The women referred to The Maya Centre have increasingly significant mental health needs. The process of therapy is not easy, and requires clients to face extremely difficult issues and experiences in order to change the way they react to situations and break the cycle of abuse and neglect. It is no surprise, then, that the increase in severity of distress in our clients has coincided with a rise in the number of sessions cancelled or not attended and that around 60% exit the service early, in an unplanned way.

Our clients are often isolated with no support network beyond the therapist to help them process and 'contain' the difficult issues being faced in counselling. Many are refugees or asylum seekers, separated from their families; some are from broken families. Some Asian women who have left an abusive husband, are rejected by their families as a result of cultural stigma. Clients have told us they feel little engagement with the Centre outside of their one-to-one sessions with their counsellor, adding to their sense of isolation.

We believe there is a gap between the women who are most in need of support on one side, and mental health services (including ours) on the other: those most in need of services are unable to access or fully engage with them. We want to bridge this gap through:

- shorter, more manageable courses of counselling;
- psycho-educational courses to prepare clients for the therapeutic process;
- non-therapeutic sessions to complement the counselling;
- weekly drop-in sessions for women using our counselling services, providing informal peer support;
- recruiting a part-time Community Support Worker to offer practical, non-therapeutic support to women who are facing challenges (such as housing or benefits issues) which may prevent them from attending counselling.

Through these activities, we are aiming to increase the number of women accessing our counselling services and to ensure they are:

- better able to make the most of their counselling sessions;
- more likely to complete their full course of therapy;
- able to gain support from peers, reducing isolation;
- able to continue attending counselling, even when things go wrong in their day-to-day life.

The Maya Centre has been operating for 30 years and is accredited by the British Association for Counselling and Psychotherapy (BACP). All of our counsellors - as well as the Centre's Director - are qualified, experienced and either accredited by the BACP or working towards accreditation.

Currently, 58% of our clients are from BME communities (we expect this to rise as our services become more accessible) and at least half of these are refugees or asylum seekers. This project will ensure that more women from these backgrounds who have experienced trauma are able to access appropriate therapy, resulting in improved mental health, thus contributing to two outcomes under the 'Improving Londoners' Mental Health' programme.

The need for this project was identified through client feedback and we will continue to involve clients in the development of services. During Year 1, we will engage clients in developing and running the weekly 'drop-in' sessions, with the aim that by Year 2 they will be completely user-led.

Our services are open to people from all backgrounds (provided they meet our eligibility criteria). We value the trainee counsellors who support the delivery of our service as volunteers, and offer them clinical supervision and support.

We have taken steps to ensure all possible waste is recycled (bins in every room) and to reduce what is sent to landfill. We have recently moved to premises with a glass ceiling, increasing natural light and reducing our electricity usage.

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~~ 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.

**Pilot 6 week and 12 week courses of counselling for those women who are not ready to commit to longer-term therapy. We will deliver 300 hours of counselling through this flexible model.**

**Run four 8-week 'About People' courses which will prepare clients for the therapeutic process and build skills of self-care and managing relationships to take into their everyday and family lives.**

**Run a minimum of 2 non-therapeutic sessions per month for women undertaking our counselling. These will include one-off psycho-educational workshops, as well as sessions on relaxation, mindfulness, creative arts and other engagement techniques.**

**To establish a weekly user-led 'drop in' session to provide non-therapeutic, informal peer support for women using our counselling services. These sessions will be attended by a minimum of 40 women per year.**

**Offer practical support to women who are facing challenges in their personal lives which may prevent them from attending counselling. A Community Support Worker will work with a minimum of 60 women per year to resolve financial, legal, housing and other issues through casework, signposting and liaison with relevant services.**

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.

**More vulnerable women with chaotic lives will be able to access counselling services.**

**Women will be better able to make the most of their counselling sessions and are less likely to be discouraged by difficult experiences during therapy.**

**Women are more likely to complete their full course of counselling as a result of feeling less isolated.**

**Women are able to gain support from peers, reducing isolation and engendering a stronger relationship with the organization, thus encouraging service users to continue engaging with their therapy.**

**Women are able to continue attending counselling, even when things go wrong in their day to day life.**

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?

**We will evaluate the success of the project at the end of Year 2. We will use evidence of impact to enable us to apply for funding for individual elements of this project from local funders.**

## Who will benefit?

### About your beneficiaries

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

**60**

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

**Islington (80%)**

**Hackney (7%)**

**Haringey (7%)**

**Camden (6%)**

What age group(s) will benefit?

**16-24**

**25-44**

**45-64**

**65-74**

What gender will beneficiaries be?

**Female**

What will the ethnic grouping(s) of the beneficiaries be?

**A range of ethnic groups**

**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:

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  |
|---|--------|--------|--------|--------|
| 300 hours of counselling delivered through a flexible, responsive model | 13,500 | 13,500 | 0      | 27,000 |
| 4 x 'About People' psycho-educational course                            | 3,246  | 3,246  | 0      | 6,492  |
| 2 non-therapeutic sessions per month                                    | 7,200  | 7,200  | 0      | 14,400 |
| Drop-in sessions  | 1,440  | 1,440  | 0      | 2,880  |
| Community Support Worker salary (30 hours per week)                     | 23,140 | 27,768 | 0      | 50,908 |
| National Insurance  | 2,545  | 3,054  | 0      | 5,599  |
| Overheads and management costs  | 5,107  | 5,621  | 0      | 10,728 |
|   | 0      | 0      | 0      | 0      |

|               |               |               |          |                |
|---------------|---------------|---------------|----------|----------------|
| <b>TOTAL:</b> | <b>56,178</b> | <b>61,829</b> | <b>0</b> | <b>118,007</b> |
|---------------|---------------|---------------|----------|----------------|

### What income has already been raised?

| Source                 | Year 1 | Year 2 | Year 3 | Total |
|------------------------|--------|--------|--------|-------|
| The Arsenal Foundation | 3,571  | 3,571  | 0      | 7,142 |
|                        | 0      | 0      | 0      | 0     |

|               |              |              |          |              |
|---------------|--------------|--------------|----------|--------------|
| <b>TOTAL:</b> | <b>3,571</b> | <b>3,571</b> | <b>0</b> | <b>7,142</b> |
|---------------|--------------|--------------|----------|--------------|

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

| Source              | Year 1 | Year 2 | Year 3 | Total  |
|---------------------|--------|--------|--------|--------|
| Henry Smith Charity | 31,110 | 37,016 | 0      | 68,125 |
|                     | 0      | 0      | 0      | 0      |

|               |               |               |          |               |
|---------------|---------------|---------------|----------|---------------|
| <b>TOTAL:</b> | <b>31,110</b> | <b>37,016</b> | <b>0</b> | <b>68,125</b> |
|---------------|---------------|---------------|----------|---------------|

### How much is requested from the Trust?

| Expenditure heading   | Year 1 | Year 2 | Year 3 | Total  |
|---|--------|--------|--------|--------|
| 300 hours of counselling delivered through a flexible, responsive model | 13,500 | 13,500 | 0      | 27,000 |
| 2 non-therapeutic sessions per month                                    | 7,200  | 7,200  | 0      | 14,400 |
| Drop-in sessions  | 1,440  | 1,440  | 0      | 2,880  |
| Community Support Worker salary (30 hours per week)                     | 23,140 | 27,768 | 0      | 50,908 |
| National Insurance  | 2,545  | 3,054  | 0      | 5,599  |
| Overheads and management costs  | 4,783  | 5,296  | 0      | 10,079 |
|   | 0      | 0      | 0      | 0      |

|               |               |               |          |                |
|---------------|---------------|---------------|----------|----------------|
| <b>TOTAL:</b> | <b>52,608</b> | <b>58,258</b> | <b>0</b> | <b>110,866</b> |
|---------------|---------------|---------------|----------|----------------|

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

Financial year ended -

Month: 31<sup>st</sup> March

Year: 2014

| <b>Income received from:</b>      | <b>£</b>       |
|-----------------------------------|----------------|
| Voluntary income                  | 259,930        |
| Activities for generating funds   | 6,140          |
| Investment income                 | 471            |
| Income from charitable activities | 5,585          |
| Other sources                     | 0              |
| <b>Total Income</b>               | <b>272,126</b> |

| <b>Expenditure:</b>                    | <b>£</b>       |
|--|----------------|
| Charitable activities                  | 266,373        |
| Governance costs                       | 12,290         |
| Cost of generating funds               | 0              |
| Other                                  |                |
| <b>Total Expenditure</b>               | <b>278,663</b> |
| <b>Net (Deficit)/Surplus:</b>          | <b>(6,537)</b> |
| <b>Other Recognised Gains/(Losses)</b> | <b>0</b>       |
| <b>Net Movement in Funds</b>           | <b>(6,537)</b> |

| <b>Asset position at year end</b> |               |
|-----------------------------------|---------------|
| Fixed assets                      | 1,294         |
| Investments                       | 0             |
| Net current assets                | 68,216        |
| Long-term liabilities             | 0             |
| <b>*Total A</b>                   | <b>69,510</b> |

| <b>Reserves at year end</b> |               |
|-----------------------------|---------------|
| Endowment funds             | 0             |
| Restricted funds            | 2,146         |
| Unrestricted funds          | 67,364        |
| <b>*Total B</b>             | <b>69,510</b> |

### Statutory funding

For your most recent financial year, what % of your income was from statutory sources?

### Organisational changes

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



### Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

|   | 2012<br>£ | 2013<br>£ | 2014<br>£ |
|---|-----------|-----------|-----------|
| City of London (except City Bridge Trust) | 0         | 0         | 0         |
| London Local Authorities                  | 0         | 29,000    | 29,000    |
| London Councils                           | 0         | 0         | 0         |
| Health Authorities                        | 0         | 0         | 0         |
| Central Government departments            | 0         | 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<br>£ | 2013<br>£ | 2014<br>£ |
|----------------------------------|-----------|-----------|-----------|
| The Big Lottery                  | 76,271    | 78,516    | 80,825    |
| Cripplegate Foundation           | 20,000    | 20,000    | 20,000    |
| Peter Stebbings Memorial Charity | 30,000    | 30,000    | 30,000    |
| Trust for London                 | 29,500    | 29,500    | 0         |
| Volant Trust                     | 0         | 0         | 15,000    |

### 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: **Josephine Ansell**

Role within                      **Director**  
Organisation: