

**The City Bridge Trust**  
**Investing In Londoners:**  
**Application for a grant**



**About your organisation**

Name of your organisation: <b>Working With Men</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Southwark</b>	
Contact person: <b>Mrs. Sally Mehta</b>	Position: <b>Operations Director</b>
Website: <a href="http://www.workingwithmen.org">http://www.workingwithmen.org</a>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1102451</b>
When was your organisation established?	

**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>Support boys/ young men to access relevant mental health services and where appropriate deliver support ourselves, to reduce acute development of mental illness and suicide.</b>
When will the funding be required?
How much funding are you requesting? Year 1: £    Year 2: £    Year 3: £ <b>Total: £145,652</b>

**Aims of your organisation:**

We aim ourselves and support others to understand how best to deliver services that understand issues around masculinity and support boys and men to access relevant services.

We believe there are many ways to be male in our society and aim to ensure our services and others are meeting the needs of this diversity.

We aim:

to involve our service users in the development and dissemination of our services.

to use our practice experience to inform policy makers.

We put our service delivery first.

Our Vision is that all boys and young men men can be productive and active members of society and that organisations work in ways that include and support boys and men, particularly those who are socially or economically disadvantaged or excluded

**Main activities of your organisation:****Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:

**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?

## Summary of grant request

Since 1988, based on experience and research, direct consultation and feedback from boys and young men, WWM has developed expertise engaging and supporting boys and men from marginalised and diverse backgrounds. Numerous evaluations and evidence demonstrate success. We know that how and what they learn about being a man affects their lives and relationships, how they feel about themselves, at a time when the concept of masculinity is constantly evolving. Personal confusion during adolescence and key transitions have harmful consequences for young men. As a result many young men misuse alcohol and drugs and are four times more likely to commit suicide than young women: and do not access mental health services, often until too late.

CALM reported men form 77% of suicides , 73% of adults who 'go missing' , are three times more likely to become alcohol dependent. Suicide is the single biggest killer of men aged under35

Male depression is often seen as a sign of weakness and as something that can be overcome without assistance. Funders and policy makers are beginning to recognise the need for a gendered approach.

Resilience consortium research report, written post august 2011 disturbances, Nicola Sugden

"48% of NEETS are known to always or often feel depressed ;it is particularly important to seek them out for assistance rather than assume those needing help will find it  
[www.princes-trustresearch](http://www.princes-trustresearch)

Invisible Men: engaging more men in social projects, commissioned by Big Lottery produced by Young Foundation, 2012

"We know that men have particular needs but we have also become aware that fewer men than women get involved in or benefit from social projects we fund.

In current socio political context, including rising unemployment and the recent UK riots, men are increasingly facing crises and yet are more resistant to seeking help. In spite of this men are rarely considered to be a target group.....however there is clear evidence that some men are suffering adverse outcomes in aspects of psychological and material well being

Men are more resistant to seeking help from others than women. This is most evident in health behaviours and outcomes for men in UK which are significantly worse than those of women. Men have a tendency to disregard symptoms for far longer than women and so diagnosis tends to be late.

When addressing the needs of society we tend to avoid examining problems in terms of gender and focus on cultural background , age and economic situation. Perhaps one of the biggest barriers in engaging men into social projects is this overall resistance to engage gender as an issue from a male perspective. This needs to be tackled

Training practitioners to make environments more male friendly is key to engagement "

Numerous case examples show our young men (especially from BME communities ) experience mental health problems. We could support more young men with a project focussing on mental health. We want to use our expertise to deliver both intervention and prevention services to young men 13 to 25. Through our contacts in Westminster from

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

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.

**Identify, map and engage with key services and agencies, statutory and community based, that are likely to come across young men with mental health problems in order to encourage referrals , ongoing over three years, through outreach and networking in Tr borough and develop partnerships, joint working to engage families.**

**Engage with 100 young men a year aged 13 to 25 experiencing or at risk of a diagnosed or undiagnosed mental health problem, through street outreach, referrals from relevant agencies, ongoing over three years**

**Provide intensive individual support to 8 to 10 young men at any one time ( 60 over three years) who are experiencing a mental health issue and/or identified as at serious risk of developing an acute problem. Refer /signpost on to specialist agencies where appropriate**

**Develop and facilitate peer support forum of up to 10 (by third year) young men (starting second year ) to reduce isolation, empower young men to have their own voice to be assertive with service providers, professionals, with a view to using group members to engage and educate their community**

**Provide 3 training workshops a year to 30 health practitioners on awareness raising regarding needs of young men around mental health issues. Identify and support health organisations and mental health practitioners to change the way they offer services so that they are accessible to young men**

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.

**WWM receives up to 60 referrals a year of young men in need of support for mental health and other related issues, 180 over three years. Relevant agencies are aware of WWM project and how to refer**

**60 young men have a reduced risk of mental health problems developing, 180 to 200 over three years**

**8 to 10 young men a year have improved mental health, well being and confidence and able to deal with their lives constructively and relate well to family and peers and others, example teachers, employers, 60 over three years**

**up to 30 - 40 young men are less isolated and gaining support from each other with increase resilience and improved well being/mental health by third year**

**10 Young men supported by the project go on to take community educator/engagement role promoting positive sympathetic approaches attitudes within the community.**

**Agencies and 90+ practitioners have increased awareness of young men's mental health needs and increased capacity/skills to engage and support them leading to improved outcomes for young men. Agencies become more responsive to young men's mental health needs.**

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?

## Who will benefit?

### About your beneficiaries

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

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

**Several NW London (100%)**

**Several NW London (0%)**

What age group(s) will benefit?

**0-15**

**16-24**

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?

**81-90%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary costs , NIC, pension at 3%	32,970	33,959	34,978	101,907
clinical supervision (300)	3,770	3,883	3,999	11,652
overheads at 20%	7,962	8,036	8,277	24,275
	47,772	48,217	49,663	145,652

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
<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
<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
Salary costs , NIC, pension at 3%	32,970	33,959	34,978	101,907
Admin support (1645)line management(1824)	0	0	0	0
clinical supervision (300)	3,770	3,883	3,999	11,652
recruitment(800) travel(150)project activities	0	0	0	0
(1500)publicity(500)mobile phone(120)	3,070	0	0	0
overheads at 20%	7,962	8,036	8,277	24,275
<b>TOTAL:</b>	<b>47,772</b>	<b>48,217</b>	<b>49,663</b>	<b>145,652</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	59,918
Activities for generating funds	1,265
Investment income	0
Income from charitable activities	792,476
Other sources	13,269
<b>Total Income</b>	<b>866,928</b>

<b>Expenditure:</b>	<b>£</b>
Charitable activities	795,088
Governance costs	12,241
Cost of generating funds	5,196
Other	0
<b>Total Expenditure</b>	<b>812,525</b>
<b>Net (Deficit)/Surplus:</b>	<b>54,403</b>
<b>Other Recognised Gains/(Losses)</b>	<b>0</b>
<b>Net Movement in Funds</b>	<b>54,403</b>

<b>Asset position at year end</b>	
Fixed assets	3,049
Investments	0
Net current assets	192,332
Long-term liabilities	0
<b>*Total A</b>	<b>195,381</b>

<b>Reserves at year end</b>	
Endowment funds	0
Restricted funds	125,872
Unrestricted funds	69,509
<b>*Total B</b>	<b>195,381</b>

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



### 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	22,000	0
London Local Authorities	242,881	205,266	221,209
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	21,993	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 £	2013 £	2014 £
Esmee Fairbairn	0	43,256	50,256
Trust for London	41,000	43,000	52,000
Tudor Trust	40,000	40,000	40,000
Monument	88,500	83,000	68,000
Big Lottery	0	118,176	133,122

### 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: **Sally Mehta**

Role within **Operations Director**  
Organisation: