

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Sound Minds	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Wandsworth	
Contact person: Mr Paul Brewer	Position: CEO
Website: http://www.soundminds.co.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1079521
When was your organisation established? 24/02/2000	

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 people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment More offenders and ex-offenders receiving help and support to improve their mental health
Please describe the purpose of your funding request in one sentence. To maintain and extend mental health peer support services to people living in south west London through ward visits, consultation and post discharge support.
When will the funding be required? 10/01/2014
How much funding are you requesting? Year 1: £26,850 Year 2: £31,066 Year 3: £32,085 Total: £90,001

Aims of your organisation:

Sound Minds uses the arts to improve the lives of people recovering from long term mental health conditions. The Battersea studios house a vibrant and inclusive arts community with music rehearsal, recording and filmmaking facilities, a visual art facility, and a theatre group. Sound Minds delivers group and individual sessions that include courses accredited by the Open College Network and a timetable of music and other arts activities and projects. Canerows and Plaits (Canerows) is a user led group of mental health service users under the Sound Minds umbrella who are determined to improve mental health services for everyone but particularly people from black and minority ethnic backgrounds, who are in the majority on local hospital wards.

Main activities of your organisation:

For several years Canerows has organised 'Have Your Say' meetings informing people and consulting on mental health issues, often with South West London and St. George's Mental Health NHS Trust the Clinical Commissioning Group or other community partners. A 3 year grant from Comic relief in 2010 enabled Canerows to develop and consolidate the peer to peer Hospital Ward Visiting scheme and establish a community post discharge peer support service, in partnership with the clinical team on Ward 2 at Springfield Hospital Tooting. Canerows delivers user led training courses for people interested in Ward Visiting and other forms of peer support. Canerows and Sound Minds also offer a one day user led drop-in ('Mama Lows' Kitchen') based at a local community centre, in partnership with 'Together' and funded by Wandsworth Council.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	6	6	17

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	soon to sign a 3 year lease

Summary of grant request

The need for the project

Locally and nationally, Caribbean, African and other Black groups (BaME) are disproportionately represented on mental health wards. On average people stay in hospital longer, are more likely to be sectioned, more likely to access services via the police and more likely to experience Control and Restraint. In Wandsworth black groups account for 25% of admissions but about 7% of the local population. People from BaME backgrounds detained in secure settings are triply disadvantaged and often become disconnected from friends and family. Peer support is recognised as an acceptable and effective aid to recovery in mental health. Social capital and community support is known to increase resilience to distress (Friedli, 2009) yet there is a low level of BaME participation in service user groups nationally (Begum, SCIE, 2006).

An independent evaluation of established Canerows Ward Visiting service was overwhelmingly positive. A hospital in patient said, "They took the time to listen and helped me be optimistic. They gave me encouragement and hope". (Reynolds 2010)

Since summer 2013 Canerows has been piloting a six week post discharge community peer support service in partnership with one local acute ward. The model was positively evaluated at the beginning of 2014, with all stakeholders and users giving encouraging feedback. Canerows aims to improve local mental health services for everyone, but particularly people from BaME groups.

How the Project will be delivered

Canerows provides hope to people at their lowest point through ordinary human kindness, friendship, encouragement and practical support from the perspective of people who have had similar experiences and successfully moved forward with their lives. A cycle of regular reporting compiled from interviews with in patients discussed with local NHS managers on a six monthly basis brings about improvements to local mental health care.

More people to benefit from our Ward Visiting service and post discharge peer support work over the next three years. We will continue to expand, train and support our dedicated team of previously unemployed people in this important work.

Canerows will test new models of peer support in local forensic settings, developed in partnership with service users and the Medium Secure unit staff.

Why we are the right organisation to deliver the work

Canerows is a dedicated user led group of mental health service users operating from charity Sound Minds. The service has been cited as good practice in national reports by Mind (2012), Together (2013) and in national mental health joint commissioning guidance (2014)

Canerows has trained more than 20 mental health service users on our self accredited Ward Visiting courses since 2008, making around 750 in patient engagement episodes per year over the past three years.

Since 2013 three formerly unemployed Ward Visitors people have gone on to substantive paid peer support work.

Canerows peer services include a one day user led drop-in at a local community centre, funded by Wandsworth Council. Since the end of project funding from Comic Relief in 2013, a one year grant from London Catalyst is enabling us to address training needs within the group, and continue peer support to three hospital wards and the associated post discharge peer service to one ward.

Canerows involves about 12 people per year as volunteers.

Canerows office is located in a basement which has low heating costs, and we are phasing in low energy light bulbs throughout. Our landlords hope to upgrade our ventilation system for greater efficiency and heat retention as part of upcoming building refurbishment. Ward Visitors live locally and use public transport for work.

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.

Weekly Peer Support visits to 3 acute psychiatric wards, rising to 5 wards by end of year 2. Regular visits will be introduced to NHS and other community residential facilities. Visits include consultation, support and advice and from the perspectives of those who share the experience of hospitalisation

Post Discharge Peer support will be available to people leaving one acute psychiatric ward throughout the grant period. Activity includes introducing people to new services, taking people to appointments, social and leisure support, help with voluntary work and practical help.

2 accredited Peer Support Ward Visiting courses and 2 accredited Community Peer support courses delivered. Peer Support in Forensic settings 'add-on' unit developed, piloted and delivered three times in partnership with local forensic secure ward team and accredited with the Open College Network.

6 'Have Your Say' community forums held in Wandsworth for mental health service users to express their views about services and exchange information

Peer support and regular ward visiting delivered to at least one Forensic low secure ward at Springfield Hospital (Tooting) to include routine assistance in rehabilitation activities. Targeted peer support available to people in medium secure forensic settings and in transition between secure and other residential settings or to independent living.

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.

1880 engagement episodes of peer support on mental health hospital wards, including peer support activity with people detained on secure forensic units, inspiring hope for people in acute mental health crisis or enduring long term hospitalisation

22 patients recently discharged from acute hospital wards to receive six weeks episodes of personalised peer support. 9 detained forensic patients will receive targeted peer support. 5 forensic patients in transition between services will receive timely peer support and advice.

20 people previously unemployed as a consequence of long term mental ill health will receive accredited training in peer support work and all the projects staff will receive further training, supervision and role development.

Over three years at least 18 different unemployed people with mental health problems will be employed sessionally for at least two hours per week to deliver peer support work, with at least three moving on to more substantive work

Have Your Says Forums are attended by an average of 15 people on each occasion, increasing our informal support network. 6 reports will be compiled bringing together the views of people contacted through ward visiting, and these will be presented and discussed six monthly with NHS staff and managers

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 have been in discussion with Wandsworth CCG who have indicated a willingness to fund Canerows Peer Support, at a future date, if resources allow. Canerows prefers to preserve an independent voice and managerial autonomy by not relying on statutory funding.

Who will benefit?

About your beneficiaries

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

400

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

Wandsworth (85%)

Merton (8%)

Several SW London (7%)

What age group(s) will benefit?

16-24

25-44

45-64

65-74

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?

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
Salaried staff costs + recruitment + volunteer expenses +staff travel	16,490	16,550	16,610	49,650
Communications	415	405	405	1,225
Sessional Peer Support Workers (incl. Have Your Say events)	7,900	12,220	13,180	33,300
Training (incl. Open College Network fees Peer support)	650	650	650	1,950
Consumables incl office supplies and refreshments for consultation meetings etc.	450	450	450	1,350
Equipment and repairs	325	170	170	665
External Room rental events	120	120	120	360
Subscriptions and payroll expense	150	150	150	450
additional insurance	350	350	350	1,050
TOTAL:	26,850	31,066	32,085	90,001

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	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
none	0	0	0	0
	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
Salaried staff costs + recruitment + volunteer expenses +staff travel	16,490	16,550	16,610	49,650
Communications	415	405	405	1,225
Sessional Peer Support Workers	6,820	9,340	11,660	27,820
Training (incl. Open College Network fees Peer support)	650	650	650	1,950

Consumables incl office supplies and refreshments for consultation meetings etc.	450	450	450	1,350
Equipment and repairs	325	170	170	665
External Room rental events	120	120	120	360
Subscriptions and payroll expense	150	150	150	450
additional insurance	350	350	350	1,050
TOTAL:	26,850	31,066	32,085	90,001

Finance details

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

Financial year ended:	Month: March	Year: 2013
-----------------------	---------------------	-------------------

Income received from:	£
Voluntary income	170
Activities for generating funds	5,535
Investment income	59
Income from charitable activities	143,855
Other sources	0
Total Income:	149,619

Expenditure:	£
Charitable activities	139,209
Governance costs	2,351
Cost of generating funds	0
Other	0
Total Expenditure:	141,560
Net (deficit)/surplus:	8,059
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	8,059

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	115,064
Long-term liabilities	0
*Total Assets (A):	115,064

Reserves at year end	£
Restricted funds	7,503
Endowment Funds	0
Unrestricted funds	107,561
*Total Reserves (B):	115,064

* 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? 61-70%
--

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts: Since completion of 3 year project grant from Comic Relief in October 2013 the Canerows project has been scaled down, and is currently funded by reserves and a small grant from London Catalyst.

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	59,067	55,342	53,967
London Councils	0	0	0
Health Authorities	37,744	37,744	40,025
Central Government departments	3,625	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 £	2013 £	2014 £
Comic Relief	10,510	25,798	31,498
Sing Up	1,560	0	0
Big Fund	0	13,361	0
Awards for All	0	0	5,385
Heritage Lottery Fund	0	0	4,800

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: **Paul Brewer**

Role within **CEO**
Organisation: