

**ASSESSMENT CATEGORY - Improving Londoners' Mental Health****Helen Bamber Foundation****Adv: David Farnsworth****Base: Camden****Amount requested: £150,000****Benefit: London-wide****Amount recommended: £150,000****The Charity**

The Helen Bamber Foundation (HBF) is a charity based in London and was founded in 2005. The charity aims to improve the mental and physical health of survivors of prolonged inter-personal violence, including torture, human trafficking, domestic and gender-based violence. HBF also aims to assist these survivors to re-integrate into society.

**The Application**

HBF seeks funding towards the salary and related costs of the charity's Head of Therapies post to provide specialist integrated care to improve and sustain the mental health, safety, and well-being of refugees and asylum seekers who have experienced trauma (including trafficking).

**The Recommendation**

HBF has considerable experience in the treatment of enduring trauma. It pioneers a model of integrated care, including specialist programmes of therapeutic care for individuals, families and groups who have experienced extreme human cruelty. The model builds on the internationally recognised work of the late founder Helen Bamber OBE, and is continued by a specialist team of 15.8 staff and over seventy volunteers. HBF has experienced increased demand on its services, and recently created this Head of Therapies post as part of its response to meeting this demand. This grant would enable this post to have security of funding for three years as the balance of the full cost has already been secured from other trusts.

***£150,000 over three years (3 x £50,000) towards the salary and related costs of the organisation's Head of Therapies post.***

**Funding History**

| Meeting Date | Decision   |
|--------------|--|
| 21/01/2010   | £12,000 (£7,000, £5,000) towards the cost of a Creative Arts Programme involving traumatised London refugees in a musical performance. |

**Background and detail of proposal**

State torture, slavery, human trafficking, domestic and gender-based violence remain pernicious problems. Last year HBF received 893 referrals and worked with 1,555 people from 90 countries. The clients receiving therapeutic and practical care are predominantly London-based, and they are mostly referred through GPs and legal practitioners, or they directly present at the service. Medico legal reports are also produced to provide impartial, medical evidence of trauma to support asylum claims: these referrals come from across the UK, but again the majority of clients are London-based. The Head of Therapies post will oversee the range of specialist therapies offered by HBF, whilst also undertaking therapeutic work directly with clients, and leading on the training of others. The organisation conducts client

surveys and informal focus groups to involve its clients in the development of its services.

### Financial Information

Forecast income for 2015 is £1,336,270 of which £557,175 (41.7%) had been confirmed by November 2014.

HBF has advised that the higher level of income in 2013 was as a result of an exceptional fundraising partnership, where HBF were the Deutsche Bank Charity of the Year. This raised exceptional funds of £809,097, these funds assisted in paying for an office move and also meant target reserves were exceeded by £260,457. HBF has been seeking to bring reserves back in line with target and the deficit in 2014 was planned to moderate this.

| Year end at 31 December                     | 2013<br>Audited<br>Accounts | 2014<br>Draft<br>Outturn | 2015<br>Current Year<br>Budget |
|---|-----------------------------|--------------------------|--------------------------------|
|   | £                           | £                        | £                              |
| <b>Income and Expenditure</b>               |                             |                          |                                |
| Income                                      | 1,679,452                   | 664,251                  | 1,336,270                      |
| Expenditure                                 | 1,171,075                   | 1,046,610                | 1,368,849                      |
| Unrestricted Funds Surplus / (Deficit)      | 513,447                     | (382,359)                | 44,421                         |
| Restricted Funds Surplus / (Deficit)        | (5,070)                     | -                        | (77,000)                       |
| Total Surplus / (Deficit)                   | 508,377                     | (382,359)                | (32,579)                       |
| Surplus / (Deficit) as a % of turnover      | 30.3%                       | (57.60%)                 | (2.4%)                         |
| Cost of Generating funds (% of income)      | 192,396 (11.5%)             | 150,175(22.6%)           | -                              |
|   |                             |                          |                                |
| <b>Free unrestricted reserves</b>           |                             |                          |                                |
| Unrestricted free reserves held at Year End | 1,100,181                   | 717,822                  | 762,243                        |
| How many months' worth of expenditure       | 11.3                        | 8.3                      | 6.7                            |
| Reserves Policy target                      | 839,724                     | 523,305                  | 684,425                        |
| How many months' worth of expenditure       | 8.6                         | 6.0                      | 6.0                            |
| Free reserves over/(under) target           | 260,457                     | 194,517                  | 77,818                         |