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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Helen Bamber Foundation	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Camden	
Contact person: Ms Emily Collins Gareth Holmes	Position: Fundraising & Communications Officer
Website: http://helenbamber.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1149652
When was your organisation established? 01/06/2005	

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 refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health More survivors of trafficking accessing quality specialist support to improve their safety, health and well-being and to beginning to reintegrate into society
Please describe the purpose of your funding request in one sentence. Provide specialist integrated care to improve and sustain the mental health, safety and wellbeing of refugees and asylum seekers who have experienced trauma (including trafficking).
When will the funding be required? 01/09/2014
How much funding are you requesting? Year 1: £50,000 Year 2: £50,000 Year 3: £50,000 Total: £150,000

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Aims of your organisation:

Helen Bamber Foundation (HBF) is a human rights charity based in London. We help those who have experienced extreme human cruelty -- such as torture or trafficking - to re-build their lives. Our aims are to improve the mental and physical health of the 1500 clients we see each year and reduce further trauma by improving their access to protection and care, and increasing their ability to reintegrate into society. We also aim to ensure decision makers take clinical vulnerabilities and needs into consideration when determining claims for asylum, welfare and housing.

Many of our clients have no one else to turn to. They are considered 'foreign' and are too mentally ill to advocate for themselves, facing an environment in which their stories are doubted and disbelieved. When people are left without protection and assistance after suffering violations, they become increasingly vulnerable, no matter where they are. This is where HBF's specialist clinical work begins.

Main activities of your organisation:

HBF works to deal with the long term physical and psychological impact of extreme interpersonal violence. Our pioneering Model of Integrated Care includes specialist programmes of therapeutic care for individuals, families and groups, detailed medical assessments, co-ordination of external healthcare services, provision of expert Medico-legal Reports, a Creative Arts, Skills and Activities Programme and welfare & housing advice to prevent social deprivation.

We adjust the care we give in accordance with changing circumstances and challenges clients face. We help our clients gradually establish a therapeutic relationship of trust, which can eventually enable them to form safe, restorative and stabilising relationships in the wider community. This is an intricate process, essential for survivors' safety, well-being, ability to re-build and move forward with their lives and ability to integrate into broader society.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
12	4	8	70

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	9 years.

Summary of grant request

Human rights abuses are happening in 150 countries, 30% of the individuals requesting international protection in the UK are estimated to have experienced torture or serious harm, 29m people are estimated to be living under conditions of slavery worldwide and state torture continues in 141 countries. Last year we received 893 referrals and worked with 1,555 clients, 54% of them female, aged between 5 and 70, from over 90 countries. 99% were BME, and 5% were LGBT. However, these statistics do not show the trials that people face in the UK: distressing legal procedures, socio-economic deprivation and danger, detention or imprisonment, and the hidden injuries of trauma, isolation and loss. All of our clients come to us with debilitating physical and psychological injuries in need of immediate attention.

We aim for sustained recovery from these injuries; psychological recovery is a long-term and ongoing process. We maintain a consistent, safe environment for people who may not have another 'safe place' to go. We work to increase clients' ability to recall, articulate and come to terms with their experiences, and navigate the complexities of everyday life. The overall aim for each individual is the luxury of a 'normal' life, free from fear, anxiety, and pain.

HBF has developed a formidable track record in the treatment of enduring trauma and securing legal redress. Our specialist team of 15.8 (FTE) staff and 70+ volunteers have an international reputation in providing therapeutic care, medical consultation, legal protection and practical support to survivors of human rights violations. This depth of care is not available to this breadth of client group anywhere else in the UK; for most people we are the first organisation they have found who can help them, and for the majority we are their last chance for recovery and protection from further trauma.

We respond rapidly to any situations of adversity; clients may be homeless, without welfare, food, a GP and legal representation. Through combining clinical and legal disciplines, medico-legal evidence is provided to ensure that the services our clients are entitled to are activated or reinstated. HBF will assist on all fronts. It is time consuming, but necessary in order to stabilise the individual to a psychological place suited for therapy.

In the last year we have seen a huge increase in referrals. We have been struggling to keep up with demand, whilst maintaining the depth and longevity of care our clients need. We are making a number of changes to deal with referrals more quickly and 'triage' clients to make our services more efficient. We will be using new symptom-management groups and 'stabilisation' therapy methods, as well as the introduction of cutting-edge therapies to provide fast, targeted care to those with immediate critical needs. This is where we need City Bridge Trust; we would like a grant towards our new Head of Therapies' remit.

Dr. Katy Robjant, our new Head of Therapies, is a Consultant Clinical Psychologist, and the only qualified UK trainer of Narrative Exposure Therapy. She is published on the topic of Complex Trauma and brings a wealth of clinical experience to the Foundation. She will oversee the changes mentioned above, to respond to the increase in demand for our services, reduce our waiting list and continue to meet our responsibilities to our extremely vulnerable clients. We already conduct client surveys and informal focus groups to involve our clients in the development of our services, but Dr. Robjant will pilot time bound treatment groups, and more vigorously monitor our quantitative impact. She will also help establish HBF as a training and research centre, at the cutting-edge of trauma-focussed therapies.

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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? **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.

Individual specialist psychotherapy sessions for refugee or asylum seekers who have experienced trauma (8,000 per year)

Group therapy and psychoeducation sessions for refugee or asylum seekers who have experienced trauma, and their families (150 per year)

Medico-legal reports for use in asylum cases where trauma has occurred (130 per year)

Narrative Exposure Therapy training sessions for clinicians (3 UK sessions, 25 UK trainees per year. 2 international sessions, 16 international trainees per year)

A 'HBF Handbook' to further refine our clients' therapy pathways and provide evidence-based best practice guidance for external dissemination.

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.

Asylum seekers or refugees who have experienced trauma are better able to function in daily life with a reduction in trauma symptoms and improvement in clinical trauma scores.

Asylum seekers or refugees who have experienced trauma become more able to form and maintain healthy relationships with others, especially within family units.

Asylum seekers or refugees who have experienced trauma are better-able to make a case for international protection, through their legal representative.

Decision makers have better knowledge of the clinical vulnerabilities & treatment needs of asylum seekers or refugees who have experienced trauma.

Clinicians and volunteers have an increased ability to treat asylum seekers or refugees who have experienced trauma with effective, evidence-based approaches.

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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 plan to continue it for as long as we are needed and our number of referrals is increasing. Our fundraising strategy & team focus on securing larger, multi-year grants as a sustainable base for the continuation of our work and our reserves can be used should we be unable to raise the funds elsewhere.

Who will benefit?

About your beneficiaries

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

1,500

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

London-wide (100%)

What age group(s) will benefit?

0-15

16-24

25-44

45-64

65-74

75 and over

What gender will beneficiaries be?

Male

Female

Trans

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
Head of Therapies - Salary, NI & Pension	53,759	53,759	53,759	161,277
Therapies Overhead Costs (60% of hours)	12,608	12,608	12,608	37,824
Legal Protection Overhead Costs (40% of hours)	10,381	10,381	10,381	31,143
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	76,748	76,748	76,748	230,244

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Persula Foundation	12,000	0	0	12,000
Volant Trust	10,000	10,000	0	20,000
Sigrid Rausing	0	12,000	22,000	34,000
	0	0	0	0
TOTAL:	22,000	22,000	22,000	66,000

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	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
Head of Therapies - Salary, NI & Pension	41,759	41,759	31,759	115,277
Therapies Overhead Costs (60% of hours)	8,240	8,240	12,608	29,090
Legal Protection Overhead Costs (40% of hours)	0	0	5,632	5,632
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	50,000	50,000	50,000	150,000

Finance details

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

Financial year ended:	Month: December	Year: 2013
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Income received from:	£
Voluntary income	1,265,307
Activities for generating funds	1,360
Investment income	1,377
Income from charitable activities	411,408
Other sources	0
Total Income:	1,679,452

Expenditure:	£
Charitable activities	884,643
Governance costs	20,314
Cost of generating funds	192,396
Other	73,722
Total Expenditure:	1,171,075
Net (deficit)/surplus:	508,377
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	508,377

Asset position at year end	£
Fixed assets	104,477
Investments	0
Net current assets	1,126,593
Long-term liabilities	0
*Total Assets (A):	1,231,070

Reserves at year end	£
Restricted funds	26,412
Endowment Funds	0
Unrestricted funds	1,204,658
*Total Reserves (B):	1,231,070

* 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? 0%
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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: None
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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	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 £	2013 £	2014 £
Sigrid Rausing Trust	100,000	100,000	100,000
Comic Relief	45,000	45,000	45,000
Trust For London	30,000	30,000	15,000
Porticus UK	30,000	50,000	0
Volant Trust	10,000	20,000	20,000

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: **Emily Collins**

Role within **Fundraising & Communications Officer**
Organisation: