

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Middle Eastern Women and Society Organisation</b>	
If your organisation is part of a larger organisation, what is its name? <b>N/A</b>	
In which London Borough is your organisation based? <b>Islington</b>	
Contact person: <b>Ms Halaleh Taheri</b>	Position: <b>Director</b>
Website: <b>http://www.mewso.org</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1150129</b>
When was your organisation established? <b>10/01/2010</b>	

### 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 people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment</b> <b>More refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health</b>
Please describe the purpose of your funding request in one sentence. <b>Assisting Middle-Eastern &amp; displaced women, victims of domestic violence, forced marriage, honour killing and FGM to access care, counselling and workshops to rebuild their lives.</b>
When will the funding be required? <b>13/10/2014</b>
How much funding are you requesting? Year 1: <b>£10,124</b> Year 2: <b>£9,497</b> Year 3: <b>£9,184</b>  <b>Total: £28,806</b>

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**Aims of your organisation:**

MEWSO is a charity organisation aiming to support and empower Middle-Eastern women including refugees or asylum seekers who are experiencing gender discrimination. Our goal is to help them rebuild their lives and integrate displaced women into society. We aim to tackle isolation and loneliness as well as raise awareness of women's rights and inform them about further education, job opportunities and information on welfare available to them.

**Main activities of your organisation:**

- Counselling - one to one and group, outreach befriender
- Therapy sessions - Pilates, holistic massage, art, dance, community socialising
- Workshops - Raising awareness about domestic violence, women's rights and welfare available, managing money, job searching, women's health (cervical cancer, weight management), parenting and family planning
- English Lessons - one to one and group

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	1	5	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?
Rented	On going

## Summary of grant request

We are requesting funding for the cost of one part-time qualified counselling professional for 8 hours per week and one part-time outreach worker for 6 hours per week to work with and reach out to victims of domestic violence, forced marriage and female genital mutilation and, those affected by honour killings in their family.

The need for the project stems from the fact that beneficiaries are extremely traumatised and in need of comprehensive counselling and assessment for needs because most of them are not familiar with the British system as they were brought here by their male partners and family members. They do not have the knowledge or confidence to access mainstream providers. We would like to reach out to them and assist them to reach an informed decision on how to rebuild their lives anew and integrate into the wider community. We are trying to stop them suffering in silence and remove the stigma attached to seeking help outside family and community circles.

We are receiving referrals from the police, GP's, schools, mental health groups, community organisations, support workers and through individuals and community members. We arrange a meeting with the client as soon as possible either at our office or at an outreach location. Following the initial assessment, a list of actions will be drawn with and for the client. Clients are also encouraged to attend our in-house workshops to rebuild their confidence and meet other women in similar situation. We have interpreters in more than 6 languages in the region. We also have one volunteer English outreach teacher who would work on a one-to-one basis till the client is ready to participate in the mainstream provisions. The action plan covers issues such as re-housing, joining a refuge, custody of children, counselling, befriending, employment and self-employment support. All meetings and decisions are recorded in relevant forms and kept confidential at the office. The client's permission to act on her behalf and share information with funders if necessary is sought at the initial session.

This project aims to assist women who are displaced to this country more than often by their male partners and family members and, suffer in silence. The project also aims to assist them to rebuild their lives in their new home without fear and abuse. The project tries to remove the stigma about seeking help outside of the family and community circles. The project wants to assist the target group to become economically active and integrate fully into the wider society.

MEWSO is a small, friendly and professional organisation. Most of our volunteers are ex-service users who continue working with us to assist women who are in the situation once they were in. We are ethnic minorities focused and also have different workshops and events that are complimentary to our one-to-one support services. MEWSO is the alternative to many community based services that could be dominated by male members who are perpetrator of abuse.

Our Volunteers are involved in delivering of our services and help designing the services as ex-service users alongside new services users providing us feedback and new ideas. We are proud to work with a diverse pool of volunteers and clients and, the door of MEWSO is open to people who need us regardless of our geographic focus.

We are based at one of Ethical Property buildings in London that is an environmentally responsible office space provider. The staff and volunteers are asked to use public transport for coming to the office. We are using reusable USB for our volunteer's pack instead of paper.

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

**not applicable**

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.

**Providing advice, guidance, advocacy and signposting for victims of domestic violence, forced marriage, honour killing and female genital mutilation in areas of domestic violence, re-housing, welfare rights, children, education, employment and self-employment by qualified advisers.**

**Providing outreach service, signposting and referral for victims of domestic violence, forced marriage, honour killing and female genital mutilation by one part-time outreach worker for clients who could not leave their premises such as being in a refuge.**

**Providing one-2-one and group counselling for the above mentioned clients and those referred to us by GP's, Police and social services by qualified counsellors speaking languages within the Middle eastern communities.**

**Delivering different workshops for the above mentioned clients in arts therapy, health & well-being, dance and movement therapy, CV writing & jobsearch and self-employment by volunteer facilitators to assist our clients to gain their physical and mental health and integrate into the wider community.**

**Providing one-2-one English language tuition by volunteer qualified ESOL tutors to prepare clients to regain their confidence and get ready to attend main ESOL providers.**

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.

**Improving mental & physical health of victims of domestic violence, forced marriage, honour killing and female genital mutilation in London.**

**Reducing the pressure on mainstream national resources such as NHS by reducing the number of visits to GP's, hospitals and mental institutions.**

**Reducing the dependency of our service users on state benefits by assisting them to learn new skills to become economically active.**

**Raising awareness regarding domestic violence, forced marriage, honour killing and female genital mutilation among Middle Eastern women and their right for not suffering in silence.**

**Removing the stigma regarding reaching out for help outside the circles of family and community by Middle Eastern women.**

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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?

**Yes. We are charging clients a contribution towards the cost of counselling and outreach services from the year two and will increase the contribution by clients for the year three. We are planning to turn the service provision into a social enterprise following the period beyond funding.**

## Who will benefit?

### About your beneficiaries

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

**600**

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

**Haringey (30%)**

**Hackney (20%)**

**Enfield (27%)**

**Islington (23%)**

What age group(s) will benefit?

**16-24**

**25-44**

**45-64**

**65-74**

**75 and over**

What gender will beneficiaries be?

**Female**

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

**A range of ethnic groups**

**Mixed/ Multiple ethnic groups (including White and Black Caribbean; White and Black African; White and Asian; Any other Mixed/ Multiple ethnic background)**

**Other ethnic group (including Arab)**

If Other ethnic group, please give details: **Kurdish, Afghan & Arab**

What proportion of the beneficiaries will be disabled people?

**11-20%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Qualified counsellor/ sessional worker- 8 hr/wk for 40 wks incl. NIC	6,093	5,734	5,555	17,382
Outreach/ sessional worker - 6 hr/wk for 40 wks	4,032	3,763	3,629	11,424
Room hire- £30/hr for 10hr/wk for 40 wks	12,000	12,000	12,000	36,000
bills, postage, stationary, admin- £5/wk for 40 wks	200	200	200	600
Professional fee- Accountants	300	300	300	900
	0	0	0	0

<b>TOTAL:</b>	<b>22,625</b>	<b>21,997</b>	<b>21,684</b>	<b>66,306</b>
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### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
room Hire	12,000	12,000	12,000	36,000
Contribution to bills, postage, stationary, admin	200	200	200	600
professional fee- accountant	300	300	300	900
	0	0	0	0

<b>TOTAL:</b>	<b>12,500</b>	<b>12,500</b>	<b>12,500</b>	<b>37,500</b>
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### 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
	0	0	0	0

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
counsellor/sessional worker- 8 hr/wk for 40 wks incl. NIC	6,093	5,734	5,555	17,382
Outreach/sessional worker - 6 hr/wk for 40 wks	4,032	3,763	3,629	11,424
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>10,125</b>	<b>9,497</b>	<b>9,184</b>	<b>28,806</b>
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## Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	1,833
Activities for generating funds	
Investment income	
Income from charitable activities	22,195
Other sources	
<b>Total Income:</b>	<b>24,028</b>

Expenditure:	£
Charitable activities	5,353
Governance costs	
Cost of generating funds	
Other	
<b>Total Expenditure:</b>	<b>5,353</b>
<b>Net (deficit)/surplus:</b>	<b>18,675</b>
<b>Other Recognised Gains/(Losses):</b>	
<b>Net Movement in Funds:</b>	<b>18,675</b>

Asset position at year end	£
Fixed assets	
Investments	
Net current assets	18,675
Long-term liabilities	
<b>*Total Assets (A):</b>	<b>18,675</b>

Reserves at year end	£
Endowment funds	
Restricted funds	16,842
Unrestricted funds	1,833
<b>*Total Reserves (B):</b>	<b>18,675</b>

\* 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?
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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:
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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 £
Islington Community Chest	0	2,500	0
Awards for All	0	9,995	0
Local initial fund- Islington	0	505	0
	0	0	0
	0	0	0

### 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: **Halaleh Taheri**

Role within                      **Practice Director**  
Organisation: