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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: South London YMCA	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Croydon	
Contact person: Mrs Irmani Smallwood	Position: Director of New Business
Website: http://www.slymca.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1099051
When was your organisation established? 06/12/2003	

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 homeless and transient people having access to mental health services and reporting improved well-being A reduction in suicide and self-harm amongst the recognised at risk groups
Please describe the purpose of your funding request in one sentence. To improve the mental health and wellbeing of homeless people living in South London YMCA services through the provision of counselling and workshops.
When will the funding be required? 03/11/2014
How much funding are you requesting? Year 1: £50,259 Year 2: £48,381 Year 3: £0 Total: £98,640

Aims of your organisation:

South London YMCA (SLYMCA) provides accommodation and community services that make a lasting difference to the people and communities we work with. We deliver our aims through 12 supported accommodation services in Croydon, Lambeth and Kensington and Chelsea, including services for single homeless people (aged 18 - 65) including long term rough sleepers, young homeless people aged 16-25, teenage parents, people with severe and enduring mental health needs, and those recovering from substance misuse.

Our Business Plan objectives are:

- Inspire our team - and invest in them to support skills and knowledge development
- Create positive change - develop and deliver added value community programmes including mentoring, counselling and work and learning activities to ensure people accessing our housing and support services get the holistic support they need to achieve and sustain independence
- Reach more people - expand our range of housing and support provision in neighbouring boroughs
- Sustain our future - maintain our financial viability and achieve value for money

Main activities of your organisation:

We work with around 750 homeless and disadvantaged people every year in 12 services (496 units of accommodation). Placing the person at the centre of decision-making about their life, we support them through 1:1 sessions and group based workshop programmes to improve their health and well being, develop independent living skills, and gain access to education, training or employment opportunities through our Work and Learning Programme.

As well as providing supported accommodation services, the charity also runs a range of innovative community based projects which aim to prevent homelessness and social exclusion and promote healthy lives. This includes: mentoring for 10-16s at risk of offending or school exclusion; a Community Host scheme which provides placements with local families for 16-18 year olds; and our current, small in-house counselling service. We also lead the Customer Employment Partnership of 10 London homelessness agencies, promoting employment opportunities in the sector for people who have themselves been homeless.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
100	18	12	100

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?
Owned	

Summary of grant request

The need for the project

A September 2013 consultation with customers identified counselling and wellbeing support as two areas where they need more support. Customers identified that substance misuse, depression, stress, bereavement and abuse were all likely to contribute to or exacerbate their homelessness.

87% of customers have mental health support needs and 56% with substance misuse.

They face barriers accessing mainstream service provision:

- Distrust of providers and statutory agencies
- Undiagnosed mental health problems due to lack of access to primary care
- Inability to access mainstream counselling whilst continuing to use substances, even if reducing.

Free local counselling services have long waiting lists (around 12 weeks). Getting targeted and timely support at the moment homeless customers feel ready to access it can be very challenging.

How the work will be delivered

We will build on our pilot counselling scheme, recruiting a Wellbeing Manager to recruit, induct, support and manage volunteer counsellors running individual counselling sessions for 6 - 12 weeks across all our services in three London Boroughs. This post will also manage customer referrals to ensure demand and supply are balanced.

This post will organise a workshop programme to improve mental health and wellbeing delivered by customers, staff and partner agencies; including anger management, improving confidence and self-esteem, healthy relationships, self-harm minimisation and group work for specific mental health conditions.

What the project aims to achieve

We aim to achieve two main outcomes:

- more homeless and transient people having access to mental health services and reporting improved well-being
- a reduction in suicide and self-harm amongst the recognised at risk groups.

We will monitor this through a reduction in each customers' support needs measured on the Outcomes Star and qualitative evaluation at start and end of counselling for each customer, with six month follow up questions to identify sustained improvements.

Why we are the right organisation to deliver the work

We house 496 vulnerable homeless people each night (c. 750 people each year). This gives us unique opportunities to help our customers access the mental health support they need. Counselling will add effective, evidence-based interventions for those who struggle to access mainstream mental health services and enable individuals to access mainstream mental health services once barriers are overcome.

How will we meet the Trust's programme outcome

We will ensure all customers have access to the counselling service, focussing on those with an identified mental health support need. For example, 64% of customers at Palmer House in Croydon are at enhanced risk of self-harm and suicide; 56% of all customers have

support needs in substance misuse, and 87% have support needs in mental health. We will track the difference counselling and wellbeing workshops make through our customer support needs database, InForm.

How the project meets the 'Principles of Good Practice'

For this project customers will be involved in:

- Recruiting the Wellbeing Manager
- Designing and co-delivering workshops along staff and volunteers
- Peer support following on from counselling
- Co-designing workshop materials

We value and respect people from all backgrounds and track access to our services against all 9 diversity strands. Our staff team reflects the diversity of customers we work with; dignity and respect for customers is a core competence for all staff members.

Volunteers will be supported by the Wellbeing Manager with support from our Volunteering Officer. All volunteers benefit from a full induction and appropriate training, and are celebrated at volunteers' events throughout the year.

SLYMCA will minimise the carbon footprint of this project by only using public transport for customers, volunteers and staff, in line with our Environmental Sustainability Policy Statement.

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

n/a

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.

20 volunteer counsellors deliver up to 60 counselling sessions per week benefiting 300 homeless people. This will be delivered from services in Lambeth, Croydon and Kensington and Chelsea. Each customer will have 6 initial sessions which can be extended to 12 if needed. Counselling provided will be evidence-based.

Staff, volunteers, customers and external partners deliver 24 health and wellbeing workshops benefiting 390 homeless people. These workshops will cover a range of wellbeing issues such as anger management, sexual and emotional health in relationships, improving confidence and self-esteem and managing self-harming ideation.

Up to 10 staff, volunteers and customers will receive formal training to deliver health and wellbeing workshops. 30 customers will volunteer with the workshop programme over the life of the grant, acting as experts by experience and peer mentors and receive practical support and advice to develop these skills.

Volunteer counsellors receive monthly management supervision from the Wellbeing Manager and monthly clinical supervision from an external supervisor. This will ensure our volunteers are valued and that their service is benefitting both the customers and helping them to achieve qualified status.

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.

Customers have improved mental health and wellbeing, including improved self-esteem and confidence

Customers are better able to manage their emotions

Customers have a better understanding of mental health issues

Customers feel more confident about managing their mental health and wellbeing

Customers reduce their risk of self harm and suicide

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?

The project will be embedded in the organisation wide wellbeing programme so that in future it can be co-ordinated by a lower level post, funding for which will be raised from trusts and other sources. We will also explore the possibility of providing low-cost counselling externally to subsidise counselling for people in our services.

Who will benefit?

About your beneficiaries

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

540

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

Croydon (50%)

Lambeth (40%)

Kensington & Chelsea (10%)

What age group(s) will benefit?

All ages

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?

31-40%

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, NI and pension - Wellbeing Manager	33,294	33,627	0	66,921
Recruitment	2,000	0	0	2,000
Clinical supervision costs	5,640	5,640	0	11,280
Volunteer DBS fees	250	0	0	250
Staff travel	240	240	0	480
Staff mobile phone	120	120	0	240
Volunteer travel	3,800	3,800	0	7,600
Workshop costs and counselling room hire	1,000	1,000	0	2,000
Management time	3,915	3,954	0	7,869
TOTAL:	50,259	48,381	0	98,640

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	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
	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
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Finance details

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

Financial year ended:	Month: March	Year: 2013
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Income received from:	£
Voluntary income	5,021
Activities for generating funds	168,447
Investment income	0
Income from charitable activities	8,056,220
Other sources	17,310
Total Income:	8,246,998

Expenditure:	£
Charitable activities	7,382,114
Governance costs	96,353
Cost of generating funds	224,040
Other	65,737
Total Expenditure:	7,768,244
Net (deficit)/surplus:	478,754
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	12,666,831
Investments	0
Net current assets	2,849,867
Long-term liabilities	3,333,268
*Total Assets (A):	12,183,430

Reserves at year end	£
Restricted funds	38,626
Endowment Funds	0
Unrestricted funds	12,144,804
*Total Reserves (B):	12,183,430

* 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?
21-30%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:

On 1 November 2013, we merged with Earls Court YMCA, a neighbouring association which is now held as a wholly-owned subsidiary. We were also successful in winning a further contract in Kensington and Chelsea (operational from 1 July), embedding RBKC as a core area of operation.

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	1,502,716	1,744,319	1,976,876
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	0	0	63,472

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 £
Homeless Link - 2013	0	0	25,000
Hilton in the Community Foundation - 2013	0	0	15,000
Walcot Foundation - 2013	0	0	10,000
Awards for All - 2014	0	0	4,085
YPI - 2013	0	0	3,000

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: **Irmani Smallwood**

Role within **Director of New Business**
Organisation: