

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Vietnamese Mental Health Services</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>Southwark</b>	
Contact person: <b>Mr. Jack Shieh, O.B.E.</b>	Position: <b>Director</b>
Website: <b>http://www.vmhs.org.uk</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1001991</b>
When was your organisation established? <b>28/02/1991</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>Vietnamese Counselling Service to provide linguistic and culturally appropriate talking therapies with the aim of improving mental health and wellbeing of Vietnamese community in London.</b>
When will the funding be required? <b>01/10/2014</b>
How much funding are you requesting? Year 1: <b>£29,268</b> Year 2: <b>£30,368</b> Year 3: <b>£30,918</b> <b>Total: £90,554</b>

**Aims of your organisation:**

Aimed to preserve and protect the good mental health of persons from Vietnam and their dependents resident in the UK.

**Main activities of your organisation:**

Services provided:

- Working in partnership with Health/Social Care professionals and other agencies to provide culturally sensitive mental health services to people from Vietnam
- Advocacy & language support at initial assessment/review meetings with psychiatrists or CPA review and joint visit with Care Co-ordinator
- One to One Support by using Recovery Star approach to support clients to build a satisfying and meaningful life
- Outreach support; advice/information; assist with welfare benefits; housing and GP's appointments
- Drop-in Day Centres with culturally appropriate leisure activities to reduce social isolation and promote mental wellbeing, including ESOL and Painting classes and outing to visit interest places
- Support accommodation for Vietnamese male clients
- Training/Education/Information/Health Workshop about health/mental health and social care issues for people from Vietnam
- Training to non-Vietnamese professionals about Vietnamese culture and beliefs in mental health
- Publishing booklets/leaflets in Vietnamese and Chinese on health/mental health issues, and Bimonthly Health Newsletter

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>7</b>	<b>1</b>	<b>8</b>	<b>3</b>

**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?
<b>Leased</b>	<b>11 years</b>

## Summary of grant request

There is evidence of unmet need for a linguistically and culturally appropriate counselling service for people from the Vietnamese community. The prevalence of mental health problems in the Vietnamese community has been shown to be higher than the UK national average (e.g. Blackwell, 1996). Within Vietnamese community, there are refugees who fled after the Vietnam War ( Mental health - a Vietnamese perspective, VMHS) and more recent asylum seekers who have often been exposed to traumatic events (e.g. Sims, 2007, Runnymede Trust). However, Vietnamese people face significant barriers in accessing talking therapies in the UK.

Thomas (2006) [published in Morgan et al., 2009] conducted research on barriers to Talking Therapies among Vietnamese Communities in London Boroughs where the Vietnamese population was estimated around 3,000. The rationale for the research arose because disproportionately few clients of Vietnamese origin were being referred to mainstream talking therapy services compared to other ethnic groups. Barriers identified included: language, specific cultural needs, and lack of awareness of talking therapies. One of the recommendations was to encourage training of more Vietnamese counsellors or therapists.

In 2009, VMHS held a 'Mental Health and Wellbeing' conference and community consultation focused on the needs of the Vietnamese community. The event was attended by more than 100 stakeholders in London. Recommendations for overcoming barriers to talking therapies included: culturally adapted therapies; bilingual therapists; easily accessible services with self-referral. Until recently, there was no Vietnamese qualified counsellor in the UK.

We believe that the VMHS is the right organisation to deliver the work because of its unique and well-established position in the Vietnamese community. We have been providing care and support to Vietnamese people with mental health problems in the UK since 1989 and we have well-established partnership with statutory and community organisations.

VMHS is providing informal counselling through advice/information, and providing interpreting for counselling and psychology sessions for our clients with mainstream services. The feedback we get indicates that when people talk about their problems, it is difficult enough to talk about emotions and to do this with an extra person in the room is not easy and something is always lost. VMHS has had some success working in partnership with the BME Assess Service in Hackney, for example, on a group intervention for gambling problems and the 'Recipes of Life' Narrative Therapy project. (This project was featured on BBC Radion 4 "All in the mind", June 2013. [Http://www.bbc.co.uk/programme/b02x8znr](http://www.bbc.co.uk/programme/b02x8znr)).

The project had been successful because our workers have been involved in the development of the project from the outset and adapting the therapies to the needs of our clients. However, there is a still need for interpreting and, as noted above, something is always lost in this process.

VMHS wish to develop a Vietnamese Counselling Service to provide linguistic and culturally appropriate counselling service to the Vietnamese community in London.

VMHS will recruit one part-time bilingual therapist to provide counselling in Vietnamese to those in needs, using its main office at 25 Fair Street, London and to work with the Vietnamese community to promote and raise awareness of the "Talking Therapies".

VMHS plans to carry out an evaluation in Year 2 of the project. The result of the evaluation will help VMHS in negotiation for longer term of counselling service with Boroughs' CCGs to share the cost of the service as part of the mental health support contract.

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

No

Do you have a Vulnerable Adults policy? ~~No~~ 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.

**To provide linguistic and culturally appropriate counselling service to the Vietnamese community in London.**

**Working in partnership with local Vietnamese community organisation to organise 4 workshops a year to promote awareness of Talking Therapies**

**The evaluation of the project is carrying out at the end of second year and beginning of third year.**

**To organise conference to disseminate the evaluation result**

**Negotiation for long term funding with London Boroughs' Clinical Commissioning Groups to share the cost of the service as part of the mental health support contract.**

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.

**Improved accessibility and acceptability of talking therapies of the Vietnamese communities in London.**

**Linguistic and culturally appropriate counselling will improve mental wellbeing of our clients and increase their capacity to cope with stressful life circumstances.**

**Offering early intervention that promote mental well-being and prevent or delay individuals from needing for more intensive support.**

**Development of interpersonal skills and social engagement, to promote well-being and social inclusion of the Vietnamese community.**

**Improved emotional resilience to tackle the social factors which precipitate and exacerbate mental ill-health**

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?

**A mid-term evaluation will be carrying out at the end of second year. The result will share with the NHS's Clinical Commissioning Groups in relevant London Boroughs. VMHS will negotiate for longer funding with CCGs to share the cost of the service as part of the mental health support contract to ensure sustainability of service.**

## Who will benefit?

### About your beneficiaries

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

**500**

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

**Several NE London (35%)**

**Several SE London (55%)**

**Several NW London (10%)**

What age group(s) will benefit?

**16-24**

**25-44**

**45-64**

What gender will beneficiaries be?

**All**

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

**Other ethnic group (including Arab)**

If Other ethnic group, please give details: **People from Vietnam**

What proportion of the beneficiaries will be disabled people?

**1-10%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Counsellor Salary & Admin support	17,613	17,613	17,613	52,839
Stationery, Insurance & Telephone	1,150	1,150	1,150	3,450
Travel Expense	400	400	400	1,200
Consultancy/Evaluation	0	3,500	4,000	7,500
Publication & Health Workshop	1,900	1,900	1,900	5,700
Training & Clinical Supervision	800	800	800	2,400
Rent, Rates, Light/Heating & Account Examination	2,245	2,245	2,245	6,735
Office equipments & Recruitment	2,500	0	0	2,500
Project Management cost	2,660	2,760	2,810	8,230
<b>TOTAL:</b>	<b>29,268</b>	<b>30,368</b>	<b>30,918</b>	<b>90,554</b>

### What income has already been raised?

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
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### 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
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary & Admin support	17,613	17,613	17,613	52,839
Stationery, Telephone & Insurance	1,150	1,150	1,150	3,450
Travel Expense	400	400	400	1,200
Consultancy/Evaluation	0	3,500	4,000	7,500
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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	5,803
Activities for generating funds	0
Investment income	62
Income from charitable activities	234,390
Other sources	535
<b>Total Income:</b>	<b>240,790</b>

Expenditure:	£
Charitable activities	256,513
Governance costs	3,906
Cost of generating funds	0
Other	0
<b>Total Expenditure:</b>	<b>260,419</b>
<b>Net (deficit)/surplus:</b>	<b>(19,629)</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>(19,629)</b>

Asset position at year end	£
Fixed assets	1
Investments	0
Net current assets	94,025
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>94,026</b>

Reserves at year end	£
Restricted funds	13,475
Endowment funds	0
Unrestricted funds	80,551
<b>*Total Reserves (B):</b>	<b>94,026</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?

81-90%

### Organisational changes

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

None

### 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	171,480	125,350	116,716
London Councils	0	0	0
Health Authorities	132,372	133,527	144,682
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 £
Digital Outreach	0	450	0
	0	0	0
	0	0	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: **Jack Shieh**

Role within                      **Director**  
Organisation: