

MEETING: 12/03/2015

Ref: 12494

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

Metro Centre Limited

Adv: Sandra Jones

Amount requested: £119,603

Base: Greenwich

Benefit: London-wide

Amount recommended: £119,600

The Charity

Established in May 1992 the Metro Centre Ltd (Metro Centre) provides services to all people experiencing issues related to sexuality, identity, gender and diversity across London, in particular to the LGBT community. Work undertaken is within five closely integrated domains: mental health; youth; HIV; sexual and reproductive health; and community participation and involvement.

The Application

Funding is sought to deliver a London-wide programme of short term counselling and group therapy for young Lesbian, Gay, Bisexual, Transgendered and Questioning (LGBTQ) people aged 16-25 years. Funding, should you agree it, will cover the cost of a 3.5 day per week post; clinical supervision; and associated running costs. It also includes room rental as the service will be provided from a number of venues across London.

The Recommendation

The Metro Centre has a strong track record of working with LGBTQ people, providing a range of high quality services. Recently, the number of young people seeking emotional and mental health support has increased and, although the charity does provide some youth services, it currently has no mental health interventions specifically for LGBTQ young people. This project addresses a growing level of need. Funding is recommended as requested:

£119,600 over three years (£36,700, £41,100, £41,800) for the salary of a part-time (3.5 dpw) Service Co-ordinator; clinical supervision; room hire; and associated running costs.

Funding History

Meeting Date	Decision
07/10/2004	£75,000 over two and a half years (£30,000 to March 2005; £22,000 for 2005/06; £23,000 for 2006/07) for a service to families.

Background and detail of proposal

In London there are very few specialist LBGT mental health services, and those that do exist are commissioned to serve adult populations aged 25+years (as is the case for the Metro Centre). The charity is finding an increase in the number of young people presenting themselves with mental health issues, but has no specific services to offer at present and has to refer them to generic young people's mental health services. Although Metro Centre does have a mental health drop-in service, it is running at capacity and is commissioned for adults.

In response to this need, the LBGTQ Young People's Mental Health and Well-being Project aims to provide a service that offers one-to-one counselling; family therapy;

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group therapy and assessment; signposting and referral to other relevant services. It will also have a strategic development element, liaising with London local authorities to publicise the service (especially to schools), using the data from the recent National Youth Chances survey undertaken by the charity to profile specific LBGTQ Mental health issues within individual boroughs.

The project will be overseen by a 3.5 days-per-week Service Co-ordinator who is a fully qualified BACP (or equivalent) counsellor or psychotherapist, with experience of counselling young people. Therapy will be delivered by 10 volunteer counsellors who are either fully qualified or at a stage in their studies that allows them to practise. One counsellor will run the therapy group, 2-3 will practise family therapy and 6-7 will work with individuals. Metro Centre has a long history of recruiting volunteer counsellors and is a respected specialist placement for students of London psychotherapy colleges. Whilst most of the therapy will be delivered at the charity's Vauxhall office (which is accessible and centrally located) some will be provided in venues across London, to ensure that no young person is prevented from accessing the service due to location. Individual outcomes will be monitored using the standard Clinical Outcomes in Routine Evaluation (CORE) tool that measures counselling clients' levels of anxiety before and after the intervention.

Financial Information

Total forecast income for the current year 2014/15 is £2,499,129, of which £1,838,235 (73.6%) has been received by the end of 2014.

At 31st March 2014 free unrestricted funds stood at £225,719 which equates to 1.1 months' worth of 2013/14 expenditure. The charity acknowledges that this is low and intends to build up reserves to their target of 3 months reserves, through a restructuring of its services to reduce staffing levels (merging the 2 youth services thus needing only one manager, cutting the Deputy Chief Executive Officer) as well as identifying new income including grants and contracts.

Year end at 31 March	2013/14 Independently Examined Accounts	2014/15 Current Year Forecast
	£	£
Income and Expenditure		
Income	2,437,247	2,499,129
Expenditure	2,460,525	2,383,931
Unrestricted Funds Surplus / (Deficit)	(1,885)	77,554
Restricted Funds Surplus / (Deficit)	(21,393)	37,644
Total Surplus / (Deficit)	(23,278)	115,198
Surplus / (Deficit) as a % of turnover	(1.0%)	4.6%
Cost of Generating funds (% of income)	-	124,500 (5.0%)
Free unrestricted reserves		
Unrestricted free reserves held at Year End	225,719	303,273
How many months' worth of expenditure	1.1	1.5
Reserves Policy target	615,132	595,983
How many months' worth of expenditure	3.0	3.0
Free reserves over/(under) target	(389,413)	(292,710)