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MEETING: 12/03/2015

Ref: 12436

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

**National Association for People Abused in
Childhood (NAPAC)**

Adv: Tim Wilson

Amount requested: £30,684

Base: Lambeth

Benefit: London-wide

Amount recommended: £31,000

The Charity

Established in 1998, the National Association for People Abused in Childhood (NAPAC) helps adults recover from damage suffered as a result of childhood abuse. Clients who approach NAPAC have usually received very little or no previous support, and come to the charity following years when they have lived with the trauma caused by neglect, sexual, physical, and/or psychological abuse. The long-term impact of childhood abuse is well documented, and NAPAC provides clients with a range of services to address help them with recovery. The charity provides a confidential support helpline, an email service, and structured support groups that equip survivors with the techniques they need to manage the consequences of abuse.

The Application

NAPAC seeks funding to establish and run six support groups for adult survivors of childhood abuse in the London area. Each support group will meet twelve times for 2.5 hour sessions, with structured facilitation provided by counsellors qualified in cognitive-behavioural and psycho-dynamic techniques. NAPAC will advertise forthcoming support groups on its website and then ask prospective participants to complete a short application. The charity will hold face-to-face interviews with applicants to select those who are most likely to benefit from a group therapy session (some survivors are better supported through one-to-one sessions if they have significant anger management issues). NAPAC does not work with clients who abuse children, and will instead refer them to other specialist agencies. The charity gathers clinical outcome data to assess the progress made by each participant, and places a strong emphasis on the value of peer support as well as the facilitator's input. Following the twelve week support programme, survivors are given a set of tools to help them apply their new skills, the opportunity to meet others from the group as required, and access to NAPAC's telephone helpline.

The Recommendation

NAPAC's work with adult survivors of all types of childhood abuse gives the charity a distinctive niche. The organisation's services are built on seventeen years' experience of testing which services are most effective in addressing long-term trauma. Whilst the telephone helpline and email service are the core of NAPAC's offer, the support groups only run when grant funding allows and demand currently outstrips provision. The charity has experienced a surge in requests for support following recent publicity of historic abuse, and reports that many adults now feel more confident to act on something which they have otherwise regarded as secret and shameful. Funding is advised as follows:

£31,000 over three years (£10,000; £10,500; £10,500) for the costs of 6 support groups in London for adult survivors of childhood abuse.

Funding History

None.

Background and detail of proposal

A national commission led by the Department of Health in 1996 estimated that a million UK children suffer some form of abuse each year. NAPAC works on the basis that the damage caused by childhood abuse can last into adulthood and manifest itself in the form of post-traumatic stress disorder, depression, self-harm, drug and alcohol misuse, and suicide. NAPAC is a small and well-regarded charity with many years' experience of working in this specialist field.

Financial Information

Forecast income in the current year to 31st May 2015 shows an increase of £161k (59%), which is largely due to a new grant from the Big Lottery Fund. As of 10th February 2015, £306,000 (70%) of the charity's 2014/15 forecast income had been confirmed.

The unrestricted fund deficit in 2013/14 of £146,889 and the forecast increase in expenditure in 2014/15 of £91,936 (24%), is attributed by the charity to increased demand for its services as a consequence of the Jimmy Savile revelations. This 2 year period will see the charity virtually exhaust its free reserves, reducing them to £8,838 by 31st May 2015, equivalent to 0.2 months' worth of expenditure.

Having recently employed a dedicated fundraiser for the first time in its history, NAPAC forecasts an improved year in 2015/16 during which it hopes to rebuild its free reserves. As of 10th February 2015, the charity had confirmed £216,000 (48%) of its 2015/16 forecast income.

Year end at 31 May	2013/14 Independently Examined Accounts	2014/15 Current Year Forecast	2015/16 Following Year Budget
Income and Expenditure	£	£	£
Income	274,764	436,000	446,000
Expenditure	381,504	473,440	502,640
Unrestricted Funds Surplus / (Deficit)	(146,889)	(86,760)	98,640
Restricted Funds Surplus / (Deficit)	40,149	49,320	(155,280)
Total Surplus / (Deficit)	(106,740)	(37,440)	(56,640)
Surplus / (Deficit) as a % of turnover	(38.8%)	(8.6%)	(12.7%)
Cost of Generating funds (% of income)	37,826 (13.8%)	38,800 (8.9%)	38,800 (8.7%)
Free unrestricted reserves			
Unrestricted free reserves held at Year End	95,598	8,838	107,478
How many months' worth of expenditure	3.0	0.2	2.6
Reserves Policy target	100,000	100,000	100,000
How many months' worth of expenditure	3.1	2.5	2.4
Free reserves over/(under) target	(4,402)	(91,162)	7,478