

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Metro Centre Limited	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Greenwich	
Contact person: Mr Scott Lupasko	Position: Director of Counselling and Peer Support
Website: http://www.metrocentreonline.org/	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1070582
When was your organisation established? 19/05/1992	

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 children and young people receiving specialist help, resulting in improved mental health More LGBT people accessing mental health services resulting in improved mental health and reduced mental distress
Please describe the purpose of your funding request in one sentence. To fill a necessary gap by providing specialist mental health support, both clinical and non-clinical, to LGBTQ young people in London.
When will the funding be required? 01/04/2015
How much funding are you requesting? Year 1: £36,701 Year 2: £41,071 Year 3: £41,822 Total: £119,603

Aims of your organisation:

METRO believes in a world where difference is celebrated, respected and valued, where discrimination is eliminated and where optimum health and wellbeing for all is a collective goal.

We embrace difference and champion equality, and challenge others to do so too.

We promote health and wellbeing through our transformative services to anyone experiencing issues relating to gender, sexuality, diversity or identity.

We use our unique insight and our LGBT heritage & expertise to influence decision makers & to effect positive change

We work collaboratively with our staff, volunteers, users, partners, supporters and the wider public to make a difference to the lives of adults and young people.

All our work is driven by our three values of Integrity, Innovation and Insight, where we aim to learn from the work we do to identify new and better ways of working in order to stay true to our aims and our commitment to quality service provision.

Main activities of your organisation:

METRO provides services to all people experiencing issues related to sexuality, identity, gender and diversity across London, regionally and beyond. However, originally an LGBT community charity serving Greenwich and Southeast London, METRO remains firmly committed to the LGBT community and its local roots.

METRO identifies its work as taking place within five closely integrated domains. These are Mental Health, Youth, HIV, Sexual and Reproductive Health and Community Participation and Involvement.

Within these domains METRO runs counselling for LGBT people, drop-in and crisis support for LGBT people with severe mental health diagnoses, LGBT youth groups, HIV testing and support, peer support groups for a range of people including 50+ LGBT people, MSM with HIV, Africans with HIV and MSM with prostate cancer, young persons' and MSM condom distribution schemes, young persons' chlamydia screening, advice and advocacy and casework services for PLHIV as well as the LGBT community, and non-clinical one-to-one support for both young and adult LGBT people.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
20	29	6	54

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?
Leased	Annual rolling

Summary of grant request

METRO is seeking funding 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, and is applying under both the children and young people and the LGBT people programme outcomes.

METRO is currently beginning to analyse the data from its National Youth Chances (<http://www.youthchances.org/>) project, funded by the Big Research arm of Big Lottery. This 5-year project has conducted the largest ever survey of LGBTQ young people across England. The survey has had over 7000 responses and included questions on a range of topics, including mental health. The wider aim of the project is to identify unmet needs of LGBTQ young people, as well as to influence policy and commissioning to ensure identified needs are met suitable services.

One of the most upsetting early findings of the NYC data is in mental health. 44% of young LGBT people have thought about suicide, compared to 26% of their straight counterparts, while 52% have self-harmed and 42% sought treatment for anxiety or depression. Issues related to family and social life, where a person's LGBTQ identity is often hidden, and bullying at school (1 in 5 respondents claim to have been attacked at school) doubtless contribute to these high levels of mental ill health and distress.

These figures agree with METRO's own experience through its service delivery. METRO has delivered specialist LGBT mental health interventions since opening in 1984. These have included counselling for adults and young people, crisis and drop-in services, family and group therapy, as well as general well being groups.

Currently METRO has no mental health interventions specifically for LGBTQ young people. However, it has noticed a distinct rise in young people wanting to access its adult counselling service, because of its LGBT specificity. Though unfortunately, because the service is commissioned for adults 25+ and is running at capacity, most of these young people need to be referred to generic young people's mental health services.

Similarly, METRO's youth groups, which it has also run since its outset, are seeing an increase in young people with mental health issues who cannot participate in the groups without upsetting their dynamic. Our mental health drop-in is the logical onward referral point, but is similarly running at capacity and commissioned for adults.

There are few LGBT(Q) specific, open access mental health services in London. Current government policy favours early, generalised interventions and those few that remain are primarily for adults.

METRO's LGBTQ Young People's Mental Health and Well Being Project would seek to fill this gap. It would be based in its Vauxhall office and aim to increase the mental health and well being of LGBTQ young people across the capital. It will liaise with local authorities with the aim of advertising and linking the service to schools and other young people's services.

A part time project coordinator will recruit trained volunteer counsellors to provide individual or family therapy at either METRO's Vauxhall office or at rented counselling rooms across the capital. A weekly therapy group will also be offered at the Vauxhall space.

METRO believes its 30-year track record in providing youth and mental health services for LGBT people, as well as its current NYC project, make it the perfect charity to fill the current mental health service gap facing London's LGBTQ young people.

Moreover, the project's use of volunteer counsellors, group work that will be user-led and its pan-London scope make it in line with City Bridge's 'Principles of Good Practice'. In line with all METRO services, the project will also adhere to METRO's Environmental Policy.

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

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.

10 volunteer counsellors recruited and maintained over 3-year course of project. 10 is the target number to be maintained, so it is expected that over the course of the project 20 will be recruited due to individuals moving on. a 1-year commitment will be asked of each volunteer counsellor.

1400 hours of short term counselling provided to young LGBTQ people across London. This is based on a 3 client per counsellor maximum capacity, with project start-up time and individual assessment time factored in. Each young person will be offered 12 hours of counselling, excluding assessment.

350 hours of short term family counselling provided to young LGBTQ people and their families. This is based on a 3 client per counsellor maximum capacity, with project start-up time and individual assessment time factored in. Each family will be offered 12 hours of counselling, excluding assessment.

120 sessions of group therapy. This is based on weekly sessions, 48 annually with start-up time factored in. Participants would enter group at the understanding of participating for 12 sessions. Some participants will be allowed to enter the group after receiving 1-to-1 counselling.

180 LGBTQ young people will be assessed by the project coordinator over 3 years.

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.

Clients receiving short term counselling will have improved mental health and lowered anxiety. This will be measured using the Clinical Outcomes in Routine Evaluation (CORE) system of evaluation. Clients will show an average improvement rate of 75%.

Young LGBT people receiving counselling with family members will have improved mental health and lowered anxiety. This will be measured using the Clinical Outcomes in Routine Evaluation (CORE) system of evaluation. Clients will show an average improvement rate of 75%.

Clients undertaking group therapy will have improved mental health and lowered anxiety. This will be measured using the Clinical Outcomes in Routine Evaluation (CORE) system of evaluation. Clients will show an average improvement rate of 75%.

Clients using the service will show raised self-esteem and confidence with respect to their LGBTQ identity. This will be measure by METRO's BASK Inventory, a bespoke tool measuring changes in behaviour, attitude, skills and knowledge. An average improvement rate of 20% across each BASK domain will be shown.

Acknowledged need for and sustained funding of LGBTQ young people's mental health and well being interventions in London.

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?

Part of the work of this project is to raise awareness of the need for specialist mental health support for young LGBTQ people in London. It is thus an aim of the project to secure funding from Local Authorities to continue this work after the City Bridge Trust funding period.

Who will benefit?

About your beneficiaries

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

60

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

London-wide (100%)

What age group(s) will benefit?

0-15

16-24

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
Staff (including NI and pensions)	23,510	24,161	24,802	72,473
Room rental	4,000	8,500	8,500	21,000
IT and communications	1,000	400	400	1,800
Recruitment	500	0	0	500
Clinical supervision	1,200	2,000	2,000	5,200
Promotions/Stationery/Misc. office costs	2,000	1,200	1,200	4,400
Expenses (staff and volunteer)	500	700	700	1,900
Management and on-costs	4,000	4,110	4,220	12,330
	0	0	0	0
TOTAL:	36,710	41,071	41,822	119,603

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	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
	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
Staff (including NI and pensions)	23,510	24,161	24,802	72,473
Room rental	4,000	8,500	8,500	21,000
IT and communications	1,000	400	400	1,800
Recruitment	500	0	0	500
Clinical supervision	1,200	2,000	2,000	5,200
Promotions/Stationery/Misc. office costs	2,000	1,200	1,200	4,400
Expenses (volunteer and staff)	500	700	700	1,900
Management and on-costs	4,000	4,110	4,220	12,330
	0	0	0	0
TOTAL:	36,710	41,071	41,822	119,603

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	10,965
Activities for generating funds	1,120
Investment income	215
Income from charitable activities	2,424,947
Other sources	0
Total Income:	2,437,247

Expenditure:	£
Charitable activities	2,423,713
Governance costs	36,812
Cost of generating funds	0
Other	0
Total Expenditure:	2,460,525
Net (deficit)/surplus:	(23,278)
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	34,093
Investments	0
Net current assets	265,315
Long-term liabilities	20,000
*Total Assets (A):	

Reserves at year end	£
Endowment funds	0
Restricted funds	19,596
Unrestricted funds	259,812
*Total Reserves (B):	279,408

*** 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?
91/100%

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	159,621	87,000	180,941
London Councils	0	0	0
Health Authorities	1,572,978	1,373,001	1,358,064
Central Government departments	0	359,623	0
Other statutory bodies	776,178	741,350	617,149

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 £
Comic Relief	32,267	38,555	19,443
Kings Fund	61,971	25,669	0
Trust For London	0	11,250	22,500
Terrence Higgins Trust	30,000	30,000	39,920
The Tides Foundation	0	15,335	17,433

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: **Scott Lupasko**

Role within **Director of Counseling and Peer Support Services**
Organisation: