

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: National Association for People Abused in Childhood (NAPAC)	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Lambeth	
Contact person: Mrs Anne Molyneux	Position: Fundraising Manager
Website: http://www.napac.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1069802
When was your organisation established? 29/05/1998	

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 LGBT people accessing mental health services resulting in improved mental health and reduced mental distress 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 set up six Support Groups across London for adult survivors of childhood abuse.
When will the funding be required? 03/11/2014
How much funding are you requesting? Year 1: £10,028 Year 2: £10,228 Year 3: £10,428 Total: £30,684

Aims of your organisation:

To promote relief and support to people who have experienced abuse in childhood and to those effected by abuse and to advance the education of the public and the relevant professions with regard to child abuse including the emotional and psychological consequences resulting from any form of abuse or neglect in childhood.

Main activities of your organisation:

NAPAC is a unique charity carrying out vital work in helping people come to terms with what happened in their childhood and build happier and more fulfilled lives. We do this by:

1. Operating a free volunteer- manned telephone support line, providing emotional support, information and signposting for survivors of childhood abuse.
2. Providing a rich source of information and shared experience through our website / email service
3. Running support groups offering structured group therapy for participants across a unique 12 session trauma recovery based programme of proven measurable effectiveness.
4. Training others who have contact with survivors, to help them respond better to their needs.
5. The publications of materials and information to support survivors of childhood abuse.
6. The raising of public awareness of the continuing impact and emotional legacy of childhood abuse.
7. Participation and representation at seminars / conferences related to alleviation of the impact on adults struggling with the long-term consequences of childhood abuse.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
5	2	7	60

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	Five Years

Summary of grant request

The NAPAC Freephone Telephone Support Line was launched in 2002 and callers receive a 30 minute supportive listening service as a stepping stone and signpost to locally - available services including counselling and support groups.

In July 2011 our first Support Group was launched as a second stage of recovery and we have continued to set the groups up in London, Bury, Manchester, Liverpool and Belfast. We have also run a successful pilot Support Group Programme for survivors of childhood abuse who are currently in prison and NAPAC has been invited to continue this work in the criminal justice system.

The Support Groups are free to adult survivors of childhood abuse and operate over a programme of 12 sessions of 2+ hours per meeting, involving a maximum of 12 participants, both men and women. All types of abuse are covered, be it emotional, physical, sexual or neglect. The Groups are led by a skilled facilitator and a volunteer co-facilitator.

NAPAC recognises that most survivors would value an opportunity to share/discuss their personal situation in a group therapy programme. The Support Group can provide another method of support to meet the different needs that individual survivors might face at various points of their lives. The feedback from participants has been very positive:

' When I called the Support Line I was so isolated and very distressed but once I spoke to someone at NAPAC I felt much better about my situation. That first conversation helped me to understand that I should not feel guilty or dirty about what was done to me as a child. I called NAPAC a few weeks later to ask if there was any further help I could have and was invited to join a local Support Group. I have now finished the 12 week programme and feel so much stronger. If NAPAC had not been there for me I am sure I would now be dead. Thank you NAPAC.'

There are very few other support services for adult survivors of childhood abuse in the UK. Often very limited as to the information available as these organisations focus on certain categories such as Women's Aid / Samaritans / Victim Support / Rape Crisis. NAPAC offers support services dedicated to adults(men and women) who experienced all types of childhood abuse.

By setting up more local Support Groups we know from experience that the outputs and outcomes from this type of group therapy programme for survivors of childhood abuse improves their quality of life immensely. The high number of adults who suffer from alcohol / drug abuse , low self esteem , self harming and deep depression is often the result of not knowing how to deal with the traumatic childhood memories.

After participating in the support group programme's twelve sessions held over a twelve week period, survivors are able to have better control of their healing journey and move forward confidently. Survivors have given very positive feedback from the group therapy sessions and practitioners see the benefits of participation . The result is often a long-term reduction of prescribed drugs given which is also a benefit to society as a whole.

However NAPAC understands that some Survivors may need further long term support and we do offer a monthly support session which adds to the running costs of our Support Services.

NAPAC invests in high quality training and on-going support for staff and volunteers who work with the Support Groups to ensure best practice at all times. Regular individual personal development sessions are built into the project programmes as a safeguard when working in an emotional environment.

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

Not applicable.

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

Fundraising Standards Board.

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.

In year one recruit and train six Support Group Facilitators and six Co-Facilitators.

Followed by the running of phase one x two Support Groups with 12 adult survivors of childhood abuse attending 12 weekly sessions in each programme in a

Year two set up two further Support Groups in a different location of London - 12 adult survivors attending 12 weekly sessions

Year three set up two further Support Groups in another London location for 12 adult survivors attending 12 weekly sessions.

Review programme / evaluate outputs and outcomes in readiness for the continuation of the Support Group Therapy Programme across London for adults abused in childhood as a second stage support service.

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.

By attending the Support Group Therapy Programme, Adult Survivors of Childhood Abuse are able to share experiences, come to terms with what happened and build happier and more fulfilled lives. This will help to rebuild their shattered lives.

The participants will be able to gain the much needed emotional support which will help to reduce the feeling of isolation and low self-esteem.

The long-term consequences such as : depression, eating disorders, drug/alcohol abuse, self harm etc. which survivors of childhood abuse often suffer, can be addressed through these group sessions and practitioners have noted the subsequent improvement at the end of the 12 week programme.

The majority of participants have informed NAPAC that following the Support Group Therapy sessions they have felt more positive about personal relationships and have noticed an improvement in their confidence in the work place.

Practitioners have informed NAPAC that there is a noticeable reduction of prescribed medication following attendance of the 12 week Support Group sessions. Which is very good for the individual and offsets the soaring costs to the National Health Service.

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?

NAPAC has just set out on its new 2014 - 2019 Business Plan to further develop support services for adult survivors of childhood abuse. A robust Fundraising Programme is in place which will generate new income streams as well as on-going community fundraising for these Support Groups.

Who will benefit?

About your beneficiaries

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

24

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

London-wide (100%)

What age group(s) will benefit?

16-24

25-44

45-64

65-74

75 and over

What gender will beneficiaries be?

All

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

A range of ethnic groups

White (including English/ Welsh/ Scottish/ Northern Irish/ British; Irish; Gypsy, Traveller or Irish Traveller; Any other White background)

Mixed/ Multiple ethnic groups (including White and Black Caribbean; White and Black African; White and Asian; Any other Mixed/ Multiple ethnic background)

Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

21-30%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Lead Facilitators costs x two groups	4,400	4,500	4,600	13,500
Co-Facilitators costs x two groups	960	1,000	1,040	3,000
Ongoing support expenses	1,100	1,125	1,150	3,375
Room-Hire x two groups	2,700	2,725	2,750	8,175
Materials	140	140	140	420
Refreshments	144	144	144	432
Retainer for back up Facilitator x two groups	360	400	440	1,200
6 Booklets for each attendee	144	144	144	432
Handouts and Evaluation paperwork	24	24	24	72
TOTAL:	9,972	10,202	10,432	30,606

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
None secured to date	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
Zurich Community Foundation	5,000	5,200	5,400	15,600
The Henry Smith Charity (pending first stage)	10,000	10,400	10,800	31,200
	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
Lead Facilitators costs x two groups	4,400	4,500	4,600	13,500
Co-Facilitators costs x two groups	960	1,000	1,140	3,000
Ongoing Support expenses	1,100	1,125	1,150	3,375
Room Hire x two groups	2,700	2,725	2,750	8,175
Materials	140	140	140	420
Refreshments	144	144	144	432
Retainer for back-up Facilitator x two groups	360	400	440	1,200
6 Booklets for each attendee	144	144	144	432
Handouts and Evaluation paperwork	24	24	24	72
TOTAL:	9,972	10,202	10,432	30,606

Finance details

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

Financial year ended:	Month: May	Year: 2013
-----------------------	-------------------	-------------------

Income received from:	£
Voluntary income	333,582
Activities for generating funds	0
Investment income	1,737
Income from charitable activities	0
Other sources	0
Total Income:	335,319

Expenditure:	£
Charitable activities	331,754
Governance costs	2,131
Cost of generating funds	10,175
Other	0
Total Expenditure:	344,060
Net (deficit)/surplus:	-8,741
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	2,493

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	280,428
Long-term liabilities	0
*Total Assets (A):	280,428

Reserves at year end	£
Restricted funds	37,939
Endowment Funds	0
Unrestricted funds	242,489
*Total Reserves (B):	280,428

* 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?
0%

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	0	0	0
London Councils	0	0	0
Health Authorities	0	0	0
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 £
Big Lottery	68,000	68,000	68,000
LloydsTSB Bank Foundation	14,000	14,000	0
Bodyshop Foundation	15,000	15,000	0
Atlantic Trading	0	25,000	25,000
The BigO Charitable Trust	20,000	20,000	20,000

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: **Anne Molyneux**

Role within **Fundraising Manager**
Organisation: