

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

| | |
|--|--|
| Name of your organisation: Mind in Croydon | |
| If your organisation is part of a larger organisation, what is its name? | |
| In which London Borough is your organisation based? Croydon | |
| Contact person: Mr Richard Pacitti | Position: Chief Executive |
| Website: http://www.mindincroydon.org.uk | |
| Legal status of organisation: Registered Charity | Charity, Charitable Incorporated Company or company number: 1073880 |
| When was your organisation established? 09/08/1969 | |

Grant Request

| |
|--|
| Under which of City Bridge Trust's programmes are you applying? Making London More Inclusive |
| Which of the programme outcome(s) does your application aim to achieve? Disabled people actively taking part in the arts or sport Disabled people actively taking part in the arts or sport |
| Please describe the purpose of your funding request in one sentence. To employ a Sports Coordinator to run a service supporting people with significant long term mental health problems to access mainstream sports activities. |
| When will the funding be required? 01/01/2015 |
| How much funding are you requesting? Year 1: £52,567 Year 2: £51,052 Year 3: £51,853 Total: £155,471 |

Aims of your organisation:

Mind in Croydon is working to promote good mental health and it seeks to empower people to lead a full life as part of their local community.

Our aims are:

Aim 1: To promote positive mental health, resilience, recovery, independence and social inclusion.

Aim 2: To ensure the social care and practical needs, such as housing, employment, income, social contact and friendship, of people with mental health problems are met.

Aim 3: To overcome the stigma associated with mental health problems and increase understanding by the public and other organisations, including professional agencies, of the abilities and potential of people with mental health problems as well as the difficulties they face.

Aim 4: To express the views of its members on mental health issues and services.

Main activities of your organisation:

We provide a variety of practical, social and advice services for people with mental health problems, their carers and families. We offer a counselling service (480 people); we publish a guide to Croydon mental health services. Our advice line reaches over 1500 callers yearly. The advocacy service includes innovative work around parenting (753 people). Welfare Benefits service provides advice on benefits entitlement and appeals (180 people). Social Inclusion services range from a carer's service to a community hub providing a centre for social interaction, building confidence to forge relationships and follow interests in the community (210 people). Employment support service works with people to maintain and gain employment (60 people). Active Minds is an award winning service, supporting people to make and keep positive lifestyle changes (98 people). We provide specialist training to organisations in Croydon, challenging stigma around mental health and promoting mindful working environment. We run two successful charity shops, providing information hubs to the local community.

Number of staff

| Full-time: | Part-time: | Management committee members: | Active volunteers: |
|------------|------------|-------------------------------|--------------------|
| 19 | 21 | 8 | 77 |

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? |
| Rented | 5 years |

Summary of grant request

Need for the project:

Many people with significant long term mental health problems would like to take part in sport, yet find it difficult to engage. 65% of mental health service users cite lack of motivation as a barrier, 63% cite lack of self-esteem and 61% cite lack of confidence. People with mental health problems have much worse physical health than the general population and this can create further barriers to taking part in sports.

Delivery method:

We will use a multi-faceted approach that overcomes the barriers that prevent people from engaging in sport. This will include:

A worker and/or a buddy working with each client to develop an individual action plan which addresses that person's sports goals, the barriers to achieving those goals, and a plan to overcome these barriers.

The worker, recruiting, training and supporting a team of volunteer buddies (many of whom will be "graduates" of the service), to support people to engage with and maintain their sporting activity(ies).

Delivering a mental health smoking cessation service.

Delivering healthy eating, "cook and taste" workshops to support people to manage their weight as obesity caused by poor diet is a barrier to people with mental health problems engaging in sport.

The worker and/or a buddy supporting the service user to discuss the care and treatment they receive from their health professional, as the side-effects of psychiatric medication (lethargy, weight gain etc) have been identified as barriers.

Aim to achieve:

We will break down the barriers faced by people with significant long term mental health problems, enabling them to access and maintain sports activities.

The right organisation:

We have 40 years' experience of delivering innovative services in the borough. We have developed strong partnerships and sound a reputation among the mental health and sporting community. Service user involvement is central to all our work and this project has been developed by listening and involving people in this application. We believe we are the only mental health charity that has adopted 'Inclusive and Active 2', a London wide strategy, with a vision of active disabled Londoners.

Meeting the programme outcome:

We will support people with mental health problems to access sports in the community by overcoming psychological and other barriers to participation created by poor health such as smoking, obesity and medication side-effects..

Meeting the principles of good practice:

Service users are involved at every level within our agency. They are Trustees/Directors of the charity, setting its values and strategy. One in four of the paid staff has experience of mental health problems and many of our volunteers are service users. Service users have highlighted the need for this project and have been involved in the writing of this funding application. Service users will be supported to make the transition from participant, to active volunteer, buddying newer joiners, to sports activity leaders.

We record data to ensure that the services we deliver reflect the local community. For example 52% of people using our services are from a broad range of BME groups. We have been successful in supporting women to take part in sports (e.g. Boxercise) that are usually thought of as being for men. We reflect a wide range of ages within our services and have good uptake from LGBT groups.

We provide regular support and supervision for volunteers and also hold regular "thank you" events which bring together volunteers from all of our activities. We are particularly keen to support service users to become volunteers as part of their journey to recovery.

We have a working environmental policy and are in the process of applying for an Eco-Audit.

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

Positive about disabled people

Inclusive & Active 2

Advocacy QPM

Mindful Employer

Investors in People

Fundraising standards board

The Mind Quality Mark. (The highest national mind quality mark)

Inclusive and Active

BACP British Association for Counselling and psychotherapy.

We are Charity Commission endorsed

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 personalised support for 150 people with significant long term mental health problems to access mainstream sports activities and maintain that activity for at least six months.

To recruit, train and support 30 volunteer buddies to support people with long term mental health problems to engage in sport and improve their health and wellbeing.

To deliver smoking cessation services to 75 people with significant long term mental health problems.

To deliver 9 healthy eating and "cook and taste" workshops to 75 people with significant long term mental health problems to support them to manage their weight and eat more healthily and thus be more able to take part in sport.

To deliver personal support to 30 people with significant long term mental health problems to enable them to discuss the care and treatment they receive from their health professional, to address the side-effects of psychiatric medication (lethargy, weight gain etc) and thus be more able to take part in sport.

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.

150 people with significant long term mental health problems will have taken part in a sporting activity and maintained that activity for at least six months, resulting in improved physical activity, reduced social isolation and improved self-esteem.

15 people with significant long term mental health problems will be involved in the running and management of sports activities.

90 people with significant long term mental health problems will report increased well-being and self-confidence as a result of taking part in sport.

25 people with significant long term mental health problems will have reduced or ceased their smoking, making it more possible for them to engage in sports activities.

25 people with significant long term mental health problems will be eating an improved diet and will be making healthy eating choices. They will be managing their weight and thus be more able to participate in sport.

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?

We have a good track record of accessing funding streams to develop and build on existing projects. We keep abreast of local and national funding opportunities. Service user involvement and up-skilling is key to our work, ensuring activities continue through volunteering and service user led opportunities should funding cease or reduce.

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?

Croydon (100%)

What age group(s) will benefit?

16-24

25-44

45-64

65-74

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?

91-100%

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 Costs (one wte worker) | 27,732 | 28,287 | 28,853 | 84,872 |
| Staff on costs (N.I pension etc, travel training etc) | 8,128 | 8,256 | 8,386 | 24,770 |
| Recruitment | 3,000 | 0 | 0 | 3,000 |
| Volunteer travel and subsistence | 1,000 | 1,000 | 1,000 | 3,000 |
| Premises costs (rent, heat light insurance etc) | 1,500 | 1,500 | 1,500 | 4,500 |
| Office Costs (phone, stationery, postage, printing etc) | 2,350 | 2,350 | 2,350 | 7,050 |
| Events, publicity, sports venue & equipment hire | 2,000 | 2,000 | 2,000 | 6,000 |
| Independent evaluation | 0 | 1,000 | 1,000 | 2,000 |
| Management charge (governance, policy development, quality marks, H.R. finance, line management etc) | 6,857 | 6,659 | 6,763 | 20,279 |
| TOTAL: | 52,567 | 51,052 | 51,853 | 155,471 |

What income has already been raised?

| Source | Year 1 | Year 2 | Year 3 | Total |
|---------------|----------|----------|----------|----------|
| n/a | 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 |
|---------------|----------|----------|----------|----------|
| n/a | 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 |
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Finance details

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

| | | |
|-----------------------|------------------------|------------------------|
| Financial year ended: | Month: March | Year: 2013/4 |
|-----------------------|------------------------|------------------------|

| Income received from: | £ |
|-----------------------------------|------------------|
| Voluntary income | 38,743 |
| Activities for generating funds | 89,038 |
| Investment income | 29,635 |
| Income from charitable activities | 1,188,866 |
| Other sources | 86,820 |
| Total Income: | 1,433,102 |

| Expenditure: | £ |
|---|------------------|
| Charitable activities | 1,296,337 |
| Governance costs | 6,682 |
| Cost of generating funds | 11,256 |
| Other | 82,886 |
| Total Expenditure: | 1,397,161 |
| Net (deficit)/surplus: | 35,941 |
| Other Recognised Gains/(Losses): | -27,396 |
| Net Movement in Funds: | 8,545 |

| Asset position at year end | £ |
|----------------------------|------------------|
| Fixed assets | 1,547,624 |
| Investments | 491,002 |
| Net current assets | 374,905 |
| Long-term liabilities | (12,500) |
| *Total Assets (A): | 1,910,029 |

| Reserves at year end | £ |
|-----------------------------|------------------|
| Restricted funds | 299,200 |
| Endowment Funds | 0 |
| Unrestricted funds | 1,610,829 |
| *Total Reserves (B): | 1,910,029 |

* 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?
61-70%

Organisational changes

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

n/a

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 | 389,640 | 428,070 | 389,486 |
| London Councils | 0 | 0 | 0 |
| Health Authorities | 578,655 | 578,655 | 573,383 |
| Central Government departments | 0 | 50,000 | 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 £ |
|------------------|-----------|-----------|-----------|
| Comic Relief | 76,103 | 92,089 | 100,530 |
| Big Lottery | 51,925 | 61,779 | 20,891 |
| Trust for London | 0 | 35,000 | 35,000 |
| Maudsley Charity | 0 | 0 | 18,572 |
| | 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: **Richard Pacitti**

Role within **Chief Executive**
Organisation: