

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Project For Advocacy Counselling & Education (PACE)	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Islington	
Contact person: Ms Margaret Unwin	Position: Chief Executive
Website: http://www.pacehealth.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 801271
When was your organisation established? 01/01/1985	

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 refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health
Please describe the purpose of your funding request in one sentence. To enable the continuation and development of PACE's LGBT+ mental health advocacy service.
When will the funding be required? 01/06/2015
How much funding are you requesting? Year 1: £48,216 Year 2: £49,097 Year 3: £51,340 Total: £148,653

Aims of your organisation:

To create better LGBT+ mental health

Main activities of your organisation:

PACE provides counselling, advocacy, group work and online support for LGBT+ people aged 13 to 80 years to enable them to achieve better mental health and wellbeing. We work directly with 1200 LGBT+ people a year, and many hundreds more through our virtual support project (launched in 2012). We also train and capacity build with professional and agencies in the mainstream sector, to improve the environment for LGBT+ people. LGBT people's mental health is significantly poorer than their heterosexual peers; young LGBT+ people are far more likely to have contemplated suicide, or to have self-harmed; the impacts of minority stress and homophobia are significant for many LGBT+ people, even well into their forties and fifties. Our work is about enabling people to find their own strengths and make changes they want to make in their lives.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
6	16	10	38

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	we are about to move in 2015

Summary of grant request

Part-funding for the continuation and expansion of our LGBT+ adult Mental Health Advocacy service, which we have run for six years. Advocacy works alongside service users to help them achieve practical outcomes, e.g. getting housed, accessing asylum support, obtaining benefits, putting their point of view to the psychiatrist. Failure to achieve these things has a serious negative effect on clients' mental health.

Last three years, users report:

- 62% feeling better able to represent themselves to services
- 73% felt listened to by service providers
- 90% improved their mental/emotional health

Outputs include:

- 145 people receiving support in housing meetings
- 62 people obtaining improved housing
- 190 clients accessed mental health services, when they otherwise would not have
- 58 clients supported to make complaints against mainstream mental health services
- 48 clients able to speak up for themselves on ward rounds
- 39 clients achieving employment
- 340 clients increasing income

LGBT+ clients say they need LGBT+ specific mental health support, as mainstream services do not understand their issues. We carried waiting lists for the first time in 2014 (12 clients over the summer) - a clear demonstration that needs are increasing. We invested additional staff, but still 'lost' some clients. We have reviewed the Advocacy service to ensure we can meet the increase in demand, long-term. This year we plan to extend the Manager's hours, to increase numbers of complex clients who can be directly supported, along with new online support and volunteering. Last year we supported 273 clients; our 2015 target is 379 clients. Demand is increasingly complex. Changes in benefits, housing rules, health and social care and asylum systems, and in legal aid/legal representation, have been hugely damaging. Callers considering suicide increased during 2014 from 1 per month to 1 per week. We anticipate the number of clients will continue to rise, exponentially. We also expect the independent advocacy requirements contained in the Care Act 2014 will raise awareness/demand but there will be no funding.

- 175 face to face clients will receive advocacy
- 120 clients will attend workshops
- 8 service users will participate in the quarterly Service User Forum
- 42 clients will receive online advocacy
- 360 downloads of advocacy factsheets
- 2 Advocacy Volunteers will support the service and gain useful skills and confidence

PACE provides the only LGBT+ specific advocacy service across London. We are the specialist in this field and receive referrals from many sources. We will continue to build new Advocacy models, with service users themselves, to ensure the service remains relevant to clients' current and changing needs. We have a small, skilled, team of advocates who regularly update their skills and knowledge. We are working towards the Advocacy charter mark and this year launched our Wellbeing Wheel, to help us to better define and track clients' personal outcomes/improvements.

This project will improve Londoners Mental Health by providing services to people with a range of mental health issues currently resident in 33 London Boroughs.

PACE's work, and our user forum(s) give a powerful voice to many invisible LGBT+ people with mental health problems. We have a diverse range of clients 30% of service users are

BAME; 25% of advocacy clients are asylum seekers/refugees, most of whom have fled their home countries because of persecution; 40% of young advocacy clients identify as trans*.

PACE volunteers are highly valued and supported. LGBT+ people who have been through the mental health "system" are integral at all levels including the Board.
We aim to reduce our carbon footprint. So far we have instituted some basic measures and believe that increasing online provision can support this aim further.

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? **Yes**

What Quality Marks does your organisation currently hold?

We are working towards the advocacy charter mark. We also have developed PACE's own eQuality charter mark, for mainstream providers, and we are working

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.

Three year City Bridge Trust Funding will enable 540 adults to access face to face advocacy (joint funded by City Bridge Trust and Henry Smith Charity). The joint funding will also make it possible for 153 young people to access face to face advocacy, and 137 clients online advocacy.

We will deliver workshops on 8 key topics for our service users, identified by the User Forum. City Bridge Trust funding will enable 60 LGBT+ people to attend the workshops (120 will attend in total). Over 3 years 360 LGBT+ service users will attend workshops.

We will hold an annual Wellbeing Day attended by 40 LGBT+ people (City Bridge Trust funding will co-enable this). Workshops will cover issues identified by clients, likely to promote positive mental health. Over the 3 years 120 LGBT+ people will attend and learn about a range of wellbeing topics.

Two new factsheets will be written annually, by service users/volunteers. There will be 360 downloads of the factsheets in year one (180 of which will be made possible by City Bridge Trust funding). Downloads will increase year on year, totalling 1320 downloads overall.

We will develop a User Forum, attended by 8 LGBT+ users quarterly. They will input into all aspects of the project. City Bridge Funding will enable up to 12 users to become actively involved in steering the project and in PACE.

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.

90% of clients will report improved mental health following advocacy

70% of clients will report an increase in income following advocacy

70% of clients will report they were able to access services (e.g. treatment, housing)

75% of clients will report an improvement in their ability to cope and/or they feel more confident following advocacy

55% of clients will report an improvement in self advocacy skills following advocacy

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?

Yes, PACE's Trustees have affirmed their commitment to continuation of advocacy as a key PACE service, because it delivers outcomes for clients. We will seek funding from Trusts for future development of the service beyond the life of this grant (if approved).

Who will benefit?

About your beneficiaries

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

379

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~~ *uu*

25-44

45-64

65-74

75 and over

What gender will beneficiaries be?

All

Male

Female

Transgender or other gender identity

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?

61-70%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary + oncosts - 35hr Advocacy & Help Desk Manager	36,416	37,508	39,654	113,578
	0	0	0	0
Salary + oncosts - 35hr Advocate	33,090	34,084	36,032	103,206
	0	0	0	0
Staff training & travel	4,442	4,442	4,442	13,326
	0	0	0	0
Volunteer costs	4,432	4,432	4,432	13,296
	0	0	0	0
Service User forum costs	1,807	1,807	1,807	5,421
	0	0	0	0
Other direct project costs	3,170	3,170	3,170	9,510
	0	0	0	0
Management & supervision	7,860	8,096	8,339	24,295
	0	0	0	0
Contribution to central PACE costs (HR, IT, finance, fundraising, governance, audit, PR, website)	4,394	4,494	4,644	13,532
	0	0	0	0
Equipment (Personal alarms, phones and laptop)	820	160	160	1,140
	0	0	0	0
TOTAL:	96,432	98,193	102,679	297,304

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
	0	0	0	0
	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
Henry Smith Charity	48,216	49,097	51,340	148,653
	0	0	0	0
	0	0	0	0
	0	0	0	0
	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
Salary + oncosts - 17.5hr Advocacy & Help Desk Manager	18,208	18,754	19,827	56,789
	0	0	0	0
Salary + oncosts - 17.5hr Advocate	16,545	17,042	18,016	51,603
	0	0	0	0
Staff training & travel	2,221	2,221	2,221	6,663
	0	0	0	0
Volunteer costs	2,216	2,216	2,216	6,648
	0	0	0	0
Service User Forum costs	904	904	903	2,711
	0	0	0	0
Other direct project costs	1,585	1,585	1,585	4,755
	0	0	0	0
Management & supervision	3,930	4,048	4,170	12,148
	0	0	0	0
Contribution to central PACE costs (HR, IT, finance, fundraising, governance, audit, PR, website)	2,197	2,247	2,322	6,766
	0	0	0	0
Equipment (Personal alarms, phones and laptop)	410	80	80	570
	0	0	0	0
TOTAL:	48,216	49,097	51,340	148,653

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	18,945
Activities for generating funds	63,354
Investment income	581
Income from charitable activities	724,254
Other sources	6,000
Total Income:	813,134

Expenditure:	£
Charitable activities	756,352
Governance costs	50,203
Cost of generating funds	28,568
Other	0
Total Expenditure:	835,123
Net (deficit)/surplus:	-21,989
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	8,377

Asset position at year end	£
Fixed assets	10,360
Investments	120,100
Net current assets	331,044
Long-term liabilities	0
*Total Assets (A):	461,504

Reserves at year end	£
Restricted funds	50,235
Endowment Funds	0
Unrestricted funds	411,269
*Total Reserves (B):	461,504

* 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:

The long form submission we have prepared with this application covers issues relating to our fundraising strategy for 2015/16 and beyond. This includes a new focus on earned income and our move to diversifying funding.

PACE is moving in 2015 to new offices near Euston.

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	13,218	41,706
London Councils	90,542	50,430	53,268
Health Authorities	182,119	182,119	152,740
Central Government departments	177,351	167,206	131,353
Other statutory bodies	351,196	239,447	187,618

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 £
Volunteering England	38,833	0	0
	0	0	0
Comic Relief	38,527	48,352	49,802
	0	0	0
Children in Need	29,449	14,870	32,585
	0	0	0
Trust for London	22,500	30,000	7,500
	0	0	0
Henry Smith	0	0	30,100
	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: **Margaret Unwin**

Role within **CEO**
Organisation:

Advocacy Project - application to City Bridge Trust
Budget amended 6 July 2015
EXPENDITURE

STAFF COSTS	2015	2016	2017
35hr Advocate		3%	3%
On-costs (NI 13.8%)	29,078	29,950	30,849
Pension (yr 3 @3%)	4,013	4,133	4,257
21hr Advocacy & Help Desk Manager			926
On-costs (NI 13.8%)	19,200	19,776	20,369
Pension (yr 3 @3%)	2,650	2,729	2,811
Total Staff Costs	54,941	56,588	59,823
OTHER COSTS			
Contribution to PACE central costs @15% of staff costs			
Capital costs (alarms, phones)			
Travel & subsistence	8,241	8,488	8,882
User forum costs	420	160	540
Volunteer reimbursement & training	600	600	600
Promotion	520	520	520
	400	400	400
	400	400	400
TOTAL COSTS	10,581	10,568	11,342
INCOME			
Henry Smith Charity			
City Bridge Trust			
	65,522	67,156	71,165
	30,000	30,000	30,000
	35,522	37,156	41,162
	65,522	67,156	71,162

Total sought from CBT over 3 years: £113,840

APPENDIX A

REVISED
REQUEST