

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: SurvivorsUK	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Tower Hamlets	
Contact person: Mr Michael May	Position: Director, Business Development
Website: http://www.survivorsuk.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1077484
When was your organisation established? 02/06/1986	

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 people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment 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 provide robust therapeutic intervention, permitting adult male BME/LGBT survivors of rape/sexual abuse to explore and challenge the on-going impacts of their abusive experiences.
When will the funding be required? 01/09/2015
How much funding are you requesting? Year 1: £69,891 Year 2: £69,891 Year 3: £72,801 Total: £212,583

Aims of your organisation:

The primary Object of SurvivorsUK as expressed in our M&A is "To provide protection of health and relief of sickness and distress to males who have suffered sexual abuse and rape and to promote any charitable purpose for the benefit of such males and their carers and families".

Our vision and mission state:

Vision

Anyone affected by male sexual violation is appropriately supported

Mission

SurvivorsUK helps men who have been sexually violated and raises awareness of their needs

Note: Sexual violation includes both childhood sexual abuse and adult sexual assault/rape

Main activities of your organisation:

SurvivorsUK provides direct services to male victims of sexual violence through one to one counselling (for up to 2 years duration) providing weekly counselling sessions from our base in Shadwell, London E1. We also provide an ongoing group therapy solution, also for up to 2 years, which creates a safe space for adult male victims to share their experiences, challenges and solutions in a therapeutically moderated environment. We offer 72 hrs per week of digital emotional support using web/text-chat for male victims and those who care about them. Our website, in addition to providing helpful information, hosts open spaces for survivors and their carers to share experiences and questions. The website signposts to local services for those seeking support close to home. We provide introductory on-line training for professionals and others likely to receive a disclosure of sexual violence from an adult male and specialist training to counsellors to understand and manage the impact of working with complex sexual trauma.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
5	21	7	2

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	3.5 years

Summary of grant request

SurvivorsUK is the longest established specialist provider of support to adult male victims of sexual violation and has been continuously providing services to this group for 28 years.

Over the last 3 financial years, 314 men have attended for initial assessment at SurvivorsUK having made a self-referral for our one to one counselling or group therapy services (out of more than 500 self-referrals). Of that number, 30% have identified as LGBT and 25.5% have identified as BME. Given an estimated 25% crossover between these categories, BME and LGBT adult men comprise up to 42% of all clients accessing therapeutic services at SurvivorsUK. We hope to see up to 60 men on an on-going basis for these services, so the estimated number clients from these demographics will be 25.

BME and LGBT clients face specific and unique cultural challenges (associated with perceptions of masculinity in these communities) in disclosing sexual assaults. They face additional challenges in societal homophobia and racism which contribute to the high incidence of mental health need in these communities. For LGBT males in particular, misconceptions about consent and acceptable sexual conduct present additional barriers. SurvivorsUK as a male specialist organisation provides a safe and separate environment for these men to disclose and to address the impacts of their experiences.

SurvivorsUK provides direct therapeutic services to men over 18. These consist of one to one counselling which is available to male survivors for up to 2 years subject to an assessment of suitability and ability to engage with and withstand the work; weekly group therapy available for up to 2 years through a slow, open group model. Self referrals for one to one counselling are offered a choice of counsellor gender and the group facilitators are of male and female gender. We are one of only 2 non-statutory organisations in London providing support for male victims and the only male specific provider. Our clients tend to be categorised as 'complex' in other mental health settings and face challenges in accessing appropriate support. In recent years, the number of clients presenting with dual diagnosis and difficult mental health complications has increased as statutory services have reduced their offering.

A recent 4 year CORE report of our therapy service indicates that we have achieved the following changes in a sample of 113 clients:

• Access to practical help	68% improvement
• Day to day functioning	64% improvement
• Coping strategies and techniques	68% improvement
• Exploration of feelings and problems	89% improvement
• Expression of feelings and problems	86% improvement
• Personal insight/understanding	84% improvement
• Subjective well being	65% improvement
• Relationships	57% improvement
• Symptoms	55% improvement

Additionally the report noted reductions in risk of suicide, self-harm, harm to others and forensic risk.

In the last financial year we provided more than 1,500 hours of counselling and more than 48 hours of group therapy. Approximately 90% of our clients are adult male survivors of childhood sexual abuse.

Our counselling and group therapy team are all fully qualified (BACP or UKCP registered), has significant experience in working with this client group and receives specialised SurvivorsUK training in issues that arise for this client group. All team members receive specialist supervision to understand the complex issues that may present in work with these clients and the impacts on themselves in delivering this work.

Our decision to extend the counselling offering to 2 years came out of a client consultation exercise and client feedback is at the centre of our planning processes. We enforce robust equalities and diversity practice throughout the organisation.

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 have completed the Survivors Trust service accreditation process. We are about to start the PQASSO evaluation.

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.

1150 hours of one to one counselling per year for 3 years. This is based on clients accessing services for 42 weeks of the year and accounts for client and counsellor breaks, bank holidays, organisation closure dates and delays in assigning new clients. This includes the cost of individual assessments.

25.5 hours of group therapy per year for 3 years. Based on delivery of 17 group sessions of 1.5 hours each.

72 hours of supervision per year for 3 years. This is based on 5 counsellors working with these 25 clients (5 each) and group therapists receiving 1 hour of clinical supervision per month for 12 months.

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 experience improved subjective well-being as a result of attending individual counselling and/or group therapy sessions measured by a combination of self-assessment and counsellor evaluations recorded on CORE (Clinical Outcomes in Routine Evaluation).

Clients report a reduced risk of suicide, self harm, harm to others and forensic risk as measured by a combination of self-assessment and counsellor evaluations recorded on CORE (Clinical Outcomes in Routine Evaluation).

Clients are better able to explore and express what happened to them and have a better understanding of its impacts and consequences.

Clients will have better personal insight/understanding of the ways in which their abusive experiences manifest in their current lives and develop healthier mechanisms to cope and recover from these.

Clients will have increased knowledge of and access to other required services across 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?

This is an on-going project which is historically funded through a combination of statutory and grant income. Long term statutory support from MOPAC is being determined and we have good relationships with a number of trust funders who have expressed an interest in funding this work. The organisation also has reserves which it will commit to ensuring sustainability.

Who will benefit?

About your beneficiaries

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

75

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

What gender will beneficiaries be?

Male

Transgender or other gender identity

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

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)

Black/ African/ Caribbean/ Black British (including African; Caribbean; Any other Black/ African/ Caribbean background)

Other ethnic group (including Arab)

If Other ethnic group, please give details: **Arab origin**

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
Assessments	3,000	3,000	3,300	9,300
One to one counselling fees	69,300	69,300	75,075	213,675
Group therapy fees	2,835	2,835	2,835	8,505
Supervision fees	11,400	11,400	12,600	35,400
Continuing professional development	1,600	1,600	1,600	4,800
Salary - Director of Clinical Services	46,907	46,907	46,907	140,721
Premises Costs (rent, rates, utilities, maintenance)	17,657	17,657	17,657	52,971
Overhead costs (admin, finance, insurances)	14,830	14,830	14,830	44,490
Overhead costs (office costs, governance, other)	7,200	7,200	7,200	21,600
TOTAL:	174,729	174,729	182,004	531,462

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Lloyds TSB	16,000	16,000	0	32,000
Big Lottery	8,666	0	0	8,666
	0	0	0	0
	0	0	0	0
TOTAL:	24,666	16,000	0	38,666

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
London Catalyst	10,000	0	0	10,000
Evening Standard Red Nose Day Fund	20,000	0	0	20,000
Comic Relief	25,000	25,000	25,000	75,000
Big Lottery	100,000	100,000	100,000	300,000
TOTAL:	155,000	125,000	125,000	405,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Assessments	1,200	1,200	1,320	3,720
One to one counselling fees	27,720	27,720	30,030	85,470
Group therapy fees	1,134	1,134	1,134	3,402
Supervision fees	4,560	4,560	5,040	14,160
Continuing professional development	640	640	640	1,920
Salary - Director of Clinical Services	18,763	18,763	18,763	56,289
Premises Costs (rent, rates, utilities, maintenance)	7,062	7,062	7,062	21,186
Overhead costs (admin, finance, insurances)	5,932	5,932	5,932	17,796
Overhead costs (office costs, governance, other)	2,880	2,880	2,880	8,640
TOTAL:	69,891	69,891	72,801	212,583

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	9,192
Activities for generating funds	0
Investment income	153
Income from charitable activities	30,733
Other sources	195,960
Total Income:	236,038

Expenditure:	£
Charitable activities	225,099
Governance costs	5,477
Cost of generating funds	3,724
Other	0
Total Expenditure:	234,300
Net (deficit)/surplus:	1,738
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	18,480
Investments	0
Net current assets	87,296
Long-term liabilities	0
*Total Assets (A):	105,776

Reserves at year end	£
Restricted funds	58,323
Endowment Funds	0
Unrestricted funds	47,453
*Total Reserves (B):	105,776

*** 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?
21-30%

Organisational changes

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

In 2014/15 we received a 2 year grant of £396,000 from MoJ to develop website and digital emotional support services (non-counselling) as the national on-line support for male victims of sexual violence. We are at the end of a 5 year Big Lottery grant supporting counselling and former Victims Funding has been entrusted to MOPAC who have not to date indicated interest in re-funding.

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	64,026	65,333	32,666
Other statutory bodies	0	0	32,666

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	98,564	103,727	106,963
Lloyds TSB	0	15,650	16,650
Henry Smith Charity	0	0	37,100
Trust for London	0	0	37,166
Tudor Trust	30,000	30,000	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: **Michael**

Role within **May**
Organisation: