

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation:	
women@thewell	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based?	
Camden	
Contact person:	Position:
Sr Lynda Dearlove	Chief Executive
Website: http://www.watw.org.uk	
Legal status of organisation:	Charity, Charitable Incorporated Company or company number:
Registered Charity	1118613
When was your organisation established?	

Grant Request

Under which of City Bridge Trust's programmes are you applying?
Resettlement and Rehabilitation of Offenders
Which of the programme outcome(s) does your application aim to achieve?
More ex-offenders successfully and sustainably resettled in the community and re-offending rates reduced
More offenders and ex-offenders receiving help and support to improve their mental health
Please describe the purpose of your funding request in one sentence.
To divert vulnerable women with a history of offending away from the criminal justice system.
When will the funding be required? 05/01/2015
How much funding are you requesting?
Year 1: £40,741 Year 2: £41,135 Year 3: £42,163
Total: £124,038

Aims of your organisation:

w@w is a charity providing services to women affected by prostitution, giving them a chance to prioritise their needs, and work in partnership to find new ways of meeting those needs. We target our services toward women who are sexually exploited through their involvement in street-based prostitution or trafficking as well as those who suffer domestic or sexual abuse, are homeless are caught up in the Criminal Justice System and those suffering from drug and alcohol misuse. We have developed a creative and supportive space for women caught in multiple cycles of abuse and social exclusion, which through partnership provides a holistic, flexible and multi-faceted range of services, to equip them with the skills, resources and support that they need to successfully re-join society.

Main activities of your organisation:**Basic Needs**

We provide daily hot nutritious food, showers, laundry facilities, toiletries and a clothing store.

Providing Support and Advocacy

We offer support around housing and homelessness, health, addiction, finances, benefits and legal issues. Because of the complexity of the problems that the women come with, they may need help for a few weeks or an issue may require years to help resolve.

Life Skills

We run a programme of different daily activities to encourage and support the women to develop new skills as well as offering the opportunity to work together.

Health and Well-being

In many cases the problems the women are experiencing are the result of underlying mental health problems caused by abuse and trauma, frequently occurring from childhood onwards. We offer counselling and a programme of alternative therapies such as massage and acupuncture to help women address some of these underlying causes, increase their sense of self-esteem and believe they deserve a more positive future.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
8	2	7	20

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?
Owned	

Summary of grant request

The need for the project

The majority of the women that we work with are caught up in prostitution and many have drug and alcohol problems. 67% have experience of the criminal justice system.

The project is needed to:

- Provide activities that allow the women to have 'normal' interactions with other people
- Attract them to the centre so they start to engage with other services like resettlement and drug/alcohol services
- Allow the women to sit in a group where they can begin to trust each other
- Help the women to build up self-esteem
- Experience physical touch in a positive way through massage
- Be a pathway into further learning and training

How the work will be delivered

The project will be delivered in a range of workshops that will run in the communal areas of our drop in centre and in and around the kitchen. The engagement series of activities include topics that either have a practical application in their lives or will make them feel better about themselves including:

- Cooking and Healthy eating
- Sewing
- Massage, Reflexology, Tai chi, Manicures, Acupuncture and Pilates
- Literacy and Numeracy
- Art and craft activities
- Sexual Health

The activities will be co-ordinated by Roxanne Wilkins, Senior Support Worker. She will set the syllabus, advertise the courses and encourage the women to get involved. She will bring in outside organisations and sessional staff to deliver some aspects and will also arrange for training providers to come in to the Centre to explain what further training is available. Roxanne will be supported by a team of volunteers.

What the project will achieve

In the pilot project we found that the overall impact of the project was that it attracted women to the Centre, gave them a reason to visit and allowed them to sit down and have 'normal' relationships with other women.

The physical, sexual and mental health of the women will improve.

Women will enjoy learning and be challenged to try new activities and courses.

Women are better able to engage in other services at the Centre

Why are we the right organisation?

Many of the women have been excluded from other services, we do not exclude women from women@thewell.

We are the only project in the area dedicated to women caught up in street based prostitution.

We are trusted by the women, probation and the police.

How the project meets your programme outcome

62% of the women we work with have been ex-offenders and are at risk of reoffending. Our support and advocacy team will work to help the women secure a legal income, safe housing and other support they may need, especially around drugs and alcohol. The activities play a key role in attracting the women to the Centre in the first place and helping

Who will benefit?

About your beneficiaries

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

100

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

Islington (40%)

Camden (50%)

Hackney (10%)

What age group(s) will benefit?

16-24

25-44

45-64

What gender will beneficiaries be?

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?

1-10%

them to be open to accepting support. They are also a stepping stone on to further training and a route away from their often chaotic lifestyles.

How we meet the Trust's Good Practice principles

Service users are involved in selecting the courses that interest them and they meet once a year with trustees to provide feedback. We also involve women released on temporary licences (ROTL) in volunteering.

We are a women's only project so within that boundary we welcome everyone including transgender women.

We have a team of 25 volunteers (a ratio of 3:1 with staff) who regularly help out throughout w@w.

The building was refurbished to high standards of efficiency in 2007. We have an environmental policy to help reduce our on-going carbon footprint.

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?

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.

150 Cookery & healthy eating workshops (50 a year for three years) for four women at a time showing the women how to budget, prepare and cook cheap nutritious meals.

150 Craft workshops (50 a year for three years) for 10 women at a time, demonstrating various crafts such as jewellery making, card making. Specially focusing on crafts that will allow the women to make gifts for friends and family at a very low cost.

150 Literacy workshops (50 a year for three years) that will work on a different theme each week and will allow the women to write about their experiences. 8 women will be able to participate in each workshop.

150 Art workshops (50 a year for three years) that will allow 6 women at a time to use art and creativity to help them work through difficult feelings in a controlled environment.

Structured workshops run once a month (36 over three years) focusing on health and relationships. 8 women will participate in each workshop and be able to learn about developing improved relationships with self and others and to learn self-soothing skills as well as access to low threshold psychological support.

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 women will reduce their reoffending behaviour (violence, theft, prostitution and substance use) due to the calming effect of the workshops.

60 Women will have improved mental and physical health and will reduce their substance use, through participating in health and relationships workshops. They will feel better able to address their issues with other staff at w@w.

150 women will build up their self-esteem through participating in various workshops where they will be engaged in positive activities.

90 women will have improved their employability as they take part in literacy and numeracy training, look to graduate onto further training and improve their life skills through the workshops.

150 women will have less chaotic lifestyles as they learn more about self-care, independence and develop an improved ability to concentrate on positive activities.

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 are dedicated to fundraising and will need to continue to fundraise for this post. However we are also looking at developing a model of income generation that incorporates the women we support working in a social enterprise that should also generate funds for our core work.

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Senior Support Worker	27,999	28,699	29,416	86,114
NI Contributions and pension	3,360	3,444	3,530	10,334
Training, Travel and welfare	500	513	525	1,538
Equipment	1,500	1,538	1,576	4,613
Consumables	500	513	525	1,538
Telephone	432	443	454	1,329
Computer and S/W licences	1,000	400	410	1,810
Management Support	2,450	2,511	2,574	7,535
Sessional training	3,000	3,075	3,152	9,227
TOTAL:	40,741	41,135	42,163	124,038

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Charles Plater Trust	8,628	0	0	8,628
Frances Crick Foundation	2,500	0	0	2,500
	0	0	0	0
	0	0	0	0
TOTAL:	11,128	0	0	11,128

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?

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Finance details

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

Financial year ended:	Month: December	Year: 2013
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Income received from:	£
Voluntary income	22,985
Activities for generating funds	10,883
Investment income	2,609
Income from charitable activities	302,802
Other sources	81
Total Income:	339,360

Expenditure:	£
Charitable activities	378,709
Governance costs	4,412
Cost of generating funds	11,599
Other	0
Total Expenditure:	394,720
Net (deficit)/surplus:	-55,360
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-55,360

Asset position at year end	£
Fixed assets	13,041
Investments	0
Net current assets	178,402
Long-term liabilities	0
*Total Assets (A):	191,443

Reserves at year end	£
Restricted funds	41,175
Endowment Funds	0
Unrestricted funds	150,268
*Total Reserves (B):	191,443

*** 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:

The main change this year is around funding. We have an agreement with the Institute of our Lady of Mercy for a month want of £15,000 until Jun 2016. We have also implemented a fundraising strategy with support from Porticus and Homelessness Transition Fund that has resulted in an additional £95,000 so far this year. We expect to have £100,000 a year pledged from 2015.

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	70,000	102,882	85,000

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 £
Institute of Our Lady of Mercy	50,000	120,000	150,000
Porticus UK	37,000	43,000	0
LankellyChase	15,000	15,000	15,000
Charles Plater Trust	0	0	34,512
Homelessness Transition Fund	0	0	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: **Lynda Dearlove**

Role within **Chief Executive**
Organisation: