

MEETING: 26/11/2015

Ref: 12835

**ASSESSMENT CATEGORY - Improving Londoners' Mental Health**

Derman

Adv: Joan Millbank

Base: Hackney

Benefit: North and East London

Amount requested: £134,182

(Revised request: £95,948)

Amount recommended: £95,950

**The Charity**

Derman is a charitable company limited by guarantee which was set up in 1991 to provide health and social care services for Kurdish and Turkish-speaking refugee and migrant communities settling in North and North East London. An estimated 100,000 Turkish-speaking people live in the region today, which makes Kurds and Turks one of the largest Black and Minority Ethnic communities in the area. Derman provides a range of services including bi-lingual counselling, mental health support, health advocacy, domestic violence outreach service, stop-smoking programmes, and welfare rights advice.

**The Application**

The organisation is seeking three year funding to increase its capacity to deliver bi-lingual accredited counselling. Past experience has shown that early intervention can prevent the escalation of mental health issues to crisis level, decrease referral to mainstream psychiatric services, and reduce the risk of suicide.

**The Recommendation**

The project will sit within Derman's existing counselling and psychological therapy service, which is funded through health commissioned funding to provide the service in Hackney. Your grant, if agreed, will allow the charity to extend its counselling service to Kurdish and Turkish-speaking people with mental health issues elsewhere in North and East London. The initial grant request was felt to be too high so, following detailed discussion at the assessment meeting, the request and project outputs have been amended accordingly to provide a substantial part-time service:

***£95,950 over three years (£31,900; £31,860; £32,190) to pay the salary of a part-time (25hrs per week) bi-lingual Counsellor and project running costs of a counselling service for Kurdish and Turkish-speaking Londoners.***

**Funding History**

Meeting Date	Decision
25/11/2008	Declined as did not meet the criteria of the then 'Bridging Communities' programme.

**Background and detail of proposal**

Derman has been providing bi-lingual counselling services since 1993. Referrals come from within the community, GPs, other health services and a range of third sector organisations including Freedom from Torture, Women's Therapy Centre and Solace Women's Aid. The type of referrals accepted included people experiencing depression, anxiety and panic attacks, trauma, psychosexual problems and suicidal thoughts. Derman staff are all drawn from Kurdish and Turkish-speaking

communities who know and understand the cultural sensitivities of these communities, and who are familiar with the different dialects and accents. The counsellors are qualified, BACP (British Association of Counselling Practice) accredited or working towards accreditation, and all receive professional clinical supervision.

At least 45 adults aged sixteen and over will benefit from the service (135 over three years). Each person will be assessed within four weeks of referral and allocated to a counsellor within twelve weeks. Emergency referrals are prioritised and seen within two weeks. Each person will be offered a minimum of six and a maximum of eighteen sessions of fifty-minute duration. They may be referred onto statutory mental health and other services as required, both within Derman and other agencies. Counselling sessions are run from the charity's building and GP surgeries. Outcomes include improved mental wellbeing and increased access to appropriate mental health services, which will be measured and monitored by the counsellors in line with BACP guidelines.

### Financial Information

Forecast income for the current year to 31 March 2016 is £385,761, which had all been confirmed by October 2015. This is a reduction of £55,497 (13%) compared to the prior year which the charity explains is due to a reduction in mental health funding available. The 2015-16 forecast does not include income and expenditure relating to this pending grant request.

The cost of generating funds is low (3.2%) and the charity advises that this is due to most of its income coming from commissioned funding. The cost of generating funds is not estimated in the charity's budget for 2015-16 and is only disclosed in its year-end accounts.

Year end at 31 March	2014-15 Independently Examined Accounts £	2015-16 Current Year Budget £
<b>Income and Expenditure</b>		
Income	441,258	385,761
Expenditure	458,431	358,144
Unrestricted Funds Surplus / (Deficit)	(10,877)	27,618
Restricted Funds Surplus / (Deficit)	(6,296)	0
<b>Total Surplus / (Deficit)</b>	<b>(17,173)</b>	<b>27,618</b>
Surplus / (Deficit) as a % of turnover	(4.0%)	7.2%
Cost of Generating funds (% of income)	14,324 (3.2%)	-
<b>Free unrestricted reserves</b>		
Free unrestricted reserves held at Year End	119,504	147,122
How many months' worth of expenditure	3.1	4.9
Reserves Policy target	114,608-229,216	114,584-229,169
How many months' worth of expenditure	3-6	3-6
Free reserves over/(under) target	4,896	32,538