

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: DERMAN	
If your organisation is part of a larger organisation, what is its name? No	
In which London Borough is your organisation based? Hackney	
Contact person: Mrs Nursel Tas	Position: Chief Executive Officer
Website: http://www.derman.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1054792
When was your organisation established? 01/09/1991	

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? A reduction in suicide and self-harm amongst the recognised at risk groups 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. We are seeking funding towards additional counselling work to respond the increased demand for culturally specific mental health services in Turkish, Kurdish communities.
When will the funding be required? 01/09/2015
How much funding are you requesting? Year 1: £44,369 Year 2: £44,603 Year 3: £45,210 Total: £134,182

Aims of your organisation:

DERMAN - for the wellbeing of Turkish and Kurdish Speaking Communities - was set up by the above communities, the East London & City Health Authority and Hackney GPs in 1991. Derman was the first Advocacy Service to be based firmly within its client community. Derman -meaning strength, cure and resolution- continues to expand as it strives to meet the ever growing demands and needs of the Kurdish & Turkish speaking peoples in London. Derman exists to provide holistic health and social care services for the Kurdish and Turkish communities to greatly improve the quality of life and to promote the continued well-being of people within these communities.

Derman's main aims are:

- 1) To promote the wellbeing and to improve the lives of Kurdish and Turkish speaking communities in London,
- 2) To relieve sickness and distress and to preserve and improve health by the provision of counselling, advice, advocacy, support and other services.

Main activities of your organisation:

Derman is a well- established charity set up in Hackney 24 years ago to provide health and social care services for the Turkish, Kurdish speaking communities. Services include:

- Bilingual Advocacy- open up access routes to public services by facilitating linguistic and cultural communication in a health setting.
- Mental Health Support and Counselling- We offer a range of group activities and individual interventions to support people to improve their mental wellbeing. We also provide individual short-term (6 to 12 sessions) and culturally sensitive counselling in Turkish for clients with a wide range of psychological difficulties such as depression, post-traumatic stress disorders, relationship problems and bereavement.
- Domestic Violence Outreach: provide support for women experiencing domestic violence including honour based violence.
- Welfare Advice- give information and guidance on social and welfare rights and entitlements

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
6	9	7	4

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 years

Summary of grant request

It is estimated that around 100,000 Kurdish, Turkish and Cypriot Turkish people living in North and East London. They are the largest non-English speaking community in the area. The majority of these people are refugees who have experienced significant trauma and stress. Many suffer from post-traumatic stress, depression, panic attacks and some also suffer from severe mental illness.

There is evidence of high rates of suicide among these communities. A couple of years ago eight men and recently a young girl in our community committed suicide. DERMAN called a conference to address the growing concern about suicide among the Turkish and Kurdish communities. The key message from this conference was that suicide is preventable. If we recognise and address the problem before it becomes a crisis we can prevent people dying from suicide.

Living in an alien culture that is not always friendly to refugees and asylum seekers, has brought additional hardship, social exclusion, stress and distress. Cultural and linguistic barriers create misunderstandings between the health professional and patient, and can lead to poor compliance with treatment or even misdiagnosis. The result is worsening mental health, hospital re-admissions, demand on health and social care services and other crisis interventions.

The purpose of this application is to increase the capacity of our existing bilingual counselling service, so we reduce the waiting list. At present, there are 40 clients on the waiting list for counselling. Normally, it would mean waiting for a minimum of 3 months for a counselling appointment. With this funding, we can see these clients within 6 weeks. The aim of this counselling will be to provide time limited culturally sensitive counselling, up to twelve sessions for Turkish, Kurdish and Cypriot Turkish people abuse. A further six sessions may be offered according to need.

All individuals referred to the service will be offered an assessment. The assessment will confirm whether the individual is appropriate for counselling or not. If not they will be referred to other services.

The main aims of the service are:

- To offer a non-judgemental, confidential space in which a service user can express themselves.
- To provide a supportive relationship where a service user can experience warmth, empathy and understanding.
- To help and encourage a service user to find their own answers to their problems.
- To help a service user recognise that they have choices.
- To help a service user lead happier, more fulfilling relationships.
- To improve access and support and help them to work, help them into education or training and where appropriate help people to find meaningful activity.

By offering additional counselling, we aim to tackle mental health problems for people in Turkish and Kurdish communities at a much earlier stage and as a result reduce hospital admissions or referrals to services for the seriously mentally ill. We will deal with the mental health problem before it becomes a crisis, we therefore will prevent people dying from suicide.

DERMAN is the only independent, non-aligned organisation, which has grown out of these communities, able to offer health related bilingual and culturally appropriate counselling service. Derman counsellors are all qualified; BACP accredited or working towards accreditation and receive professional clinical supervision. They work within the parameters of a code of ethics set by the British Association of Counselling and Psychotherapy (BACP) and also Derman is organisational member of BACP.

Derman urgently needs additional counsellor in order to cope with the pressure of the ever growing demand and to cut down the waiting list of 40 clients.

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?

PQASSO level 1 Quality Mark

British Association for Counselling and Psychotherapy (BACP) member

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 offer 20 clients sessions per week (the maximum recommended by BACP) for a full-time qualified counsellor.

To provide 800 therapeutic sessions per annum (200 sessions per quarter)

Taking into account annual leave, public holidays, the counsellor will see an average of 60 clients per annum.

2400 therapeutic sessions will be provided by the end of third year.

180 Turkish, Kurdish and Turkish Cypriot people will improve their mental health wellbeing by the end of third year.

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.

Help clients with mental health problems to improve their mental wellbeing.

By empowering service users to build their self-confidence and by encouraging peer support, we will increase participation, reduce isolation and marginalisation.

By supporting Turkish, Kurdish and Turkish Cypriot people to maintain their well-being will help to tackle health inequalities.

By empowering them to develop the skills required to live independently and free of mental health problems.

We will help them to increase quality of life and reduced suicide.

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?

Derman is planning to expand the counselling service. We will be vigorously seeking additional funding from other sources to continue running counselling at increased capacity.

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?

Hackney (40%) –

Haringey (20%)

Islington (20%)

Enfield (20%)

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?

Other ethnic group (including Arab)

If Other ethnic group, please give details: **Turkish, Kurdish**

What proportion of the beneficiaries will be disabled people?

1-10%

Funding required for the project

Revised
Version

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff costs (Salaries+ENIC)	£131,525	£131,968	£132,420	£395,913
Running cost (Utilities/rent/telephone/postage/insurance/internet etc.)	£9,241	£9,284	£9,327	£27,852
Recruitment (including DBS/CRB checks)	£560	0	0	£560
Admin costs (Payroll/bookkeeping/AGM/auditing etc.)	£1,873	£1,881	£1,889	£5,643
Training (including books and subscriptions)	£2,270	£2,720	£2,415	£7,405
External Clinical Supervision	£3,864	£3,941	£4,020	£11,825
Travel Expenses	£1,189	£1,195	£1,201	£3,585
Office equipment(1xlaptop or pc)	£500	0	0	£500
Subtotal:	£151,022	£150,989	£151,272	£453,283
Management Fee (15% of the total expenditure)	£22,654	£22,646	£22,690	£67,990
TOTAL:	£173,676	£173,635	£173,962	£521,273

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
LB Hackney public health through City and Hackney MIND	£141,775 (original contract value-confirmed)	£141,775	£141,775	£425,325
TOTAL:	£141,775	£141,775	£141,775	£425,325

What other funders are currently considering the proposal? NONE

Source	Year 1	Year 2	Year 3	Total
TOTAL:				

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff cost (1 part-time (25hrs pw) Counsellor + ENIC pro rata of (£29,000+£2,883)	£22,141	£22,584	£23,036	£67,761
Running cost (Utilities/rent/telephone/postage/insurance/internet etc.)	£2,100	£2,142	£2,185	£6,427
Recruitment (including DBS/CRB checks)	£560	-	-	£560
Admin costs (Payroll/bookkeeping/AGM/auditing etc.)	£400	£408	£416	£1,224
Training (including books and subscriptions)	£500	£1000	£750	£2,250
External Clinical Supervision (every 2 weeks) (£50 per hour x 25 weeks)	£1,250	£1,275	£1,301	£3,826
Travel Expenses- Providing service from GPs & travelling to office during working hrs	£289	£295	£301	£885
Office equipment (1xlaptop or pc)	£500	-	-	£500
Subtotal:	£27,740	£27,704	£27,989	£83,433
Management Fee (15% of the total expenditure)	£4,161	£4,156	£4,198	£12,515
TOTAL:	£31,901	£31,860	£32,187	£95,948

Finance details

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

Financial year ended:	Month: March	Year: 2015
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Income received from:	£
Voluntary income	30,000
Activities for generating funds	0
Investment income	208
Income from charitable activities	411,050
Other sources	0
Total Income:	441,258

Expenditure:	£
Charitable activities	429,566
Governance costs	14,541
Cost of generating funds	14,324
Other	0
Total Expenditure:	458,431
Net (deficit)/surplus:	(17,173)
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	(17,173)

Asset position at year end	£
Fixed assets	2,055
Investments	0
Net current assets	119,504
Long-term liabilities	0
*Total Assets (A):	121,559

Reserves at year end	£
Endowment funds	0
Restricted funds	138
Unrestricted funds	121,421
*Total Reserves (B):	121,559

* 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?
90%

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	35,000	22,000	24,000
London Councils	0	0	0
Health Authorities	330,728	330,728	272,331
Central Government departments	0	0	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 £
Henry Smith	25,000	25,000	0
Big Lottery/Award for All	0	0	9,741
St Katharine & Shadwell Trust	0	2,916	0
	0	0	0
	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: **Nursel Tas**

Role within **Chief Executive Officer**
Organisation: