

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Africa Advocacy Foundation (AAF)</b>	
If your organisation is part of a larger organisation, what is its name? <b>N/A</b>	
In which London Borough is your organisation based? <b>Lewisham</b>	
Contact person: <b>Mrs. Agnes Baziwe</b>	Position: <b>Chief Executive</b>
Website: <b><a href="http://www.africadvocacy.org">http://www.africadvocacy.org</a></b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1059268</b>
When was your organisation established? <b>18/11/1996</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Improving Londoners' Mental Health</b>		
Which of the programme outcome(s) does your application aim to achieve? <b>More refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health More children and young people receiving specialist help, resulting in improved mental health</b>		
Please describe the purpose of your funding request in one sentence. <b>To promote mental health and wellbeing of 200 African young women aged 16-24 with personal experiences of Female Genital Mutilation in Lambeth, Southwark and Lewisham.</b>		
When will the funding be required? <b>01/04/2016</b>		
How much funding are you requesting?		
Year 1: <b>£40,052</b>	Year 2: <b>£39,782</b>	Year 3: <b>£40,114</b>
<b>Total: £119,948</b>		

**Aims of your organisation:**

Africa Advocacy Foundation is a charity established in 1996 with the aim of promoting health, education and other opportunities for disadvantaged African and other BME people mainly in London. We support and empower some of the most marginalised individuals who often feel they have no active part to play in the society. This includes identifying appropriate pathways to enable our beneficiaries to move out of isolation, poverty, ill-health etc. leading to independence and better quality of life.

**Constitutional aims:**

- To support persons suffering from longterm health conditions
- To provide space for recreation and group activities to promote social inclusion
- Relieve poverty and sickness within disadvantaged communities through information, advice and support
- To advance education of young people by providing appropriate environment, facilities and activities for learning.

**Main activities of your organisation:**

Our main activities are:

- Community awareness campaigns on sexual health and female genital mutilation
- Advice and support for children survivors of FGM and their families
- Peer support groups for people living with HIV
- Training for faith leaders on FGM and HIV
- Job access skills, IT, advocacy and volunteering
- Community outreach, small group work, 1:1 support and referrals
- Mental health awareness training and advocacy skills
- Production and distribution of resouce materials e.g. leaflets, flyers, posters and beneficiary diaries etc

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>3</b>	<b>6</b>	<b>7</b>	<b>38</b>

**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?
<b>Owned</b>	

## Summary of grant request

### Project need:

The Young FGM Survivors Project is a community initiative resulting from our work within female genital mutilation (FGM) practising communities in South London over the past 5 years through which we are seeing increasing numbers of women presenting with a variety of physical and psychological health problems and seeking support. In 2014, we supported 243 women from Lambeth, Southwark and Lewisham including 72 young women with personal experiences of FGM.

30 young AAF survivors spearheaded 4 month consultation on FGM impact on womens' health and wellbeing. 93% of the 340 young respondents confirmed experiencing isolation, shame, stigma, depression, post-traumatic stress, sleeplessness, nightmares, poor appetite, weight problems, panic attacks, low self esteem; fear of external interference in family issues and legal implications

Majority of participants were refugees and asylum seekers, newly arrived and unaccompanied minors experiencing social and economic exclusion due to language barriers, poor educational background, trauma due to conflict or war, harmful cultural practices, anxiety and isolation as a result of being lost in between two cultures.

### Other barriers included:

- Cultural beliefs, family pressures, lack of confidence and fear of being ostracised.
- Undetermined immigration status
- Lack of confidence to engage with their GPs who are usually males
- Limited understanding of FGM by frontline professionals
- Lack of knowledge on rights, choice and the law

There are currently no culturally appropriate FGM support services in south London, yet according to a new report by City University London and Equality Now (2015), London has the highest national prevalence for any city with an estimated 2.1% of women affected by FGM. Southwark has the highest national prevalence estimated 4.7% women affected by FGM and highest percentage of girls born to mothers undergone FGM 10.4%.

### Activities:

- 1:1 advice and group counselling sessions (talking therapies) in a safe, non-judgemental environment.
- Bi-weekly Peer support sessions
- Monthly music, poetry and art sessions
- FGM specific mental health and advocacy training.
- Volunteer training and placements
- FGM and mental health events
- Inter-agency work, resources, publicity

### Aim:

To promote mental health and wellbeing of 200 African young women aged 16-24 with personal experiences of FGM in Lambeth, Southwark and Lewisham. Through a person centred approach we will support and empower beneficiaries to to overcome the devastating emotional and psychological effects of FGM.

### Why AAF:

AAF has over 19 years successful track record of delivering community programmes. Our expertise in engaging FGM practising communities has enabled us develop effective networks and understanding of various barriers faced in addressing FGM. We are able to mobilise, recruit, train and deploy volunteers from diverse communities and social backgrounds with appropriate faith, language and cultural competencies, which enable us to reach beneficiaries who would otherwise not normally participate in activities.

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?

**Matrix Standard**

### **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.

**One to one and group counselling sessions (talking therapies) with a qualified professional in a safe and non judgemental environment for beneficiaries to share experiences, openly talk about their feelings, build self confidence and social skills.**

**Bi-weekly Peer support sessions and monthly music, poetry and painting sessions for beneficiaries to self reflect, express their feelings and deal positively with life challenges i.e overcoming shame, anger, trauma and stress experienced**

**FGM specific mental health and advocacy training for a core group of beneficiaries to equip them with skills and knowledge as mentors and champions to actively challenge FGM beliefs and spearhead community support networks for victims and those at risk.**

**Volunteer training and placements for beneficiaries to gain work related experience, access further training and employment opportunities. Design and production of resource for publicity including social media activities.**

**Inter-agency working to promote greater understanding of beneficiaries needs, share appropriate approaches in supporting FGM victims, their families and those at risk.**

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.

**200 confident young women experiencing improved mental health and able to positively deal with the terrible physical, emotional and psychological effects of FGM**

**At least 90% of the beneficiaries experiencing less isolation; openly sharing their experiences and actively involved in peer support networks and community life**

**Over 90% of beneficiaries exhibiting increased resilience and confidence levels on rights, needs, choices and actively advocating for self and others in similar situations**

**Increased awareness and understanding of the mental health effects of FGM as well as beneficiaries faith, cultural, language needs among frontline professionals and the existence of coordinated and appropriate services for victims of FGM**

**Over 40% beneficiaries accessing training, work experience and employment opportunities leading to better life chances, economic status and health outcomes.**

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?

**AAF is already involved in consultations with local councils to improve FGM services and we are in a strong position to bid for contracts when tenders are advertised.**

**We will continue explore other funding sources.**

**We will retain some of the trained beneficiaries as peer mentors to continue providing support to others in need.**

## Who will benefit?

### About your beneficiaries

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

**70**

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

**Lambeth (30%) Southwark (40%) Lewisham (30%)**

What age group(s) will benefit?

**16-24**

What gender will beneficiaries be?

**Female**

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

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

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

**1-10%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff costs and Employer's NI	25,292	25,548	25,806	76,646
Sessional staff costs (Counsellor)	2,400	2,400	2,400	7,200
Volunteer travel and subsistence	3,000	3,000	3,000	9,000
Staff and volunteer training	600	500	500	1,600
Staff recruitment	400	0	0	400
Project activities	4,260	4,303	4,346	12,909
Project marketing	1,000	900	900	2,800
Project overheads	1,100	1,111	1,122	3,333
Management costs	2,000	2,020	2,040	6,060
<b>TOTAL:</b>	<b>40,052</b>	<b>39,782</b>	<b>40,114</b>	<b>119,948</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
None	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
None	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
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## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2015</b>
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Income received from:	£
Voluntary income	153
Activities for generating funds	9,095
Investment income	45
Income from charitable activities	384,396
Other sources	0
<b>Total Income:</b>	<b>393,689</b>

Expenditure:	£
Charitable activities	336,331
Governance costs	13,550
Cost of generating funds	200
Other	0
<b>Total Expenditure:</b>	<b>350,081</b>
<b>Net (deficit)/surplus:</b>	<b>43,608</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>527,968</b>

Asset position at year end	£
Fixed assets	391,603
Investments	0
Net current assets	179,974
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>571,557</b>

Reserves at year end	£
Restricted funds	164,756
Endowment Funds	0
Unrestricted funds	406,821
<b>*Total Reserves (B):</b>	<b>571,577</b>

\* 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:

None

### 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	24,221	26,703	21,500
London Councils	0	0	24,348
Health Authorities	121,448	126,000	121,500
Central Government departments	45,000	0	19,623
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 £
Elton John AIDS Foundation	39,707	47,819	21,500
Trust for London	26,450	28,687	32,932
The Monument Trust	0	40,000	40,000
Time To Change	0	19,237	18,687
Carers Trust	22,937	20,132	17,683

### 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: **Agnes Baziwe**

Role within                      **Chief Executive**  
Organisation: