

MEETING: 18/03/2016

Ref: 13078

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

Lambeth and Southwark Mind

Adv: Olivia Dix

Amount requested: £201,200

Base: Lambeth

Amount requested: £147,400

Benefit: Lambeth and Southwark

The Charity

Lambeth Mind was set up in 1982 to improve the lives of local people who are experiencing mental distress by: enabling them to find their own way forward; to improve their mental health, quality of life and wellbeing; and to work towards recovery. From the outset people with mental health difficulties have formed the majority of staff, volunteers and Trustees. Supervisor/user run peer support is at the core of its model, and the organisation believes that this gives it a particular strength. In 2013 Lambeth Mind merged with Southwark Mind, which has increased its reach, though it is still the smallest branch of Mind in London. It is part of a network of 150 local charities affiliated to national Mind, but remains an independent charity.

The Application

The organisation is seeking funding for the salary of the CEO and Clinical Director (one post) and some costs of developing a new free psychotherapy service aimed particularly at Black and Minority Ethnic (BAME) communities

The Recommendation

The organisation's CEO, in post for less than a year, has cut some costs in order to improve sustainability, whilst expanding the work of the organisation and building on its core strengths. He has consolidated work with local networks. The free psychotherapy sessions, largely for BAME communities, are not currently available anywhere else in London and a recent evaluation of the Peer Support Group was very positive. The organisation has dedicated professional therapists, mainly working voluntarily or as part of their training. During the course of the assessment the amount requested was reduced, and funding towards the key post of CEO was prioritised (see Appendix A). If this application is successful, £45,000 of the remaining funds required for the psychotherapy service have been raised elsewhere. The sum recommended is in keeping with the usual level of grant awarded for projects of this nature.

£147,400 over three years (£27,400, £60,000, £60,000) towards the salary costs of the CEO and Clinical Director (equivalent to a maximum of 1 FTE) and a contribution to other costs for the psychotherapy service

Funding History

Meeting Date	Decision
06/09/2007	£13,000 for a third and final year's contribution to the Co-ordinator's salary.

Background and detail of proposal

Lambeth has the highest rates of serious mental illness in Europe, for example it has 400 cases of psychosis annually, 9 times the UK average. In addition Lambeth and Southwark are in the 10% most deprived local authorities in England. Despite some

good initiatives by the local NHS, including the Living Well Collaborative, there is under-investment in community-based alternatives to hospitalisation, and individuals with serious mental illness from BAME communities are more likely to be hospitalised. Experience and data suggest that there is an acute need for more humanistic and long-term forms of individual and group therapies. The current Peer Support Group, and a prototype of the proposed therapy, has demonstrated that there is sufficient demand from the BAME community (who make up the majority of its volunteer psychotherapists and service users) for this support. The aim is for 35 BAME adults to be supported in year 1 through group therapy/peer support. In year 2 the number of BAME adults will total 50 and, in year 3, 60. The organisation will promote its services to the BAME communities and raise the profile of the work with the NHS and other local organisations through a series of public events/lectures. The organisation is focusing on group support as it is collaborating with the Guild of Psychotherapists, which is developing long-term individual psychotherapy aimed at the BAME community. This joint approach aims to ensure a holistic service across Lambeth and Southwark.

Financial Information

The organisation has secured £164,700 of its income for 2016/17. All forecast income of £190,085 in the current year 2015/16 and budgeted income of £170,000 in the following year 2016/17 has been confirmed by February 2016. The charity advised that the post of CEO was not permanently filled during 2014/15 which meant that less fundraising income was generated for 2015/16, and income was further reduced in 2015/16 due to the tapering of two grants. The charity also advised that the budgeted income for 2016/17 is set at a cautious level but it hopes to raise additional income through contracts.

The charity has not previously disclosed its cost of generating funds in its independently examined accounts but has agreed to review this on advice from your grants officer that it is a disclosure requirement in charity accounting recommended practice. In the meantime, the charity has provided an estimate based on 40% of the CEO's salary spent on fundraising activities.

Year end at 31 March	2014/15 Independently Examined Accounts	2015/16 Current Year Forecast	2016/17 Following Year Budget
	£	£	£
Income and Expenditure			
Income	203,614	190,085	170,000
Expenditure	203,810	187,000	186,000
Unrestricted Funds Surplus / (Deficit)	17,050	3,085	(14,000)
Restricted Funds Surplus / (Deficit)	(17,246)	0	0
Total Surplus / (Deficit)	(196)	3,085	(14,000)
Surplus / (Deficit) as a % of turnover	(0.1%)	1.6%	(8.2%)
Cost of Generating funds (% of income)	14,395 (7.1%)	21,680 (11.4%)	22,480 (13.0%)
Free unrestricted reserves			
Unrestricted free reserves held at Year End	70,498	73,583	59,583
How many months' worth of expenditure	4.2	4.7	3.8
Reserves Policy target	67,937	63,361	62,000
How many months' worth of expenditure	4.0	4.0	4.0
Free reserves over/(under) target	2,561	10,222	(2,417)