

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Lambeth and Southwark Mind</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Lambeth</b>	
Contact person: <b>Dr Ajay Khandelwal</b>	Position: <b>Chief Executive</b>
Website: <b><a href="http://www.lambethandsouthwarkmind.org.uk">http://www.lambethandsouthwarkmind.org.uk</a></b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>296893</b>
When was your organisation established? <b>01/09/1982</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 people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment</b> <b>More offenders and ex-offenders receiving help and support to improve their mental health</b>		
Please describe the purpose of your funding request in one sentence. <b>Reducing mental distress in deprived inner city communities, especially Black and Minority Ethnic groups, through the provision of excellent therapy and peer support groups.</b>		
When will the funding be required? <b>01/04/2016</b>		
How much funding are you requesting?		
Year 1: <b>£38,400</b>	Year 2: <b>£80,400</b>	Year 3: <b>£82,400</b>
<b>Total: £201,200</b>		

**Aims of your organisation:****Our mission**

Lambeth and Southwark Mind aims to improve the lives of local people who are experiencing mental distress. This means equipping them with the knowledge to make good decisions about their care, while building their confidence, self-esteem, skills and sense of purpose and enabling them to be represented in the decision making processes of those who provide and commission mental health services. It also means supporting and informing friends, families, carers and professionals.

**Our background**

Lambeth Mind (as it was then called) was set up by local people in 1982, and from the outset, people with mental health difficulties have formed the majority of our staff, volunteers and trustees. This is one of our greatest strengths. It means that we have first-hand, current knowledge of local issues and services, and it creates trust, gives us credibility, and gives us a real understanding of people's needs and how to meet those needs most effectively.

**Main activities of your organisation:****INFORMATION SERVICE**

We run a very popular information service that provides phone, face to face and email based advice for individuals and professionals seeking advice about mental health services in Lambeth and Southwark.

**PEER SUPPORT GROUPS**

We also run a women's forum, a peer support group, and a hearing voices groups. All of these groups aim to provide community based support for individuals who have or are experiencing mental distress. They are well regarded and well attended.

**SERVICE USER COUNCIL**

We work with service users across Southwark Council who are paid and recruited to represent the views of local people and influence the shape and nature of services.

**PSYCHOTHERAPY SERVICE**

We have recently launched a unique and free long term psychotherapy service from our premises.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>2</b>	<b>10</b>	<b>10</b>	<b>20</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>Rented</b>	<b>six months</b>

## Summary of grant request

Lambeth has the highest rates of serious mental health in Europe. In fact, Lambeth has more recorded cases of psychosis, running at 400 a year, than anywhere else in the UK. The rate is 9 times the UK average, and 30 times the lowest rate in the UK. The Black and Ethnic Minority population are much more likely to be affected. There are combination of factors in play: poverty, racism, trauma, and a dominant medical and short term approach to addressing mental distress.

Many of the people we work with experience acute states of mind, including anxiety, depression, and psychotic episodes. They may also experience self-destructive states of mind, including suicidal feelings. Research has shown that the BAME community, which represents over 30% of the population, is much more likely to be diagnosed, medicated and hospitalised compared with the white population.

According to a recent Southwark Clinical Commissioning Group report the BAME communities are also underrepresented in talking therapies, "Black people are more likely than white people to be given physical treatments such as medication and ECT, and are likely to be prescribed higher doses of medication. They are less likely to be offered psychotherapy, counselling and other non medical interventions."

Our project will be to substantially increase the uptake of psychotherapy, counselling and group services in community settings by the BAME population. This will involve developing our recently launched free psychotherapy services; creating a BAME peer support group for survivors of the psychiatric system; and holding a series of public and lectures and seminars on the value of therapeutic interventions in the inner city.

We are well positioned to run this service. We are a user led organisation, with the majority of our staff, volunteers, and management board (trustees) having personal experience of mental distress. We have been established since 1986. The make up of the board, staff and volunteers is ethnically and culturally diverse. We are well regarded in the local community as an alternative to statutory and hospital based mental health services.

We will meet the outcome outlined by increasing the number of people we help over the year to increase by 25 % from around 1000 to 1250. Over 50% of the people we see in our therapy and groups therapy services will be from the BAME communities. Through our networks and location (in deprived neighbourhoods in Brixton and Camberwell) we will focus on groups who are under served by existing services. These will include BAME communities on low incomes and with multiple health and psychological difficulties.

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?

**QMIM**

### **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.

**20 individuals from BAME community to be in long term psychotherapy weekly in our inner city clinic**

**10 individuals from the BAME community to in our peer support group**

**12 public lectures and events to highlight the value of therapeutic approaches for BAME communities**

**5 individuals from the BAME community to be taken on as volunteers each year and given placements in the Information Service**

**5 individuals from the BAME community to participate in our weekly Hearing Voices group**

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.

**The relief of mental distress in a long term and sustained way for 50 people from the BAME community who are experiencing multiple difficulties (increasing year on year)**

**The development of a cohort of 10 psychotherapists and supervisors who have the skills to work with deprived BAME communities.**

**A reduction in cases of hospitalisation for psychiatric reasons by 50 % for the BAME communities and individuals we work with**

**The creation of a learning network and summit to reflect on how individual and group therapy can service BAME communities; the publication of writings and reflections on the process**

**The development of a local network of mental health provision that can contain individuals in mental distress outside hospital and primary care settings**

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?

**Yes. I have recently started as Chief Executive. We have a long term vision at Lambeth and Southwark Mind to develop long term individual and groups therapies and peer support groups for the local community. We are developing a fundraising strategy aiming to secure funds across public, private and statutory sectors.**

## Who will benefit?

### About your beneficiaries

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

**50**

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

**Lambeth (50%)**

**Southwark (50%)**

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?

**A range of ethnic groups**

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

**41-50%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Clinical Co-ordinator	6,000	6,000	6,000	18,000
BAME Peer Support Group	7,200	7,200	7,200	21,600
Clinical Supervision for BAME Psychotherapy <sup>4800</sup>	5,200	5,200	5,200	15,600
CEO and Clinical Director	54,000	54,000	54,000	162,000
Room Hire	6,000	8,000	10,000	24,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>72,400</b>	<b>74,400</b>	<b>76,400</b>	<b>241,200</b> <sup>223,200</sup>
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**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
Tudor Trust	10,000	0	0	10,000
Monument Trust	30,000	0	0	30,000
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>40,000</b>
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**What other funders are currently considering the proposal?**

Source	Year 1	Year 2	Year 3	Total
Big Lottery (supervision aspect)	10,000	0	0	0
Mind Small Grants Fund (service design aspect)	5,000	0	0	0
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>15,000</b>	<b>0</b>	<b>0</b>	<b>0</b>
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**How much is requested from the Trust?**

Expenditure heading	Year 1	Year 2	Year 3	Total
CEO and Clinical Director	14,000	54,000	54,000	122,000
BAME Peer Support Group	7,200	7,200	7,200	21,600
Clinical Supervision for BAME Psychotherapy	5,200	5,200	5,200	15,600
Clinical Co-ordinator	6,000	6,000	6,000	18,000
Room Hire	6,000	8,000	10,000	24,000
	0	0	0	0

<b>TOTAL:</b>	<b>38,400</b>	<b>80,400</b>	<b>82,400</b>	<b>201,200</b>
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## 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	54,077
Activities for generating funds	23,948
Investment income	64
Income from charitable activities	125,525
Other sources	
<b>Total Income:</b>	<b>203,614</b>

Expenditure:	£
Charitable activities	201,583
Governance costs	2,227
Cost of generating funds	
Other	
<b>Total Expenditure:</b>	<b>203,810</b>
<b>Net (deficit)/surplus:</b>	<b>(196)</b>
<b>Other Recognised Gains/(Losses):</b>	
<b>Net Movement in Funds:</b>	<b>(196)</b>

Asset position at year end	£
Fixed assets	1,956
Investments	
Net current assets	79,837
Long-term liabilities	
<b>*Total Assets (A):</b>	<b>81,793</b>

Reserves at year end	£
Endowment funds	
Restricted funds	9,339
Unrestricted funds	72,454
<b>*Total Reserves (B):</b>	<b>81,793</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? c.50%
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### Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:
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### 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	94,000	94,000	94,000
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 £
Tudor Trust	20,000	20,000	25,000
Monument Trust	0	0	20,000
Big Lottery	0	0	8,000
SLAM	0	0	20,000
MAN group	0	0	3,750

### 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: **Ajay Khandelwal**

Role within                      **Chief Executive**  
Organisation: