

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: The Guild of Psychotherapists	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Southwark	
Contact person: Ms Victoria Marcello	Position: Fundraiser
Website: http://www.guildofpsychotherapists.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1093686
When was your organisation established? 01/01/1974	

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? More people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment
Please describe the purpose of your funding request in one sentence. Expansion of Community Psychotherapy Service to support disadvantaged people with mental health problems from BME communities.
When will the funding be required? 01/01/2016
How much funding are you requesting? Year 1: £20,775 Year 2: £24,913 Year 3: £30,586 Total: £76,274

Aims of your organisation:

Established in 1974, The Guild of Psychotherapists is a registered charity and professional training organisation run by its members, all of whom are practicing or non-practicing Psychoanalytic Psychotherapists. The Guild's key objective is the relief of psychological disturbance or disorder in members of the public, to be achieved through a combination of education, training, research and clinical psychotherapy services. The Guild exists for both the benefit of the profession and the wider public seeking psychological help, and aims to improve the quality of life and mental health of people experiencing severe mental distress, with a particular emphasis on supporting people who are disadvantaged by poverty. Amongst the Guild's many shared values are respect for, and the promotion of, individual and cultural differences and diversity.

Main activities of your organisation:

The Guild has delivered professional Psychotherapy training for over 40 years, and currently runs introductory and four-year professional training courses in Psychoanalytic Psychotherapy as well as Clinical Supervision training, accredited by the UK Council for Psychotherapy (UKCP), the principal national body for the registration and regulation of psychotherapy.

The Guild's Referral Service puts those seeking therapy privately in touch with psychotherapists in their area, and the Guild also runs a Community Psychotherapy Clinic. Established in 1998, it offers a lifeline to people on low incomes experiencing debilitating mental health problems who through disadvantage, cannot access appropriate help elsewhere. Residents of Lambeth, Southwark and Lewisham on incomes below £16,000 are offered weekly psychotherapy sessions for up to two years. Patients attending give an affordable contribution towards their sessions, often as little as £5. Each year up to 50 people benefit from the service, which fills a significant gap in local provision by offering vital help to deprived members of the local community.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	5	10	60

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?
Owned	

Summary of grant request

The need for the project

The Guild offers a vital service to local people who are struggling with chronic mental health difficulties and are disadvantaged. All are on low incomes and many are unemployed. The combination of poor mental health and financial hardship has significantly impacted on their opportunities and chances in life, often preventing them from gaining the skills, education, or employment they need to improve their lives. Despite the success of the service there is still a significant unmet demand for mental health support services locally, particularly amongst people from BME communities in South London.

How the work will be delivered

The Guild will offer a psychotherapy service from people from BME groups on low incomes with mental health issues, who are unable to access suitable mental health services elsewhere. Those benefitting will be offered weekly affordable psychotherapy for up to two years, giving as little as £5 towards their sessions, which will be provided by experienced Psychotherapists and Trainee Psychotherapists under clinical supervision.

What your project will aim to achieve

The project will aim to provide better access to high quality regular psychotherapy for people from BME groups in South London with mental health issues, helping them overcome mental ill-health, reduce isolation and function more fully in society. The project will strengthen the Guild's position to reach people from BME groups in the future, through CPD workshops, training and partnership work.

Why you are the right organisation to deliver the work

For 17 years the Community Psychotherapy Clinic has provided an effective, professional psychotherapy service for up to 50 people per year experiencing the distress of chronic mental health issues. The clinic has successfully helped people on low incomes experiencing a range of problems including depression, anxiety, relationship and family issues, trauma, identity problems or bereavement. Often this has helped turn people's lives around, with measurable consequences such as patients returning to paid work, entering training, or overcoming alcohol and drug addiction. The clinic is well established and over time has become in substantial demand locally, with most patients self-referring. The waiting list is limited to 15 people and regularly reaches capacity. We receive an average of 20 new enquires each month from local people in need of help.

How your project will meet the Trust's programme outcome under which you are applying

This project will meet the Trust's programme outcome of more people from BME communities accessing appropriate mental health services, by providing people from BME communities with mental health issues access to high quality professional psychotherapy for up to two years. Most of those we work with have not been able to access suitable support and have struggled for many years with poor mental health, profoundly affecting their lives. Two-thirds have accessed short-term treatments via NHS services but remain in need of longer-term support.

How your project meets the Trust's 'Principles of Good Practice' as shown at the bottom of the page of each of our programmes.

We actively seek to reach people from all backgrounds and place importance on representing and reflecting the local community, which has significant religious, cultural and ethnic diversity. Volunteers are fundamental to the clinic; both qualified and trainee psychotherapists work in the clinic on a voluntary basis or for a nominal fee and a committee of volunteer psychotherapists (Guild members) meets fortnightly to review clinical and management issues. As an organisation the Guild endeavours to minimise its impact on the environment, with effective recycling practices, minimal use of paper and resources within the office, and keeps energy use to a minimum whilst maintaining the premises to maximise energy saving.

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? **No**

What Quality Marks does your organisation currently hold?

All policies and practices and closely reviewed and scrutinised as part of the United Kingdom Council of Psychotherapy (UKCP) accreditation process.

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.

Deliver a targeted outreach and promotion programme to increase awareness /access to the Community Psychotherapy Clinic amongst people for BME communities in South London. To include producing and distributing publicity material jointly with partner agencies, consulting service-user groups and voluntary organisations supporting people from BME communities locally.

Expand provision within the Guild's Psychotherapy Clinic, delivering regular Psychoanalytic Psychotherapy for up to two years for up to 27 people per year from minority ethnic groups in South London with mental health issues. Beneficiaries will be on low incomes and unable to access appropriate mental health treatments locally.

Delivering training, workshops and CPD within the organisation to ensure it can respond to the needs of people from BME groups, further increasing the capacity of the Community Psychotherapy Clinic to meet the needs of people from diverse cultural and ethnic backgrounds.

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.

BME people with mental health issues will have access to longer-term affordable psychotherapy treatment, helping them to feel less isolated and more supported.

Beneficiaries will have improved mental health and wellbeing and functioning, and a reduction in symptoms (eg depression, anxiety, self-harm, suicidal thoughts).

Beneficiaries feel more in control of their lives (eg returning to employment, improving health /relationships, overcoming drug or alcohol issues).

The Guild will have improved its capacity to provide accessible psychotherapy services to people from BME communities.

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?

The Guild will extend access to its Psychotherapy Clinic to serve more people from BME communities, build closer links with local services to promote the service, and increase the organisation's knowledge and capacity. The clinic will continue to operate beyond the funded period, having developed stronger partnerships and community links.

Who will benefit?

About your beneficiaries

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

20

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

Lewisham (28%) Lambeth (40%) Southwark (32%)

What age group(s) will benefit?

16-24 25-44 45-64

What gender will beneficiaries be?

All

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

Mixed/ Multiple ethnic groups (including White and Black Caribbean; White and Black African; White and Asian; Any other Mixed/ Multiple ethnic background) Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background) Black/ African/ Caribbean/ Black British (including African; Caribbean; Any other Black/ African/ Caribbean background) Other ethnic group (including Arab)

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
Salary-Clinic Co-ordinator	8,000	8,080	8,161	24,241
Session costs - Therapists fees	10,890	15,566	20,243	46,699
Clinical assessments	350	500	750	1,600
Advertising, promotion & outreach	5,000	5,000	5,000	15,000
External facilities (clinical space)	1,980	3,300	4,620	9,900
Clinical supervision	2,200	4,400	4,400	11,000
Travel	690	703	717	2,110
Capacity building: workshops, training, events	700	1,400	1,400	3,500
Office admin support, stationery & overheads	4,100	4,141	4,182	12,423

TOTAL:	33,910	43,090	49,473	126,473
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Projected £ (Not secured, based on current):	0	0	0	0
Guild funds [from membership/facilities/training]	5,000	5,500	6,000	16,500
Clinic income [predicted based on current figures]	4,000	4,080	4,160	12,240
	0	0	0	0

TOTAL:	9,000	9,580	10,1	28,740
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Current clinic applications (part to project):	0	0	0	0
Clare King Charitable Trust	2,000	0	0	0
Hilden Charitable Fund	7,000	0	0	0
	0	0	0	0

TOTAL:	9,000	0	0	9,000
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary-Clinic Co-ordinator	4,000	4,000	4,000	12,000
Session costs - Therapists fees	6,525	9,613	14,186	30,324
Clinical assessments	350	400	500	1,250
Advertising, promotion & outreach	5,000	5,000	5,000	15,000
External facilities (clinical space)	1,500	2,500	3,500	7,500
Clinical supervision	2,200	2,200	2,200	6,600
Capacity building: workshops, training, events	700	700	700	2,100
Office admin support, stationery & overheads	500	500	500	1,500

TOTAL:	20,775	24,913	30,586	76,274
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Finance details

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

Financial year ended:	Month: September	Year: 2014
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Income received from:	£
Voluntary income	80,051
Activities for generating funds	0
Investment income	167
Income from charitable activities	141,468
Other sources	0
Total Income:	221,686

Expenditure:	£
Charitable activities	184,499
Governance costs	11,306
Cost of generating funds	15,159
Other	0
Total Expenditure:	210,964
Net (deficit)/surplus:	10,722
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	10,722

Asset position at year end	£
Fixed assets	504,601
Investments	0
Net current assets	111,780
Long-term liabilities	0
*Total Assets (A):	616,381

Reserves at year end	£
Restricted funds	77,571
Endowment Funds	0
Unrestricted funds	538,810
*Total Reserves (B):	616,381

*** 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? 0%
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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: 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	0	0	0
London Councils	0	0	0
Health Authorities	0	0	0
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 £
Hilden Charitable Fund	7,000	7,000	0
Peter Minet Trust	3,000	0	2,000
Merchant Taylors' Company	0	7,000	0
Goldsmiths Company Charity	0	0	3,000
Brian Guinness Charitable Trust	3,000	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: **Victoria**

Role within **Part-Time Fundraiser**
Organisation: