

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>West London Gay Men's Project</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Kensington &amp; Chelsea</b>	
Contact person: <b>Miss Marisa Hartley-Brown</b>	Position: <b>Trust Fundraiser</b>
Website:	
Legal status of organisation: <b>Registered community interest</b>	Charity, Charitable Incorporated Company or company number: <b>07975254</b>
When was your organisation established? <b>03/05/2012</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 LGBT people accessing mental health services resulting in improved mental health and reduced mental distress</b>
Please describe the purpose of your funding request in one sentence. <b>A counselling and group therapy service for transgender people facing mental health issues.</b>
When will the funding be required? <b>01/01/2016</b>
How much funding are you requesting? Year 1: <b>£35,962</b> Year 2: <b>£37,402</b> Year 3: <b>£37,402</b>  <b>Total: £110,766</b>

**Aims of your organisation:**

Our mission is to improve health and well-being. We are proactive in identifying the needs of diverse and often marginalised communities. Our approach enables and empowers individuals to make positive, informed choices about their health and overall wellbeing. We provide supportive, knowledgeable, non-judgemental support to those who need us most.

Our goals are:

- To support people to take control of their health, well-being and substance misuse.
- To ensure that individuals have access to appropriate advice, care and support to meet their individual needs.
- To enable people to make informed, positive choices to lead healthy, happier and fulfilled lives
- To fight the spread of HIV and support individuals and communities affected by it.

**Main activities of your organisation:**

We have been providing pioneering services for 20 years and our services are highly regarded by the communities we serve, leading policy organisations in the sector, local councils and the NHS.

West London Gay Men's Project- Outreach and testing services to gay and bisexual men living, working or socialising in London

ACE- HIV testing and awareness in local BME Communities

The Brighter Partnership- HIV prevention and testing in Wandsworth

GMI Partnership - HIV prevention, sexual health promotion and support, testing/screening, mentoring) provided in Ealing, Hounslow, Hammersmith and Fulham, Westminster and Kensington and Chelsea.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>19</b>	<b>7</b>	<b>4</b>	<b>1</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>3 years 5 months</b>

## Summary of grant request

### The need for the project

Research estimates there are 300,000 people are affected by gender variance in the UK. Over 48% have attempted suicide.

Trans\* is a term used to describe people whose gender identity occasionally or always does not correlate to the gender assigned to them at birth. Trans\* people are among the most discriminated against of any minority group and experience high levels of social exclusion.

There are a conspicuous lack of services aimed at working with the specific needs of the trans\* communities. Many trans\* people do not feel comfortable accessing mainstream mental health and counselling services and even if they do, many are not equipped to help trans\* people. Over 54% report being turned away by healthcare professionals due to being trans\*.

### How the work will be delivered

Our project will bring specialist counselling and group therapy services to trans\* people in London. Our aim is to provide high quality mental health support appropriate and tailored to the specific life experiences trans\* people face.

We will monitor and fully evaluate the service using KPIs, client feedback forms and use the WEMWBS scale to monitor improvements in mental health.

### What your project will aim to achieve

Our service will provide trans\* people with tailored support that meet their needs and addresses the gender identity issues, transition issues, anxiety and depression they experience. We seek to reach the most vulnerable and look to reach out to trans\* people who are most at risk of suicide. Each client will be treated as an individual with support tailored to the specific issues they are facing in their lives. Together, we can change the lives of over 70 transgender people in a year.

### Our services will:

1. Be accessible to all trans\* people. This includes people less likely to access other support and health services because the services are not set up to meet the needs of trans\* people.
2. Puts trans\* clients experiences, feelings and needs at the centre of the planned support packages and services.
3. Provide vital opportunities for trans\* people in London to access support to meet their specific mental health needs.

Why you are the right organisation to deliver the work

Our organisation has been supporting marginalised communities and trans\* clients in London for over 20 years. We have been successfully running and developing our trans\* peer led health group Spectrum over three years.

### Involve service users in the planning of services

Our services are managed by trans\* people, for trans\* people. We involve service users in project planning, development and evaluation throughout. Our service users help develop the agenda for each group therapy session and develop their own action plans for individual counselling.

### Welcome people from all backgrounds and value diversity

We have an equal opportunities policy and commit to ensuring our organisation reflects our diverse local population. We will manage admissions to our service to ensure a gender, age and ethnicity balance. We operate a proactive outreach and marketing of our services to BME trans\* people. 1 in 5 trans\* people in London have mobility issues and so our service are also available by telephone or email.

### Value and support volunteers

We have recently started operating a volunteering programme and are committed to supporting and celebrating the contribution volunteers make. We have recruited a Volunteer Manager dedicated to supporting, recognising and investing in our volunteers.

### Taking steps as an organisation to reduce your carbon footprint

We are committed to reducing our carbon foot print. We are applying to City Bridge Trust for an eco-audit.

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?

**N/A**

### **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.

**48 group therapy sessions to support transgender people facing mental health issues.**

**480 individual specialist counselling sessions for transgender people.**

**A telephone advice line for transgender people in London**

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.

**Transgender people in London attending the group therapy sessions will be less isolated.**

**Transgender clients undertaking counselling and group therapy sessions experience better wellbeing and improved mental health.**

**Transgender people in London are better able to cope with gender identity and transition issues.**

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, we will be approaching trust and foundations as well as London local authorities for funding. We plan to use the evidence gathered evaluating the service during the grant period to provide a strong case for support.**

## Who will benefit?

### About your beneficiaries

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

**156**

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

**London-wide (100%)**

What age group(s) will benefit?

**16-24**

**25-44**

**45-64**

**65-74**

**75 and over**

What gender will beneficiaries be?

**Transgender or other gender identity**

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?

**91-100%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Psychotherapist salary	31,368	31,368	31,368	31,368
Employer national insurance	3,210	3,210	3,210	9,630
Venue hire	1,440	1,440	1,440	4,320
Marketing	1,000	1,000	1,000	3,000
Evaluation	100	100	100	300
Refreshments	384	384	384	1,152
Management and overheads	3,750	3,750	3,750	11,250
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>41,252</b>	<b>41,252</b>	<b>41,252</b>	<b>123,756</b>
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### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
London Borough Sutton	5,190	0	0	5,190
Own reserves	0	3,750	3,750	7,500
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>5,190</b>	<b>3,750</b>	<b>3,750</b>	<b>12,690</b>
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### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
BIG Lottery	0	6,674	6,674	0
Henry Smith Charity	0	37,502	37,502	0
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>0</b>	<b>44,176</b>	<b>44,176</b>	<b>0</b>
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### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Psychotherapist salary	31,368	31,368	31,368	94,104
Employer national insurance	3,210	3,210	3,210	9,630
Venue Hire	0	1,440	1,440	2,880
Marketing	1,000	1,000	1,000	3,000
Refreshments	384	384	384	1,152
Management and overheads	0	0	0	0
Evaluation	100	100	100	300
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>36,062</b>	<b>37,502</b>	<b>37,502</b>	<b>111,066</b>
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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	0
Activities for generating funds	0
Investment income	0
Income from charitable activities	551,553
Other sources	0
<b>Total Income:</b>	<b>551,553</b>

Expenditure:	£
Charitable activities	321,864
Governance costs	0
Cost of generating funds	135,022
Other	0
<b>Total Expenditure:</b>	<b>456,886</b>
<b>Net (deficit)/surplus:</b>	<b>94,667</b>
<b>Other Recognised Gains/(Losses):</b>	<b>-19,022</b>
<b>Net Movement in Funds:</b>	<b>75,670</b>

Asset position at year end	£
Fixed assets	5,163
Investments	0
Net current assets	71,288
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>76,451</b>

Reserves at year end	£
Restricted funds	0
Endowment Funds	0
Unrestricted funds	76,451
<b>*Total Reserves (B):</b>	<b>76,451</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?  
91-100%

### 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	272,163	267,263	384,803
London Councils	0	0	0
Health Authorities	109,333	167,804	107,768
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 £
	0	0	0
	0	0	0
	0	0	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: **Marisa Hartley-Brown**

Role within                      **Trust Fundraiser**  
Organisation: