

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: British Refugee Council	
If your organisation is part of a larger organisation, what is its name? Not applicable.	
In which London Borough is your organisation based? Newham	
Contact person: Ms Ruby McDougall	Position: Trusts and Statutory Officer
Website: http://www.refugeecouncil.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1014576
When was your organisation established? 01/01/1951	

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 refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health
Please describe the purpose of your funding request in one sentence. Providing therapeutic support to refugees and asylum seekers in London to improve their mental health, reduce isolation and enhance their well-being.
When will the funding be required? 01/05/2016
How much funding are you requesting? Year 1: £36,201 Year 2: £37,375 Year 3: £38,461 Total: £112,037

Aims of your organisation:

British Refugee Council is one of the largest national charities supporting refugees and asylum-seekers in the UK. It was founded in 1951 following the UN Convention for Refugees, drafted after World War II to ensure refugees were provided safety in other countries. The right to claim asylum remains an international human right.

The aims of the Refugee Council are:

- For those seeking asylum, we want fair and just decision making;
- For those granted refuge, we want equality of opportunity to lead fulfilling lives;
- For those denied protection, we want understanding and humane treatment;
- For all refugees in the UK, we want respect and dignity.

Our mission is 'to be an influential and effective advocate of refugee-protection rights' so that the United Kingdom is genuinely 'a welcoming place of safety for people who seek refuge from persecution and human-rights abuses abroad'. Moving forward, we will continue to support asylum-seekers and refugees at each stage in the asylum process.

Main activities of your organisation:

For over 60 years, the Refugee Council has run services to meet the needs of those fleeing war, persecution, rape and other human rights abuses to arrive in the United Kingdom. Our charity assisted 14,463 asylum-seekers and refugees through 49,976 advice sessions during the 2013/4 Financial Year. Our diverse activities fall into the following service areas:

1. Destitution Services offer food, clothing, showers, laundry facilities, and legal, medical or housing advice.
2. Therapeutic Services offer holistic assessments, one-to-one counselling, group work and specialist referrals.
3. Employment Services offer training, support networks and doctor's placements for refugees.
4. Housing Services advise new refugees and asylum-seekers on possible accommodation.
5. Children's Section help unaccompanied minors with Social Services, Age Disputes, Trafficking Advisers, English and Math classes and Social Evenings.
6. Advocacy and Influencing advises the government on policies impacting refugees and asylum-seekers e.g. reducing the number of children in detention.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
48	36	12	110

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?
Leased	05/04/2022

Summary of grant request

The effects of conflict on refugees and asylum seekers' mental health and psycho-social well-being are profound. We work with people who have experienced layer upon layer of cumulative trauma, and whom often face very real current threats such as being sent back to the danger from which they have fled. After fleeing war, persecution, rape or abuse in their country of origin, many find their mental health problems are exacerbated upon arrival.

A recent internal survey of the female clients we support therapeutically in August 2015 indicated that 15% had been tortured and 78% are survivors of sexual violence and rape - many of these women had children as a result. Nearly all have reported overwhelming anxiety, depression, survival guilt and trouble concentrating. The men we work with often struggle with with an added layer of feelings of failure owing to their inability to provide for or protect vulnerable children in a foreign country where they are not allowed to work.

Our clients present with symptoms related to traumatic experiences including:

- flashbacks
- nightmares
- low mood
- hyper arousal (leading to sleep deprivation, problems in concentration, self-destructive or aggressive behaviour)

These symptoms affect their daily ability to function. On top of this, all of our clients have experienced barriers to existing mental health support due to negative experiences of institutions, fear of forced return and linguistic or cultural misunderstandings.

Aims & Delivery

The London-based Improving Refugees' Mental Health Project falls under our wider Therapeutic Services. Over three years, this project aims to provide 270 refugees with culturally and gender sensitive psychotherapy and crisis intervention.

1. To address mental health needs, the project will offer 12 one-to-one counselling sessions for 180 clients. In these sessions we use translation services to overcome language barriers. Language is "one of the major barriers preventing asylum seekers from accessing mental health services is language" (Mind 2009).
2. To address social integration needs, the project offers peer group work for 90 clients. As most refugees arrive alone, groups rebuild their social support network.

Those with unique needs are referred to suitable specialist services e.g. Freedom from Torture or Migrant Help as many do not know of the longer-term support available.

Our model draws on therapeutic disciplines such as:

- Narrative therapy, where bearing witness plays a significant role in actively listening to clients' experiences in an enabling and empowering manner.
- Psycho-education to enhance the clients' perspective on the understanding of mental health symptoms.
- Mindfulness, to help clients gain awareness of self and feel connected with the present thereby making them feel safe.
- Person-centred approach, working on present issues and responding to immediate needs.

Refugee Council

The Refugee Council's Therapeutic Services has an expertise in mental health needs, seeing 564 clients across a number of therapeutic projects in the last financial year. We have built trust with clients and within the wider communities meaning we are strategically placed to tackle the social isolation and provide a level of stability that can be a lifeline to those who have faced such dreadful trauma and upheaval.

Improving Londoner's Mental Health

This project ensures: more refugees and asylum-seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health; and indirectly, a reduction in suicide and self-harm amongst the recognised at-risk groups.

This project also meets the 'Principles of Good Practice' as refugees and asylum-seekers come from all over the world; a lot clients often return to volunteer - they add value to our projects by bringing different skills, knowledge and languages; and we consult our clients when planning services.

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?

The Refugee Council is Office of the Immigration Services Commissioner accredited.

The Refugee Council's Therapeutic Service is British Association for Counselling and Psychotherapy accredited.

The Refugee Council has an Investors in Volunteering award.

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.

270 refugees and asylum-seekers over 3 years receive a Therapeutic Services holistic initial assessment to assess their mental health.

180 refugees and asylum-seekers over 3 years will receive Therapeutic Services' one-to-one counselling for up to 12 sessions to improve their mental health.

90 refugees and asylum-seekers over 3 years will attend Therapeutic Services' psycho-social, creative and well-being groups to meet their peers and develop a social network.

75 refugees and asylum-seekers over 3 years will be referred to specialist agencies if necessary to address specific needs e.g. Freedom from Torture or Migrant Help.

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.

Beneficiaries experience improved mental health that is stabilised or prevented from worsening.

To evidence this, of 180 clients receiving one-to-one counselling:

- 60% of clients surveyed develop skills to manage unwanted thoughts and feelings.

- 65% of clients surveyed develop better sleeping patterns/report improvements in mood

Beneficiaries gain the skills, confidence and support to integrate into local communities through psycho-social groups.

To evidence this, of 90 clients attending group activities:

- 70% of clients surveyed develop good relationships/have someone to turn to for support

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 Refugee Council intends to run Therapeutic Services for refugees and asylum-seekers after the funding period ends. The charity will seek to fund the service from the Department of Health's Health and Social Care Volunteering Fund (HSCVF).

Who will benefit?

About your beneficiaries

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

90

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

London-wide (100%)

What age group(s) will benefit?

0-15

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?

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
Therapeutic Services Staff Costs	35,867	37,235	38,493	111,595
Direct Infrastructure Costs	9,102	9,193	9,285	27,580
Contribution to Core Costs	6,745	6,964	7,167	20,876
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	51,715	53,392	54,944	160,051

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Individual Donor	14,621	0	0	14,621
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	14,621	0	0	14,621

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Stanley Thomas Johnson Foundation (only a small amount will contribute to salaries mentioned in this application)	30,000	30,000	30,000	90,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	30,000	30,000	30,000	90,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
70% of total project revenue costs	36,201	37,375	38,461	112,037
	0	0	0	0
	0	0	0	0
TOTAL:	36,201	37,375	38,461	112,037

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	1,667,000
Activities for generating funds	60,000
Investment income	22,000
Income from charitable activities	2,856,000
Other sources	3,000
Total Income:	4,608,000

Expenditure:	£
Charitable activities	4,819,000
Governance costs	16,000
Cost of generating funds	685,000
Other	0
Total Expenditure:	5,520,000
Net (deficit)/surplus:	-912,000
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-912,000

Asset position at year end	£
Fixed assets	434,000
Investments	4,000
Net current assets	4,222,000
Long-term liabilities	136,000
*Total Assets (A):	4,524,000

Reserves at year end	£
Restricted funds	671,000
Endowment Funds	0
Unrestricted funds	3,853,000
*Total Reserves (B):	4,524,000

* 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?
41-50%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:

Our core activities and structure have not changed significantly. However we have secured significant new Resettlement funding, in particular associated with the Government's pledge to resettle 20,000 refugees under the Syrian Vulnerable Persons Relocation scheme, and expect this activity to continue to grow. Our individual donors have also responded generously to the refugee crisis and as a result we forecast a one-off surplus in 2015/16.

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	1,000	0	0
London Councils	0	62,000	62,000
Health Authorities	507,000	491,000	291,000
Central Government departments	4,350,000	4,164,000	1,418,000
Other statutory bodies	632,000	516,000	512,000

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 £
Home Office United Kingdom Border Agency	4,350,000	4,164,000	1,418,000
Big Lottery Fund	301,000	24,000	119,000
Sheffield City Council	629,000	516,000	512,000
NHS London	291,000	291,000	291,000
Department of Health - Ecorys	196,000	205,000	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: **Ruby McDougall**

Role within **Trusts and Statutory Officer**

Organisation: