

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Community Activities Project Ealing - CAPE	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Ealing	
Contact person: Miss Sarah Luke	Position: Project Director
Website: http://www.c-a-p-e.co.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1064778
When was your organisation established? 17/10/1997	

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? A reduction in suicide and self-harm amongst the recognised at risk groups
Please describe the purpose of your funding request in one sentence. To recruit a full time member of staff to provide an outreach service and run a variety of activities within our recovery mental health service.
When will the funding be required? 01/01/2016
How much funding are you requesting? Year 1: £30,314 Year 2: £30,245 Year 3: £30,528 Total: £91,087

Aims of your organisation:

CAPE aims, through the recovery model, to support and encourage people with mental health problems to improve their lives and to have as much independence and stability as possible.

Our service focuses on improving engagement in life, and within the local community. The promotion of equality of opportunity is paramount within our work and we strongly promote the right for our clients to have full access to a variety of learning, housing, leisure, health, employment and training opportunities which improve social functioning and overall psychological wellbeing.

We offer ongoing support services to clients with a range of conditions that are either severe, highly disabling, and/or psychotic in nature. Our service prevents hospital admissions and reduces the length of stay when our clients are receiving in-patient care.

We provide services in response to the changing needs of our client group and we are committed to ensuring our clients are fully involved in the decision-making process of the services we provide.

Main activities of your organisation:

CAPE has over 18 years experience working with individuals with mental health needs, supporting 275-plus Ealing residents annually, over 60 people each day.

Services include:

Outreach service: Intensive one-to-one support for clients in their homes/the community, five days a week. We use the recovery model to promote mental wellbeing, improve social contact and life skills and prevent hospital admission.

CAPE Drop-in: This provides support and advice from staff, and a social forum to meet friends/access a raft of groups.

Health and Wellbeing groups: Five weekly groups: Walk for Wellbeing, Smoking Cessation, Slimming, Wellbeing Support and Horticulture.

Therapeutic groups: Three weekly talking therapy groups: Behavioural Activation Therapy, Hearing voices and Recovery.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
4	3	6	41

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	10 years

Summary of grant request

The need for the project - Over the last 12 months we have seen a steady increase in our attendance figures and have experienced a high uptake of group participation and engagement from individuals seeking support from staff. There is a clear indication that our services are in high demand. When clients are inducted into our service and asked what they would like to achieve the main aims are to increase confidence, self esteem, make friends, to volunteer, to get back into the world of work or training and to have somewhere which offers them some structure to their day.

How will the work be delivered and why are we the right organisation to deliver the work - We have 18 years experience of delivering services for individuals with mental health needs. We have an excellent reputation for providing innovative, effective support services that promote recovery across a diverse, complex client population. We have strong operational policies and procedures in place to ensure we can deliver these services.

What your project will aim to achieve - The overall aim of our outreach and drop in service and through their groups we facilitate is to offer support and promote personal recovery to individuals accessing our service. Through this support we aim to see a reduction in suicide and self harm of those who suffer mental health difficulties.

How your project will meet the Trust's programme outcome under which you are applying
By recruiting a member of staff we will prevent a reduction in suicide and self harm by ensuring we continue to meet the Trusts programme by

- Developing relationships with individuals who use our service
- Increasing the confidence of those who use our service
- Supporting clients to deal with worries and concerns before things escalate
- Support clients to break down barrier to accessing local services
- Providing early intervention support before relapse which could lead to in-patient care

Our project can demonstrate that our service meets the Trust's Principles of Good Practice' by involving service users in the planning of the services if appropriate - we undertake quarterly community meetings with clients, annual client consultation, quarterly client feedback and daily electronic feedback. The findings of these consultations enable evidence based decision making in the effective targeting of our resources and service delivery decisions.

We also welcome people from all backgrounds and value diversity - Ealing, like many Boroughs in London, is very diverse in character. It is recognised as having the fourth most ethnically diverse population of all local authority areas in the country, in terms of the number of people from different ethnic backgrounds residing here. We ensure our service caters for those from different backgrounds by celebrating cultural festivals, working alongside other minority groups and providing ethnically diverse foods.

Value and support volunteers - Our 30-plus client volunteers are supervised by staff each time they work. Volunteer log books are used to log voluntary hours shift by shift. These hours contribute to different levels of certification of hours contributed to CAPE.

CAPE takes steps as an organisation to reduce your carbon footprint by

- Being committed to minimising its environmental impact and reducing our carbon footprint. We continue to comply with all relevant environmental legislation and regulation and minimise our environmental impact.
- Taking positive steps to reduce the amount of waste we produce and implement 'Reduce Reuse and Recycle' where possible.
- We look at the amount of energy we use throughout the building.
- When purchasing items we consider the environmental effects of products and those credentials of their suppliers.

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?

Currently we don't hold any quality marks but we are starting to put procedures in place to secure Investors in People accreditation by the end of 2016

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.

To provide an Outreach service over a three year period. This service is for individuals who are hardest to reach within our community. One worker can provide intensive mental health outreach support for 36 clients over a 3 years period.

To provide a drop in service. This worker would work alongside others in the team to provide a drop in service. Currently averaging 70 people a day. The worker would be available to provide advice, problem solving and support when clients are in crisis.

To run a variety of groups. This worker will be responsible for running two therapeutic groups within our drop in service. These groups support clients through the pathway of recovery.

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.

Outreach service

To increase and maximise opportunity for reducing social isolation and loneliness.

To empower and increase the confidence of our clients to break down the barriers preventing them for accessing other services. To increase self esteem by supporting clients through the recovery model.

Drop in service

To increase the level of opportunity to access, establish and maintain friendships increasing social integration.

Increased confidence through social contact with other.

To improve independence.

Groups

To relearn and develop new skills.

To increase outdoor activity, exercise and wellbeing

To provide talking therapy groups which provide clients with coping mechanisms in dealing with the challenges of living with a mental illness

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, after year 3 we would look to other Trusts or through fund raising activities to continue to fund this position. The post we are asking you to fund is currently funded by Lloyds TBS foundation, this funding is coming to an end in October 2015.

Who will benefit?

About your beneficiaries

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

275

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

Ealing (100%)

What age group(s) will benefit?

16-24 25-44 45-64 65-74 75 and over

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?

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
Basic Salary including LW	25,415	25,652	25,891	76,959
Employer NI	2,445	2,478	2,511	7,435
Pension	1,183	1,195	1,207	3,585
Expenses	720	720	720	2,160
Training provision	200	200	200	600
Recruitment costs	350	0	0	350
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	30,313	30,245	30,529	91,087

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Basic Salary	25,415	25,652	25,891	76,959
Employers NI	2,445	2,478	2,511	7,435
Pension	1,183	1,195	1,207	3,585
Expenses	720	720	720	2,160
Training provision	200	200	200	600
Recruitment cost	350	0	0	350
	0	0	0	0
TOTAL:	30,313	30,245	30,529	91,087

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	8,233
Activities for generating funds	8,868
Investment income	2
Income from charitable activities	204,860
Other sources	0
Total Income:	221,963

Expenditure:	£
Charitable activities	209,156
Governance costs	4,560
Cost of generating funds	8,074
Other	0
Total Expenditure:	221,790
Net (deficit)/surplus:	173
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	0
Investments	1
Net current assets	34,653
Long-term liabilities	(5,000)
*Total Assets (A):	29,654

Reserves at year end	£
Restricted funds	11,920
Endowment Funds	0
Unrestricted funds	17,734
*Total Reserves (B):	29,654

* 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?
71-80%

Organisational changes

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

None

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	176,332	155,002	149,409
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 £
Lloyds TSB	0	13,500	13,500
Industrial Therapy Organisation	33,932	11,089	14,605
	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: **Sarah Luke**

Role within **Project Director**
Organisation: