

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Nafsiyat Intercultural Therapy Centre	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Islington	
Contact person: Mr Adam Weatherhead	Position: Managing Director
Website: http://www.nafsiyat.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 287819
When was your organisation established? 01/04/1983	

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 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. Support for Nafsiyat's Intercultural therapy and community support services including language-specific therapist provision, pro-rata salary for a Community Link Worker and contribution towards running costs.		
When will the funding be required? 01/08/2016		
How much funding are you requesting?		
Year 1: £32,798	Year 2: £32,945	Year 3: £33,094
Total: £98,837		

Aims of your organisation:

Nafsiyat means "mind, body and soul" in three ancient languages. In 1983, leading Indian psychotherapist Jafar Kareem founded the charity following a career as Senior Lecturer in the psychiatry department at UCL. Jafar recognised that many from BAMER communities with acute mental health problems, struggle to access appropriate help. Our organisation has pioneered an innovative and accessible form of multi-disciplinary psychotherapy for ethnic minorities and remains the only intercultural centre offering psychotherapy to these communities in London.

Nafsiyat's founding principles encompass the well-researched cultural and racial factors in mental illness. We actively promote our approach as a form of dynamic therapy that is culturally sensitive to the needs of all those who seek our help. We are particularly focused on reaching the most disadvantaged and socially excluded with the aim of helping communities adjust and work together. Our work has led to major improvements in services for people with complex needs and set the standards for UK practice.

Main activities of your organisation:

Our primary activity is the delivery of specialised therapeutic services to people from ethnic minorities, taking account of cultural and racial needs. From our purpose-built centre in north London we provide therapeutic support free to adults in the Boroughs of Camden, Islington, Haringey and Enfield. Currently we can offer therapy in 23 languages including Arabic, Urdu and Bengali and employ both professional and qualified-volunteer therapists. Last year we helped 300 people struggling with mental-health issues.

Alongside this, we raise funds to deliver projects London-wide targeting specific groups such as families fleeing war torn areas. Interventions that we offer include domestic violence, relationship issues, childhood sexual abuse and cultural based issues. We work with individuals, couples, families, mixed gender groups. Nafsiyat works with a high number of refugees who have survived trauma and need specialist therapy to rebuild their lives.

Combined with our successful clinical work, we are the leading UK organisation for training and the development of intercultural therapy.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	8	7	15

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	2020

Summary of grant request

Nafsiyat's services are increasingly in demand due to the rise of mental health issues in the UK alongside the reduction in the stigma for BAMER communities seeking help. The expanding refugee population in also London presents challenges for mental health services, as their complex needs are hard to meet.

Currently Nafsiyat is contracted in Enfield, Islington, Camden and Haringey and is oversubscribed for referrals in all areas. We can only undertake work in other boroughs if project funding is found, despite widespread need across London. We know this due to our wide network of referral partners including GPs, the Red Cross, MIND and Women's Solace Aid.

Alongside this, Nafsiyat cannot often offer more than 12 sessions to clients despite many desperately needing longer term therapy of up to 20 sessions. Our Arabic and Arabic dialect therapists are in high demand due to the number of Syrians entering the country and requiring our services. From our significant experience, early, appropriate mental health support not only improves overall mental health and well-being it also reduces the need for mainstream healthcare, whose services are overwhelmed by referrals from newly arrived refugees.

Funding from the City Bridge Trust will enable Nafsiyat to offer more hours of language-specific therapy, set up a new psycho-social holding group, employ a part-time Community Link Worker and support our rent overheads. This crucial funding will help improve our core services, build sustainability and enable us to help more BAMER clients in the most deprived areas of London.

At Nafsiyat a client receives culturally appropriate therapy in a language they are comfortable speaking (usually their mother-tongue) in a safe and comfortable environment. Our specialist clinical team are trained in a number of interventions and can offer therapy to clients aged 16+ supporting a range of traumas and mental -health issues. Funding to increase the number of language-appropriate therapy hours will mean we can help more clients and expand the number of sessions offered in the most serious cases. In particular we need to offer more hours of Arabic and Arabic dialect therapy and can do this either by using funding to increase the hours worked by our current pool of sessional therapists or by employing more therapists with specific language skills to meet our clients' needs. The funding will also us enable to set up a psycho-social holding group session for people while they are on the waiting list for individual therapy session, meeting their needs sooner.

Alongside this, our experience is that all referred refugees will have high levels of trauma and complex needs including practical problems in terms of financial difficulties, poor or inadequate accommodation, or even homelessness. There may be pressing legal issues with their asylum applications, and threat of detention contributing negatively to their mental health. Therapeutic outcomes are closely related to a person's practical issues being addressed in tandem. For this reason, we want to offer regular appointments with a Community Link Worker delivering signposting services to clients and maximising our relationships with community organisations across the capital with expertise in housing, education, employment and immigration.

Overall, funding will enable us to help an additional 100 people a year by year 3.

Nafsiyat has been providing intercultural therapy and counselling for over 30 years. Our organisation has pioneered an innovative and accessible form of multi-disciplinary psychotherapy for ethnic minorities and remains the only intercultural centre offering psychotherapy to these communities in London. We have highly trained and experienced clinical staff and an excellent track record of working with other BAMER community organisations as well as statutory and academic institutions such as UCL and Cambridge University.

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?

Nafsiyat is accredited as a membership organisation of the UK Council for Psychotherapy (UKCP). Through this we offer training, supervision and consultancy on intercultural therapy and related issues.

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.

An expanded London-wide referral network in particular in targeted boroughs of Hackney, Newham, Southwark and Barnet.

A greater number of clients from BAMER communities in London offered either individual or group language-specific therapy.

A comprehensive sign-posting service offered to Nafsiyat's clients.

Creation of an expanded network of community organisations working in partnership with Nafsiyat and offering support and expertise to Nafsiyat's clients.

Creation of a psycho-social holding group session for people while they are on the waiting list for individual therapy sessions.

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.

More people from BAMER communities in London accessing Nafsiyat's language-specific therapy services resulting in them receiving the right care and treatment and improving their mental health.

More refugees and asylum seekers experiencing trauma, grief and loss in London accessing Nafsiyat's therapy services resulting in improved mental health.

More referred clients receiving in tandem support with issues including housing, employment and immigration enabling each client to achieve a holistic improvement in their mental-health and overall well-being.

Improvements made to service-delivery and monitoring/evaluation processes thanks to additional therapist provision. This will improve Nafsiyat's offer to clients, relationships with partner organisations and our ability to evidence impact and secure fundraising and contract income.

Reduction in waiting times for clients and clients offered quality group sessions whilst they are waiting.

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?

There is an increasing demand for intercultural therapy services in London and Nafsiyat in particular to support newly arrived Syrians and other refugees suffering trauma. We want to continue to improve and expand our mental-health services to support BAMER communities London-wide. We will continue to fundraise, create partnerships and enter into contract agreements to deliver this critically important work.

Who will benefit?

About your beneficiaries

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

400

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

London-wide (40%)

Hackney (20%)

Southwark (20%)

Newham (20%)

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?

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
Language specific therapy provision	72,585	76,210	80,020	228,815
Community Link Worker pro rata salary + ON costs	12,298	12,445	12,594	37,337
Rent Overheads	34,000	34,000	34,000	102,000
	0	0	0	0

TOTAL:	118,883	122,655	126,614	368,152
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0

TOTAL:	0	0	0	0
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Henry Smith Charity	14,000	14,000	14,000	42,000
Lloyds Bank Foundation	14,640	14,640	0	29,280
	0	0	0	0
	0	0	0	0

TOTAL:	28,640	28,640	14,000	71,280
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Language specific therapy provision	12,500	12,500	12,500	37,500
Community Link Worker pro rata salary + ON costs	12,298	12,445	12,594	37,337
Rent Overheads	8,000	8,000	8,000	24,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	32,798	32,945	33,094	98,837
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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	18,155
Activities for generating funds	0
Investment income	27
Income from charitable activities	174,783
Other sources	0
Total Income:	192,965

Expenditure:	£
Charitable activities	174,992
Governance costs	2,476
Cost of generating funds	1,069
Other	0
Total Expenditure:	178,537
Net (deficit)/surplus:	14,428
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	14,428

Asset position at year end	£
Fixed assets	3
Investments	0
Net current assets	120,147
Long-term liabilities	0
*Total Assets (A):	120,150

Reserves at year end	£
Restricted funds	0
Endowment Funds	7,904
Unrestricted funds	112,246
*Total Reserves (B):	120,150

*** 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?
81-90%

Organisational changes

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

Since 31 March 2015 Nafsiyat has appointed a new Chair (Jane Cook) and new Managing Director (Adam Weatherhead). We have also recently appointed a new Clinical Services Manager (Farideh Dizadji).

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	42,109	56,220	61,220
London Councils	0	0	0
Health Authorities	103,386	114,040	138,120
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 £
Trust for London	30,000	22,500	7,500
BBC Children in Need	9,538	9,557	9,515
Sir Jules Thorn Charitable Trust	600	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: **Adam Weatherhead**

Role within **Managing Director**
Organisation: