

ASSESSMENT CATEGORY - Improving Londoners' Mental Health**The Log Cabin****Adv: Shegufta Rahman****Base: Ealing****Amount requested: £62,363****Benefit: Ealing****Amount recommended: £62,300****The Charity**

The Log Cabin (TLC), established nearly 40 years ago by the then Mayor of Ealing, is a community based, purpose-built adventure playground for children and young people with additional needs or disabilities. Open 50 weeks of the year, TLC makes a positive difference to the lives of 300 children and young people every year by providing exciting and stimulating play, and socialising opportunities in a safe, caring, inclusive and fun environment. Children are encouraged to develop physically, socially, intellectually, creatively and emotionally. The organisation offers transport across the borough to ensure accessibility to as many families as possible. TLC works to improve the welfare of families of children with additional needs by providing affordable childcare and breaks, helping reduce the stress of managing disability within the family unit.

The Application

TLC is requesting funding over three years to provide counselling for young people aged 14 – 25 who have disabilities, additional needs or who are in need.

The Recommendation

The counselling service has been piloted over 18 months and delivered by a fully qualified volunteer counsellor who has completed British Association for Counselling and Psychotherapy (BACP) accredited training. This volunteer is a BACP registered member, now working towards full accreditation to support young people aged 14+. Following the pilot, young service users have become more accepting of their situation and are able to cope on a day-to-day basis with problems. TLC reports that the young people have developed a positive attitude to life, recognising their own strengths and gaining a greater understanding of their own feelings and how to manage them. The young people feel less isolated and abandoned.

£62,300 over three years (£20,600, £20,700, £21,000) for the salary of a part-time counsellor (14 hpw) including external clinical supervision costs.

Funding History

Meeting Date	Decision
06/09/2007	£60,000 over three years (£20,000; £20,000; £20,000) towards the staff and running costs of the Holiday Playscheme.

Background and detail of proposal

The charity reports that disabled children and young people consistently say that leisure and play outside school is the most important missing element in their lives. Feeling isolated in the outside world, they often feel that they face negative attitudes and a lack of respect and understanding. TLC offers a safe and accessible

environment for children and young people to learn to share and encourage friendship amongst mainstream children and those with a disability.

Building on the success of the charity's core offering, the pilot counselling service was launched in 2014 and delivered on an entirely voluntary basis. Based on the organisation's strong relationship with families, and the gap in existing provisions for this type of support, the pilot was oversubscribed. There is currently a waiting list for when the service fully launches.

In addition to recruiting the pilot's volunteer counsellor on a part-time basis, the charity will also recruit two, fully trained, volunteer counsellors, who are required to complete a supervised placement of a minimum of 100 hours in order to fully qualify. Once qualified, they will be offered the opportunity to remain a volunteer counsellor at the charity. This model will ensure a steady stream of volunteer counsellors.

Financial Information

Total forecast income for the current year to 31st March 2017 is £667,735 of which £566,904 (85%) had been confirmed by April 2016.

Unrestricted free reserves held at 31st March 2016 were £57,527, which is equivalent to 1.1 months' worth of expenditure and below the reserves policy target of 3 months' worth of expenditure. The trustees have advised that in 2016/17 they will seek to increase income from room lettings and fundraising events having secured their current larger premises. They will also be setting up a 'Friends' group to support and fundraise; building on existing links with local businesses and developing new contacts in the local community.

The cost of generating funds is very low but the charity advises that this is due to 23% of its income coming from statutory sources and a further 56% from charges levied for its childcare activities. Due to anticipated reductions in statutory income, the charity expects fundraising expenditure to increase over the coming years.

Year end at 31 March	2014-15 Independently Examined	2015-16 Year Forecast	2016-17 Budget
	£	£	£
Income and Expenditure			
Income	604,370	626,353	667,735
Expenditure	646,039	625,985	665,419
Other Recognised Gains / (Losses)	5,628	0	0
Unrestricted Funds Surplus / (Deficit)	(36,472)	368	2,316
Restricted Funds Surplus / (Deficit)	(5,197)	0	0
Total Surplus / (Deficit)	(36,041)	368	2,316
Surplus / (Deficit) as a % of turnover	(6.9%)	0.1%	0.4%
Cost of Generating funds (% of income)	1,245 (0.2%)	1,098 (0.2%)	1,282 (0.2%)
Free unrestricted reserves			
Unrestricted free reserves held at Year End	57,527	57,895	60,211
How many months' worth of expenditure	1.1	1.1	1.1
Reserves Policy target	161,511	156,495	166,356
How many months' worth of expenditure	3.0	3.0	3.0
Free reserves over/(under) target	(103,984)	(98,600)	(106,145)