

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: The Log Cabin	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Ealing	
Contact person: Mrs. Vivien Dymock	Position: Fundraiser
Website: http://www.logcabin.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 275183
When was your organisation established? 01/07/1978	

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 children and young people receiving specialist help, resulting in improved mental health
Please describe the purpose of your funding request in one sentence. To provide counselling, thereby improving mental health, for young people aged 14 -25 who have disabilities or additional needs or who are in need
When will the funding be required? 03/05/2016
How much funding are you requesting? Year 1: £20,650 Year 2: £20,650 Year 3: £21,063 Total: £62,363

Aims of your organisation:

The Log Cabin is open 50 weeks of the year and makes a positive difference to the lives of over 300 children and young people aged 0-25 who have additional needs or disabilities or who are in need by providing exciting and stimulating play and socialising opportunities in a safe, caring, inclusive and fun environment. We empower children and young people to make informed choices and to gain a sense of achievement and self-respect, and enable them to develop socially, physically, intellectually, creatively and emotionally. Most have nowhere else to play and socialise and mainstream parks and meeting places are unsuitable for their needs. We improve the welfare of families of children who have additional needs by providing affordable childcare and short breaks, and offer some places to mainstream siblings and other children, encouraging them to socialise together, regardless of ability. Transport is offered to ensure access to all who need it.

Main activities of your organisation:

- The After School Club (39 weeks of the year)
- All-day Holiday Playschemes (11 weeks of the year). Also run at other sites, such as special schools
- Saturday Sessions
- Stay and Play sessions for under 5s with disabilities and their families.
- Summer Sessions for teenagers; and planning to run regular services for young people aged 16+, in partnership with a local organisation for teenagers
- Free counselling sessions with a trained counsellor for parents and carers of children and young people with disabilities and additional needs.

Our activities include sports, active and group games, dance, music and drama, soft play, computer-controlled sensory play, role-play, gardening and cooking, quiet games and arts and crafts. We have a large outside area with a big climbing structure, trampoline, water play, sand and a multi-use games area.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	21	5	11

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	20 years

Summary of grant request

We have always been aware that mental health issues affect our young people, so 18 months ago we established a pilot counselling service, run by a fully qualified counsellor on a voluntary basis. The service has grown and flourished, and we now have a waiting list of young people in need aged 14+.

The volunteer counsellor, who is BACP-accredited, has been offering limited hours. She is very keen to continue the service, which is conducted on an entirely confidential and rigorous basis, expanding it and giving access to many more young people aged 14+. Her plan is to recruit volunteers who are fully trained, but need to complete a supervised placement of a minimum of 100 hours as an integral part of their course. This is normal practice. All counsellors will be supervised by an accredited external supervisor. Once the volunteers complete this period, they are free to move on (or stay to volunteer, if they wish and it is appropriate) and a new volunteer needing a placement will take their place. Thus, the service will be both assured and regular, and young people be able to access it more quickly. All will be offered a minimum of six sessions, but the number will be open-ended. The service will be free to users. Counselling helps them to accept their situations, develop a positive attitude to life, recognise their strengths and express themselves, to improve relationships with others and to gain in confidence. We also cater for siblings of young people with disabilities, who have a multitude of difficulties to deal with.

We have also begun to work in partnership with a local secondary school in Greenford, which has a counselling service of its own that is over-subscribed. They have begun to send young people to us, all of whom are in need.

300 children and young people with additional needs and disabilities attend the Log Cabin each year services have been running for 37 years. 56% come from Northolt, Acton and Southall, areas of multiple deprivation ranking among the 20% most deprived in England. 69% come from BME backgrounds. Most stay until their 16th birthday for our After School Club and Holiday Playschemes and then move on, although we offer sessions in the holidays for young people aged 16+. As a result, we know and understand the needs of young people with every variety of additional need and ability, and understands well the issues that affect their mental health and that of their families.

The counsellor has worked in the past with the children and young people at the Log Cabin before qualifying as a counsellor, and she has years of experience working as a school mentor and 6th form counsellor. We are delighted that all feedback from users has been extremely positive. The Log Cabin, which is based in a Children's Centre and works with children and young people with disabilities, is seen as a safe place and more confidential than a school setting.

We recycle vigorously, and work closely with the Children's Centre in which we are located to increase the volume. We also used recycled materials in play and crafts activities, and we recycle leftover food. In addition, we have formed a partnership with another local organisation, Westplay, which places playpods full of recycled and scrap materials in local schools and trains teachers to use these with children during playtimes. We work in a low energy green building with lower heating costs. It has a Sedum green roof, underfloor heating, high levels of thermal insulation, larch cladding and an air source heat pump.

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? **No**

What Quality Marks does your organisation currently hold?

Pqasso

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.

Paid counsellor: 11 hours' counselling and 3 hours' management and supervision per week, 50 weeks of the year, for three years, to support a maximum of 90 young people aged 14+ with disabilities and additional needs, or who are in need per year.

2 volunteers at a time who have a supervised placement will offer a minimum of 3 hours' counselling per week each, to each support a maximum of 25 young people per year.

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.

Acceptance: a maximum of 140 young people aged 14+ per year will be given support and the opportunity for change, and become more accepting of their situation and more able to cope with their individual problems on a day-to-day basis.

Relationships with family and friends: young people will gain a greater understanding of their own feelings and how to manage them, as well as those of others. They will acknowledge and accept their individuality. They will learn not to blame themselves and not to feel so isolated and abandoned.

Confidence: it is hard for young people to be brave enough to come forward; but once they realise the support offered, all will be pleased that they took the plunge. They will learn to look at problems in a different way with someone who will respect and encourage opinions and decisions.

Accessibility: Young people in need without the means to pay for counselling sessions but who are in crisis will be able to access the support they need.

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 apply for further funding from other funding streams during year two of the project to assure sustainability. Plans beyond this project include offering play therapy, art therapy for adults and young people, and mediation.

Who will benefit?

About your beneficiaries

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

140

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

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
Counsellor: 14 hours/week x 50 weeks /year counselling and management @ £20/hour + £25% Emp. NI, holiday pay and pension	17,500	17,500	17,850	52,850
Counsellor: 1.5 hours' per month external clinical supervision @£50 per hour (clinical supervision costs) + £25/hour (incl Emp. NI, hol and pension) counsellor costs	1,350	1,350	1,377	4,077
Volunteer counsellor x 2: external clinical supervision costs 1.5 hours/month @ £50/hour	1,800	1,800	1,836	5,436
	0	0	0	0
	0	0	0	0

TOTAL:	20,650	20,650	21,063	62,363
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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
0	0	0	0	

TOTAL:	0	0	0	0
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
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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	15,260
Activities for generating funds	19,258
Investment income	31
Income from charitable activities	545,615
Other sources	24,206
Total Income:	604,370

Expenditure:	£
Charitable activities	640,474
Governance costs	4,320
Cost of generating funds	1,245
Other	0
Total Expenditure:	646,039
Net (deficit)/surplus:	-41,669
Other Recognised Gains/(Losses):	5,268
Net Movement in Funds:	-36,041

Asset position at year end	£
Fixed assets	78,955
Investments	0
Net current assets	62,260
Long-term liabilities	0
*Total Assets (A):	141,215

Reserves at year end	£
Restricted funds	4,733
Endowment Funds	50,912
Unrestricted funds	85,570
*Total Reserves (B):	141,215

* 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? 21-30%
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Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts: None. However, the trustees are taking steps to change the status of the Log Cabin from an unincorporated charity to a charitable company by guarantee, called The Log Cabin Charity. It is hoped to make the change during 2016.

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	146,668	134,453	141,003
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 £
London Borough of Ealing	146,668	134,453	141,003
Help a Capital Child	26,936	9,930	0
John Lyon's Charity	0	0	25,000
BBC Children in Need	3,915	0	19,524
The Sobell Foundation	6,500	6,500	6,500

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: **Vivien Dymock**

Role within **Fundraiser**
Organisation: