

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Together for Mental Wellbeing	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Islington	
Contact person: Ms Linda Bryant	Position: Director of Criminal Justice Services
Website: http://WWW.TOGETHER-UK.ORG	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 211091
When was your organisation established? 16/06/1879	

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 offenders and ex-offenders receiving help and support to improve their mental health
Please describe the purpose of your funding request in one sentence. To test a peer-support service within our mental health service for Londoners who come into contact with police and courts.
When will the funding be required? 25/01/2016
How much funding are you requesting? Year 1: £57,924 Year 2: £57,262 Year 3: £0 Total: £115,188

Aims of your organisation:

Together is a national mental health charity working in partnership with the NHS and Local Authorities to deliver services for people with mental health issues in England.

We believe that people experiencing mental distress can direct their own journey towards improved mental health and to living independent, fulfilling lives. We have 7 core principles that ensure we deliver our services in a way that is consistent with our philosophy. They are •Individual-centred and holistic •Choice •Working alongside •Listening, learning and adapting •Valuing and involving •Quality •Future positive

These include:

- Services for people involved in the criminal justice system including court intervention
- High support residential services including step-down from forensic services and support for people with personality disorders
- Advocacy •Community support •Resource centres
- Supported housing •Service user involvement services
- Employment training services •Social inclusion projects •Peer support services

Together invests significantly in service user leadership, understanding that good services are led by experts by experience.

Main activities of your organisation:

Much of our work is with people with a primary diagnosis of serious and enduring mental health problems. Some people we work with do not have a formal diagnosis but experience mental distress in the context of multiple needs.

We provide personalised support services in community and residential settings.

We provide advocacy in community and forensic settings (eg Rampton).

We provide wellbeing advice and signposting to community resources through Wellbeing Hubs.

Across London, we provide clinically qualified staff who assess the mental health needs of offenders in custody and divert them into treatment and support, and we offer advice, training, case consultation and guidance to criminal justice staff (judges, solicitors, probation officers) around understanding and working with offenders' mental health needs. We work with the National Probation Service in London providing short term interventions and case consultation for high risk, high harm offenders around mental health.

We also support high end users of emergency services with mental health needs.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
400	81	8	119

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?
Owned	

Summary of grant request

This project will address the needs of offenders/ex-offenders. We will offer peer-support to Londoners experiencing mental distress coming into contact with police and courts. Peer-support is an evidence-based intervention for people experiencing mental distress; volunteering has recently been recognised as integral to delivering excellent justice services (JIVE 2015; National Voices 2015; NOMS 2011; Sheffield Hallam 2012; Princes Trust/IPCR 2011).

Being held in police or court custody is extremely distressing, particularly for people who experience mental health problems.

Together for Mental Wellbeing has been delivering award-winning services for over 20 years, assessing Londoners in custody experiencing mental distress (including specialist homelessness and women services), and diverting them into treatment and support -- liaison and diversion (L&D).

Our services are comprised of Mental Health Practitioners who assess Londoners in custody, and Community Link Workers, who connect Londoners to community support.

Service user views of a proposed national L&D model identify a need for peer support within L&D services (Revolving Doors, 2014).

Together is a leading voice in peer-support nationally, hosting the national Peer2Peer network of mental health organisations seeking best practice in peer-support, and delivering accredited Peer-support training to other organisations.

We have brought together a steering group of experts-by-experience, managers within L&D, and managers with experience of delivering peer-support in justice settings, to understand how best to combine our unique access to custody settings across London with our commitment to peer-support, testing a model to inform the eventual commissioning of peer-support within L&D. This steering group will continue to meet throughout the life of the proposed project, overseeing, gathering and reviewing project learning.

We will recruit one Peer-support Coordinator (PSC) and up to ten peer-supporters. Peer-supporters will complete 4 days of intensive training, thereafter working with Londoners upon release from custody and during re-integration into the community. Release has been highlighted as a critical time by our police colleagues who have a duty of care for vulnerable people 24 hours post-release.

Peer-supporters will accompany Link Workers, offering emotional support and advice around symptoms and experiences; helping service-users settle into new accommodation/services; and keeping in touch once linked into relevant support. Peer-supporters, unlike Link-Workers, can work on a long-term basis, supporting vulnerable individuals for up to 1 year post- custody.

Finally, the project will host an event with key London stakeholders (including local NHS England and CCG commissioners; National Probation Service; Police; the Mayor's Office for Police and Crime; local Mental Health Trusts; the Lived Experience Team) to review and mark project learning.

Good Practice Principles:

Service-users: This model is uniquely service-user-led and supported. Service-users conceived of this project (Revolving Doors 2014), co-designed it, and sit on the project steering group. Together's organisational model of peer-support is designed and led by service-users. Satisfaction ratings among supporters in Together's other projects are consistently excellent, a recent supporter noted, 'Peer-supporting was the best thing to happen to my recovery.' The PSC role trains and offers ongoing support to peers through monthly supervision, weekly meetings, and ongoing day-to-day support uniquely tailored to supporters' needs.

Carbon footprint: Together's Environmental Policy includes a minimum standard of environmental performance, agreed, monitored and regularly reviewed by the Corporate Management Team (CMT). Each service must complete an annual Environmental Impact Assessment on Energy Consumption, Resource Use, Waste Disposal and Bio--diversity.

Local staff have the opportunity to contribute their own initiatives to reducing our carbon footprint. Valuing diversity: Our peer-support model will be audited and monitored by the organisational lead for Equality and Diversity who has been recognised as a diversity leader by the NHS Employer Partners programme. Peer-support is specifically recommended by BAME L&D users (Revolving Doors 2014).

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?

Advocacy QPM, CHAS, Investors in People.

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.

We will recruit peer-supporters, through a range of mechanisms (online; service-user contacts in hostels, daycentres and Together's existing services; Liaison and Diversion newsletter disseminated to service-users; prisons). Interested participants will complete an application form independently or with the PSC and discuss what they want to get out of/give to peer-supporting.

We will induct, train and offer ongoing support to peer-supporters. This will comprise: 4 days' Peer-support training; 3-6 weekly supervision from a peer-support coordinator; monthly team meeting with Community Link Workers; on-call daily support from the peer-support coordinator; matching peer-supporters with service users.

Peer-supporters will meet users within 48 hours of release, offering support around mental distress, eg coping with voices/self harm based on lived experience. Peer-supporters will meet service-users in convenient, community-based locations offering egalitarian support, advice and empathy. Peer-supporters will support individuals within their communities for up to 1 year.

The Peer Support Coordinator will attend local team/organisations and external stakeholder meetings and forums, raising the profile of peer-supporters and supporting professionals and teams to use, understand, incorporate, learn from and value peer-supporters. They will offer day-to-day ongoing support and advice to teams and practitioners around working inclusively with peer-supporters.

The project will collate service learning through data collection; face to face, telephone, and online interviews. Learning will inform strategy and commissioning via the National Programme Board, and London Liaison and Diversion Strategic and Operational Boards, comprised of senior and operational representatives from relevant organisations.

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.

Offenders who come into contact with L&D who experience mental distress will feel less alone. One offender told us, 'I want someone who's been through it to help me, because I know they won't judge. It's not about having a degree, it's about understanding my life.'

Service-users will be inspired by seeing people who experience similar problems. A service-user explains, 'I never thought I could limit the amount of times I self-harm, but being able to talk to my Peer Supporter has opened my eyes to there being hope and a future even with these problems.'

Service-users will feel validated and empowered by support. Frequently, formal mental health treatment is 'deficit' and 'pathology' based, and negatively experienced by service users. Support offered by peer supporters who have been trained to use insight into mental distress as valuable, can help individuals reframe their experiences positively.

We will explore the impact of peer-supporters on staff's learning, and develop a framework for L&D teams to to best include and support peer-supporters. Incorporating service-users to mental health teams can be a real sticking point for traditional mental health services, due to perceived worries about maintaining confidentiality, boundaries etc.

A user-led model of peer-support will be tested within L&D before its eventual commissioning. A learning event will take place to which all London partners, senior decisionmakers and commissioners will be invited. This will allow the eventual commissioning of peer-support to take place from an informed and service-user led basis.

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?

We anticipate future funding will be picked up by NHS England within a formal commissioning structure.

Who will benefit?

About your beneficiaries

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

30

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

Several NE London (100%)

What age group(s) will benefit?

All ages

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
Staff Costs	33,290	33,562	0	0
Volunteer Costs	5,680	5,735	0	0
Training & Skill Development	2,832	2,839	0	0
IT & Telephony Costs	3,732	2,790	0	0
Recruitment	1,614	1,614	0	0
Events , Room Hire , Travel & Marketing costs	3,720	3,737	0	0
Other annual office costs	850	850	0	0
Management Overhead	6,206	6,135	0	0
	0	0	0	0

TOTAL:	57,924	57,262	0	0
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0
	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
	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
Staff Costs	33,290	33,562	0	0
Volunteer Costs	5,680	5,735	0	0
Training & Skill Development	2,832	2,839	0	0
IT & Telephony Costs	3,732	2,790	0	0
Recruitment	1,614	1,614	0	0
Events , Room Hire , Travel & Marketing costs	3,720	3,737	0	0
Other annual office costs	850	850	0	0
Management Overhead	6,206	6,135	0	0
	0	0	0	0

TOTAL:	57,924	57,262	0	0
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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	1,768,436
Activities for generating funds	
Investment income	110,084
Income from charitable activities	16,431,218
Other sources	98,514
Total Income:	18,408,252

Expenditure:	£
Charitable activities	18,397,952
Governance costs	47,997
Cost of generating funds	81,495
Other	17,957
Total Expenditure:	18,545,401
Net (deficit)/surplus:	(137,149)
Other Recognised Gains/(Losses):	1,859,449
Net Movement in Funds:	1,722,300

Asset position at year end	£
Fixed assets	5,278,733
Investments	3,529,556
Net current assets	2,100,179
Long-term liabilities	(329,067)
*Total Assets (A):	10,579,401

Reserves at year end	£
Endowment funds	
Restricted funds	2,366,830
Unrestricted funds	8,212,571
*Total Reserves (B):	10,579,401

*** 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? 91-100%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:
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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	2,188,409	2,224,699	1,124,601
London Councils	0	0	0
Health Authorities	5,482,660	5,772,975	4,710,176
Central Government departments	504,381	633,407	700,380
Other statutory bodies	9,494,195	8,726,881	10,052,459

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 £
LTSB Foundation	47,523	106,000	0
Barrow Cadbury Trust	0	47,500	47,500
Bromley Trust	0	25,000	15,000
The Pilgrim Trust	30,000	0	0
J Paul Getty Jr Charities Trust	0	25,000	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: **FELICITY REED**

Role within **CRIMINAL JUSTICE DEVELOPMENT MANAGER**
Organisation:

Appendix 1: 13039 Together for Mental Wellbeing

	Year 1	Year 2
Staff Costs		
Salary (includes NI and pension)	£31,895	£32,155
TOTAL	£31,895	£32,155
Volunteer Costs		
approximately £4 per week for subsistence per volunteer	£2,080	£2,080
approximately £7 volunteer travel reimbursement per week	£3,600	£3,655
TOTAL	£5,680	£5,735
Training & Skill Development		
Mandatory training	£797	£804
Specialist Training for PSC and PS	£916	£916
Clinical Supervision	£1,084	£1,084
TOTAL	£2,797	£2,804
IT & Telephony Costs		
ICT charges	£98	£99
6 x mobile phones on contract plus Guardian24 equipment purchase	£2,328	£2,351
	£947	£0
TOTAL	£3,373	£2,450
Recruitment		
advertising and DBS check	£1,614	£1,614
TOTAL	£1,614	£1,614
Events, Room Hire, Travel and Marketing		
	£3,720	£3,737
TOTAL	£3,720	£3,737
other annual office costs		
	£850	£850
TOTAL	£850	£850
management overhead		
	£5,992	£5,922
TOTAL	£5,992	£5,922
GRAND TOTAL	£55,920	£55,267.57