

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: St Mungo's Broadway	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Tower Hamlets	
Contact person: Ms Noemi Reiner	Position: Senior Trust Fundraiser
Website: http://www.mungosbroadway.org.uk	
Legal status of organisation: Registered Charitable Industrial and	Charity, Charitable Incorporated Company or company number: 1149085
When was your organisation established? 01/01/1969	

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 homeless and transient people having access to mental health services and reporting improved well-being
Please describe the purpose of your funding request in one sentence. LifeWorks provides a psychotherapy service for homeless people in London
When will the funding be required? 01/06/2016
How much funding are you requesting? Year 1: £45,000 Year 2: £45,000 Year 3: £45,000 Total: £135,000

Aims of your organisation:**Vision:**

Everyone has a place to call home and can fulfil their hopes and ambitions.

Mission:

- We work with people experiencing homelessness and those who are at risk of homelessness; every night we house over 2,500 people.
- We run more than 200 frontline services to respond to the housing, health, wellbeing, learning and skills needs of our clients; giving them the help they need to recover.
- We find the most appropriate routes off the streets for people who are rough sleeping, because sleeping on the streets is harmful and dangerous and no one should have to experience it.
- We work with our clients, commissioners and other organisations to build effective services around the individual; focussing on their strengths and abilities as well as their needs.
- We combine the voices of our clients with evidence and knowledge about what works to advocate for the policy change we believe can end homelessness.

Main activities of your organisation:

St Mungo's provides a bed and support to more than 2,500 people each night who are either homeless or at risk, and works to prevent homelessness. We support people through 1,900 beds across London and more than 200 projects, including housing, advice services, and specialist health, skills and work services. We work across London and Southern England, and run outreach services for rough sleepers in London, Oxford, Bristol, Reading, Brighton, Gloucestershire, and Sussex.

Our work covers three main areas:

1. Emergency: helping people find a way out of homelessness
2. Recovery: helping people leave homelessness behind forever
3. Prevention: preventing people from becoming homeless in the first place.

Formed in April 2014 by the merger of two long established homelessness charities, St Mungo's and Broadway, we currently work across London and the south of England but influence and campaign nationally to help people to rebuild their lives.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
11,000	160	11	649

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	15 years

Summary of grant request

LifeWorks

LifeWorks delivers specialised psychotherapy for homeless people and promotes greater understanding of mental health in St Mungo's projects.

Many of our clients have experienced repeated trauma: 22% have experienced domestic violence and abuse; 72% have a mental health need, and 56% have a substance use need. These are key factors causing, and exacerbated by, homelessness.

Despite the severity of their issues, homeless people are often excluded from statutory mental health services because of their substance use or sporadic attendance. In contrast, LifeWorks is a more flexible service which accommodates homeless people's complex needs.

LifeWorks offers a broad range of therapy, including brief (12 week) and medium (26 week) blocks of weekly sessions, as well as longer term provision. Each year, LifeWorks helps over 120 homeless people overcome past trauma.

In addition, we provide the following group sessions:

- 1) Psycho-educational workshops, to increase clients' understanding of psychotherapy and help them make a more informed decision about whether psychotherapy is right for them.
- 2) A weekly Access Group, providing peer support and motivation for people who are on LifeWorks' waiting list (8 weeks on average) to reduce dropout rates.
- 3) A weekly Transition Therapy Group, for people who have completed psychotherapy but need further support as they move towards education, work and independent housing.

LifeWorks also runs client and staff reflective practice groups in St Mungo's accommodation projects, with the aim of promoting Psychologically Informed Environments (PIEs), which are responsive to the physical and emotional needs of people who have experienced trauma.

Outcomes

Thanks to your support, 474 clients will experience the following outcomes over 3 years:

- Improved emotional wellbeing.
- Stable or improved physical health including reduced substance use, access to detox services, reduced self-harm and more effective use of health services.
- Engagement with work, training, or volunteering.
- Improved personal or social relationships.
- Positive progress into housing.

The last four outcomes have been identified in the Mental Wellbeing Impact Assessment Toolkit as positive factors contributing to mental wellbeing.

Track record

We have been providing mental health support to homeless people for 30 years, and LifeWorks has been delivering individual psychotherapy since 2008. Last year, 124 people received counselling support, with 98% improving their mental wellbeing and 68% improving their personal or social relationships.

Principles of Good Practice

St Mungo's is committed to equality and diversity. We have six diversity networks: LGBT*Q+, Irish, Disability Action, Black, Asian and Minority Ethnic (BAME), Central and Eastern European (CEE) and Women's Action, who consult their members to ensure our procedures are as inclusive as possible. This year, the LGBT*Q+ network was named Employee Network Group of the Year by Stonewall.

Our client involvement group, Outside In, meets with Board members and directors every six weeks to ensure clients have a say on the decisions affecting them. As a result of consultations for our women's strategy, we established our first women's psychotherapy service and Children and Family Advice service last year.

St Mungo's is committed to supporting volunteers, and is accredited by Investing in Volunteers. Volunteers can access a wide range of training courses, and receive regular supervision and opportunities to feedback. We encourage people with experience of homelessness to volunteer in our projects. Some LifeWorks psychotherapists also deliver sessions on a voluntary basis.

St Mungo's is piloting an Environmental Management System and has implemented a number of environmental schemes such as: carbon smart scheme, waste minimisation programme, recycling and reusing materials and a cycle to work scheme. Our Environmental Forum meets quarterly and steers progress against an annual plan. Nine of our sites achieved Carbon Smart Blue Awards.

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?

Investors in People; Investors in Volunteers; Disability Double Tick; Matrix Quality standard for information advice and guidance services.

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.

11,376 individual psychotherapy sessions delivered to 474 clients

120 pre therapy Access Groups for 180 clients on the waiting list for individual therapy

120 post therapy Transition Groups with an expected 72 clients benefitting over the grant period

15 psycho-educational workshops benefitting 90 people at St Mungo's Recovery College in Southwark

1,440 reflective practice group sessions involving 180 staff members within Psychologically-Informed Environment (PIE) projects

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.

Clients improve their emotional wellbeing

Clients maintain or improve their physical health

Clients engage in meaningful occupation, such as work, volunteering or education

Clients improve their personal or social relationships

Clients maintain their housing or make a positive move into housing

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?

LifeWorks is funded through a mixture of unrestricted funding and grants. We continually evaluate our projects to ensure that they meet the needs of our clients and provide the best support available in the current policy environment. We will explore further funding opportunities during the life of the grant, including from statutory sources and partnerships with external agencies.

Who will benefit?

About your beneficiaries

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

474

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

London-wide (100%)

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?

A range of ethnic groups

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

31-40%

Funding required for the project

What is the total cost of the proposed activity/project?

Expenditure heading	Year 1	Year 2	Year 3	Total
3.4 full time equivalent psychotherapists: salary, pension and NI costs	170,241	171,943	173,663	515,847
0.8 full-time equivalent Psychological Interventions Manager	37,060	37,431	37,805	112,296
Staff recruitment	630	636	643	1,909
Staff training and travel costs	1,848	1,866	1,885	5,600
Insurance	630	636	643	1,909
Mobile phones and computer costs	6,048	6,108	6,170	18,326
Mentalisation Based Therapy training	9,000	3,132	0	12,132
Legal and professional fees (clinical supervision)	12,000	12,120	12,241	36,361
Management costs	26,384	25,986	25,894	78,264
TOTAL:	263,841	259,860	258,943	782,644

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Breadsticks Foundation	87,994	83,864	31,553	203,411
	0	0	0	0
	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
Green Hall Foundation	9,790	0	0	0
	0	0	0	0
	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
Contribution towards the salary of 1 FTE psychotherapist	45,000	45,000	45,000	135,000
	0	0	0	0
TOTAL:	0	0	0	0

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	7,544,000
Activities for generating funds	0
Investment income	122,000
Income from charitable activities	65,225,000
Other sources	2,833,000
Total Income:	75,724,000

Expenditure:	£
Charitable activities	68,560,000
Governance costs	133,000
Cost of generating funds	3,412,000
Other	34,000
Total Expenditure:	72,139,000
Net (deficit)/surplus:	3,585,000
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	3,585,000

Asset position at year end	£
Fixed assets	13,925,000
Investments	0
Net current assets	11,334,000
Long-term liabilities	429,000
*Total Assets (A):	24,830,000

Reserves at year end	£
Restricted funds	1,220,000
Endowment Funds	0
Unrestricted funds	23,610,000
*Total Reserves (B):	24,830,000

* 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:

In January 2016 we have changed our name from St Mungo's Broadway to St Mungo's, although our legal trading name remains St Mungo Community Association and our registered charity number has remained the same. We also welcomed Robert Napier CBE to the organisation as our new Chair of the Board of Trustees.

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	0	0	0
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 £
0	0	0	0
0	0	0	0
0	0	0	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: **Noemi Reiner**

Role within **Senior Trust Fundraiser**
Organisation: