

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: The Brandon Centre	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Camden	
Contact person: Dr Geoffrey Baruch	Position: Director
Website: http://www.brandoncentre.org.uk	
Legal status of organisation:	Charity, Charitable Incorporated Company or company number: 290118
When was your organisation established? 01/01/1968	

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 improve leadership/management so that the Brandon Centre continues to meet service objectives for 12 to 25 year olds with mental health and other problems.
When will the funding be required? 01/06/2018
How much funding are you requesting? Year 1: £52,023 Year 2: £52,803 Year 3: £53,595 Total: £158,421

Aims of your organisation:

The principal objective of the Brandon Centre is to maintain and develop an accessible and flexible professional service in response to the psychological, medical, sexual and social problems of young people aged 12 to 25 years. The Centre aims to relieve distress, mobilise personal resources and facilitate growth in adolescents towards responsibility and self-fulfilment. The Centre particularly aims to prevent or alleviate suffering caused by unwanted pregnancy, ill mental health, psychological disturbance and maladaptation in adult and future family relationships. Our service extends to a wide range of adolescent problems and is based on a developmental understanding of adolescence. There are particular medical provisions for contraceptive, pregnancy and psychosexual difficulties.

Main activities of your organisation:

Individual and group psychotherapy for 12 to 24 year olds: A free and confidential service available six days per week for young Londoners with mental health problems staffed by qualified child, adolescent and adult psychotherapists and doctoral clinical psychologists that can be accessed through self referral or being referred

Contraception and sexual health service: A free and confidential service for 12 to 25 year olds available six days per week that offers appointments with a specialist medical/nursing team and a drop in service for free condoms, sexual health advice and information and STI screening

Multisystemic Therapy: An intensive, home-based therapy for families of young people aged 12 to 16 with serious and complex mental health problems, persistent offending, substance abuse, poor engagement in education. problem sexual behaviour and substance misuse

Parent training: A structured six session manualised group programme for parents of 12 to 16 year olds presenting with challenging or antisocial behaviour

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
20	20	8	2

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

The need for the project

The need to appoint a Centre manager arises from more young people with mental health problems receiving specialist help over the last three years and anticipated future expansion. The expansion has created management challenges around ensuring the smooth and efficient running of the Centre, continuing delivering services of high quality, managing and employing staff, effective business planning, clinical governance of a high standard, effective and reliable IT systems and a safe and healthy working environment. These challenges can best be met by appointing a Centre manager whose role would be very similar to a practice manager in primary care.

How the work will be delivered

A confidential psychotherapy and counselling service for 12 to 24 year olds will be delivered by a team of qualified psychologists and psychotherapists. Young people will self refer or be referred. Young people's risk and safety will be assessed and monitored. They will be informed of available therapeutic options so that they can make an informed choice. Weekly sessions can be for a maximum of up to 12 months, following which support can continue on a less regular basis potentially until the young person is 24. Staff will work collaboratively with young people in an outcome informed way and will encourage and be open to feedback from the young person.

What the project aims to achieve

The overarching goals are measurably to reduce young people's mental health problems and strengthen their resilience to meet life challenges. These goals will be achieved by being in alignment with what young people say they want. The findings from a peer led survey of users views suggest young people need to be informed so they can participate in treatment direction and evaluation.

Why you are the right organisation to deliver the work

The Brandon Centre has successfully evolved a model of service delivery that regularly receives positive feedback from young people and has been commended as a model of good practice in government policy documents. From our most recent survey of young people's experience of the service 95% rated as certainly true the statement 'If a friend needed this sort of help I would suggest them to come here'.

How your project will meet the Trust's programme under which you are applying

In 2014/15 415 young people used the psychotherapy services. We expect to increase this number as a result of Camden and Islington plans to expand mental health services for young people. We will meet the goal of improved mental health by regular and consistent monitoring of outcomes by applying a battery of standardised measures that we are currently using.

How your project meets the Trust's 'Principles of Good Practice'

Service users contribute to service planning through a variety of feedback and other activities including an annual feedback

fete, focus groups, completing experience of service questionnaire, feedback to any proposed service initiative e.g weekend opening. Over 43% of our users come from backgrounds other than white European - in obtaining regular feedback from young people we ask them whether they feel welcome regardless of their background, the response is overwhelmingly positive; regarding volunteers we offer young people participation in a youth ambassador scheme, we teach them skills which they then use to the betterment of the Centre. We reduce carbon footprint by purchasing energy saving efficient equipment, by staff being encouraged to be conscious of their use of energy e.g. printing as little as possible, by recycling as much as possible, by encouraging staff on outreach work to use public transport, many staff cycle to and from work.

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?

The Brandon Centre is registered with the Care Quality Commission and has been successfully inspected on each occasion it has been subject to inspection.

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.

Year 1, 280 Camden 12 to 24 year olds with mental health problems will receive counselling/therapy at the Brandon Centre

Year 2, 300 Camden 12 to 24 year olds will receive the same service

Year 3, 320 Camden 12 to 24 year olds will receive the same service

In year 1, 70 Islington 16 to 21 year olds with mental health problems will receive counselling/therapy at three youth hubs

In year 2, 90 Islington 16 to 21 will receive the same service

In year 3, 100 Islington 16 to 21 will receive the same service

In year 1, 4000 appointments will be offered to 280 Brandon Centre users with a take up of 70%

In year 2, 4500 appointments will be offered to 300 with a take up of 73%

In year 3, 4800 appointments will be offered to 320 with a take up of 76%

In year 1, 1000 appointments will be offered to 70 Islington young people with an uptake of 70%

In year 2, 1300 appointments will be offered to 90 with a take up of 73%

In year 3, 1500 appointments will be offered to 100 with a take up of 76%

In year 1, reduce waiting time for an initial appointment from 10 to eight weeks

In year 2, reduce from eight to six weeks

In year 3, reduce from six to four weeks

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.

A statistically reliable improvement in internalising, externalising or total problems measured by either Youth Self Report Form or Young Adult Self Report Form in 50% of young people followed up at three or six months.

Progress made towards three goals self determined by the young person using the Goal Based Outcome tool. Progress toward each goal is rated on a scale from not met at all (0) to goal reached (10). 50% of goals will show a reliable change i.e. a change greater than 2.45 points.

Symptomatic improvement in anxiety states and depression measured by Revised Children's Anxiety and Depression Scale (under 18s) or GAD7 (generalized anxiety disorder 7) or PHQ-9 (patient health questionnaire) in (young people aged 18 or older)

Satisfaction with care using the Experience of Service Questionnaire (ESQ), a client-reported experience measure that captures satisfaction with care received. 85% or more rate as certainly true the statement 'If a friend needed this sort of help I would recommend that they came here'

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 would be planning to continue resourcing the post beyond the period of funding since it would be a key position at the Brandon Centre. We successfully transitioned the lead clinician post funded by a previous City Bridge Trust grant from public sector contracts and would use the same approach.

Who will benefit?

About your beneficiaries

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

387

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

Camden (82%)

Islington (18%)

What age group(s) will benefit?

0-15

16-24

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?

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
Psychologists and psychotherapists (2 F/T; 8P/T)	326,563	329,827	333,126	989,516
Lead clinician (psychologist)	54,631	55,177	55,729	165,537
Centre manager	52,023	52,803	53,595	158,421
Referrals coordinators, participation officer (1 F/T; 1 PT)	67,084	67,746	68,422	203,252
All costs including overheads and evaluation	100,060	101,110	102,174	303,344
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	600,361	606,663	613,046	1,820,07
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Camden	355,380	355,380	355,380	1,066,140
Islington	79,500	79,500	79,500	238,500
Cripplegate Foundation	18,000	0	0	18,000
Charitable Trusts	42,000	42,000	12,000	96,000

TOTAL:	494,880	476,880	446,880	1,418,64
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Charitable Trusts: annual donors, annual grants	30,000	48,000	48,000	126,000
Islington	22,000	22,000	22,000	66,000
Additional donatons/grants to be raised	1,458	6,980	42,571	51,009
	0	0	0	0

TOTAL:	53,458	76,980	112,571	243,009
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Centre manager	52,023	52,803	53,595	158,421
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	52,023	52,803	53,595	0
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Finance details

Please complete using your most recent audited or independently examined accounts.

Financial year ended:	Month: March	Year: 2016
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Income received from:	£
Activities for generating funds	0
Investment income	2,633
Income from charitable activities	1516,795
Other sources	0
Total Income:	1667,422

Expenditure:	£
Charitable activities	1759,252
Governance costs	9,707
Cost of generating funds	0
Other	0
Total Expenditure:	1768,959
Net (deficit)/surplus:	(101,537)
Other Recognised Gains/(Losses):	
Net Movement in Funds:	(101,537)

Asset position at year end	£
Fixed assets	252,387
Investments	0
Net current assets	687,412
Long-term liabilities	0
*Total Assets (A):	939,799

Reserves at year end	£
Endowment funds	0
Restricted funds	303,622
Unrestricted funds	636,137
*Total Reserves (B):	939,799

*** 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:

There has been a reduction in the number of MST teams from three to two and a reduction in the number of therapists per team from four to three. This reduction occurred because a number of local authority contracts based on government projects ended. The reduction was achieved by staff taking redundancy.

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	542,659	718,517	1,301,446
London Councils	0	0	0
Health Authorities	394,270	415,933	134,702
Central Government departments	381,938	365,979	160,000
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 £
John Lyons Charity	30,000	0	0
Tuixen Foundation	30,000	0	0
J Paul Getty Jnr Charitable Trust	25,000	0	0
Cripplegate Foundation	18,000	18,000	18,000
GMS Estates	10,000	10,000	7,500

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: **Geoffrey Baruch**

Role within **Director**
Organisation: