

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Groundswell Network Support UK	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Lambeth	
Contact person: Mr Athol Halle	Position: Chief Executive
Website: http://www.groundswell.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1089987
When was your organisation established? 08/01/2002	

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. This project will provide homeless people in London with peer support to access mental health services, and training to build resilience and improve wellbeing.
When will the funding be required? 01/10/2016
How much funding are you requesting? Year 1: £49,646 Year 2: £58,880 Year 3: £61,160 Total: £169,685

Aims of your organisation:

Groundswell exists to enable homeless people to take more control of their lives, have an influence on services, and play a full role in our community.

Our articles of association set out our charitable objects as: 1. To relieve poverty particularly of homeless people, and 2. To develop the capacity and skills of the members of the socially and economically disadvantaged community of homeless people in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.

Established as a project in 1996, before becoming an independent charity in 2001, Groundswell have been at the forefront of creating inclusive solutions to homelessness for the past twenty years -- including peer research, client involvement and health.

Main activities of your organisation:

HOMELESS HEALTH PEER ADVOCACY is our highly impactful service providing practical support for homeless people to attend physical healthcare appointments; reducing use of A&E, missed appointments and unplanned admissions; resulting in improved health and public savings. We currently operate in nine London boroughs.

INSIGHT & ACTION PROGRAMME: we are funded by Trust for London and Comic Relief to transform homeless people from passive service users into active contributors -- using their experiences to uncover insight into the inequalities faced by homeless people, and crucially to develop practical solutions. We create a collective voice for homeless people, sharing findings with services, policy makers, and the public.

VOLUNTEER PROGRESSION PROGRAMME: volunteers with lived experience of homelessness are the heart of Groundswell's work. Our Progression Programme provides a cohesive, person-centred programme of coaching that builds self-reliance and self-determination -- focusing both on personal support needs and progression into employment. This year we supported 61 volunteers; with 16 progressing into paid employment.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
9	9	12	60

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	2 years

Summary of grant request

BACKGROUND:

Groundswell's HHPA supports homeless people to address physical health, delivered by formerly homeless volunteers -- whose shared connection allows them to meaningfully engage with vulnerable homeless people who professionals find 'hard to reach'. We have delivered over 8000 engagements in six years.

This project will create Mental Health HHPA supporting homeless people to address mental health and improve wellbeing.

NEED:

- Since 2010 rough sleeping has increased by 127% in London. (DCLG)
- 80% of homeless people have mental health issues. (Homeless Link 2014).

Client survey:

- 69% wanted help with mental health
- Of these, 91% had difficulty accessing mental healthcare
- 93% would use Groundswell to access mental healthcare

Volunteers:

83% had been asked by a client for help with mental health.

Partner survey:

We surveyed 61 professionals, 97% felt clients had difficulty accessing mental health services and 100% would refer to Groundswell for mental health support.

DELIVERY:

Groundswell designed this innovative project to provide homeless people with peer support to access mental health services, and training to build resilience and wellbeing. Partnering with Mental Health Foundation to ensure work is rooted in evidence and disseminated effectively amongst mental health community. We will pilot, refine, then expand across 9 London boroughs.

OUTCOMES:

1. Homeless people will have improved access to mental health services.
2. Homeless people will have improved knowledge of mental health issues.
3. Homeless people have improved confidence in dealing with mental health and wellbeing.
4. Volunteers with experience of homelessness will have improved employability.
5. Services have increased understanding of homeless people's mental health issues.

OUTPUTS:

We will directly supporting 845 homeless people and indirectly support 24,000 homeless people and 1,000 homelessness staff.

- Mental Health Training for 60 formerly homeless volunteers
- 250 engagements supporting 65 homeless people to attend mental health appointments.
- Building Resilience Programme delivered with 120 homeless people.
- 100 Mental Health Promotion Sessions delivered to 600 homeless people.
- 10 Action Updates disseminated to 2,400 homeless people and 1,000 staff.
- 6 Features in The Pavement - each edition circulated to readership of 7,200.
- Targeting 5 commissions across London for ongoing sustainability.

TEAM:

Highly experienced Project Manager will manage volunteers with experience of homelessness.

GROUNDSWELL'S USP:

Groundswell deliver the only peer support service dedicated to supporting homeless people across London to access health services. HHPA has demonstrated its impact through: being commissioned in nine London Boroughs; chosen as best practice example by Mayor of London and NHS England; winning a 2016 Kings Fund GSK IMPACT Award.

SUSTAINABILITY: We will build relationships with commissioners to gain new contracts to

deliver beyond the pilot; developing an integrated HHPA model addressing mental health needs.

GOOD PRACTICE:

- Client involvement is at our core - with clear processes that transform clients into active contributors.
- Groundswell promotes equality, diversity and a culture that actively values difference; engaging a broad range of people by using volunteers from diverse backgrounds.
- Volunteers are the heart of our work. Our Progression Programme supports volunteers to deliver life-saving work, whilst progressing towards employment.
- We are taking practical steps to reduce our carbon footprint, with a commitment achieving long-term goals.

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?

Groundswell have developed new Project Management tools that will be used to manage this project and we have begun the process to gain the PQASSO quality mark - on course to gain the qualification by December 2016.

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.

250 One-to-One Engagements supporting homeless people to access mental health care.

100 Mental Health Promotion Sessions delivered at homeless hostels or day-centres -- building relationships with clients, raising awareness of mental health issues and bringing in health professionals.

Building Resilience Workshop Programme to support 120 homeless people to build resilience and improve well-being. Teaching skills and knowledge on how to achieve and maintain good mental health. Delivered across 10 sessions in five weeks and based on sound evidence and detailed research in partnership with Mental Health Foundation.

10 Mental Health Training sessions for 60 formerly homeless volunteers who will deliver the engagements and sessions with homeless people.

Mental Health Updates: 10 Action Updates about mental health produced and disseminated directly to 2,400 homeless people and 1,000 service staff. 6 mental health feature articles produced in The Pavement magazine for homeless people; all shared on website and Twitter.

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.

785 homeless people will have improved access to mental health services.

24,000 homeless people will have improved knowledge of mental health issues.

845 homeless people will have improved confidence in dealing with mental health and wellbeing.

60 volunteers with experience of homelessness will have improved employability.

1,000 staff working with homeless people have increased understanding of homeless people's mental health issues

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?

HHPA has demonstrated its impact, commissioned in nine London Boroughs by five Clinical Commissioning Groups, four Local Authorities and the GLA. This project will create a Case for Support for an integrated HHPA model addressing mental health

Building on our strong relationships with commissioners we will target new sustainable contracts to deliver this new model beyond the pilot.

Who will benefit?

About your beneficiaries

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

282

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

London-wide (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	28,921	37,166	37,166	103,254
Peer Training & Support	530	1,060	1,060	2,650
Building Resilience Training	6,720	5,440	5,440	17,600
Psychologically Informed Environment	2,250	900	900	4,050
1:1 Engagements & Health Promotion	2,250	4,500	4,500	11,250
Evaluation & Dissemination	700	0	1,900	2,600
Action Updates	2,000	4,000	4,000	10,000
Pavement Editions	1,500	3,000	3,000	7,500
Organisation Overheads	8,274	9,813	10,193	28,281
TOTAL:	53,146	65,880	68,160	187,185

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Comic Relief	2,000	4,000	4,000	10,000
Trust for London	1,500	3,000	3,000	7,500
	0	0	0	0
	0	0	0	0
TOTAL:	3,500	7,000	7,000	17,500

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Not Applicable	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

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	0	0	0	0
	0	0	0	0
TOTAL:	49,646	58,880	61,160	169,685

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	97,509
Activities for generating funds	0
Investment income	158
Income from charitable activities	461,016
Other sources	0
Total Income:	558,683

Expenditure:	£
Charitable activities	529,268
Governance costs	12,266
Cost of generating funds	2,185
Other	0
Total Expenditure:	543,719
Net (deficit)/surplus:	14,964
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	14,964

Asset position at year end	£
Fixed assets	15,144
Investments	0
Net current assets	96,660
Long-term liabilities	0
*Total Assets (A):	111,804

Reserves at year end	£
Restricted funds	1,320
Endowment Funds	0
Unrestricted funds	110,484
*Total Reserves (B):	111,804

*** 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?
61-70%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:

In 2015-16 Groundswell secured our highest income to date - £705,000.

We have invested in a new core team; recruiting a Director of Resources and Finance Manager to oversee an uplift in our organisational infrastructure. We appointed 3 new board members in January 2015 -- Matthew Harrison, Stephen Wyler OBE and Andrew Campbell who replaced Irmani Darlington, Vasim Ul-Haq and Audrey Mitchell.

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	161,000	131,743	90,000
London Councils	0	0	30,000
Health Authorities	183,000	225,942	236,132
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 £
JP Getty Jnr Charitable Trust (£85,000 total over 3 years)	0	15,000	30,000
Imperial College Healthcare Charity (£72,000 total over 3 years)	0	0	33,000
Monument Trust (£50,000 total over 2 years)	25,000	0	0
Homeless Transition Fund (£24,800 total)	7,500	17,300	0
Oak Foundation (£60,000 total)	0	0	15,000

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: **Athol Halle**

Role within **Chief Executive**
Organisation: