

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Hestia Housing &amp; Support</b>	
If your organisation is part of a larger organisation, what is its name? <b>Hestia</b>	
In which London Borough is your organisation based? <b>Southwark</b>	
Contact person: <b>Mr Thomas Neumark</b>	Position: <b>Director of Development &amp; Performance</b>
Website: <b>http://www.hestia.org</b>	
Legal status of organisation: <b>First Contact</b>	Charity, Charitable Incorporated Company or company number: <b>294555</b>
When was your organisation established? <b>07/10/1986</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Improving Londoners' Mental Health</b>
Which of the programme outcome(s) does your application aim to achieve? <b>More children and young people receiving specialist help, resulting in improved mental health</b> <b>More survivors of domestic violence accessing good quality support services that help them to improve their safety, health and well-being</b>
Please describe the purpose of your funding request in one sentence. <b>Fund for a Children and Family worker to provide specialist emotional and psychologically informed approach support for children that have fled and experienced domestic abuse.</b>
When will the funding be required? <b>01/09/2016</b>
How much funding are you requesting? Year 1: <b>£33,010</b> Year 2: <b>£33,010</b> Year 3: <b>£33,010</b> <b>Total: £99,030</b>

**Aims of your organisation:**

Hestia Housing & Support is a Registered Charity which started in 1970 by Jim Horne, a man who had personal experience of homelessness, started a soup run to help people living rough around the old Covent Garden Market.

Our Vision is 'Empowering People, Changing Lives'. This is achieved through our mission of delivering high quality housing, support, protection and care services in partnership with service users and local communities.

We also run a variety of other London services -- delivering supported housing, registered care homes, community outreach services, and day centres. We offer practical support to people with mental health needs, ex-offenders and young people; helping them into education, volunteering, training and employment.

We have over 40 years of experience of delivering registered care homes for those with severe and enduring mental health needs. We also provide community outreach services to help people to live independently, including day center services that offer tailored resources and activities that promote healthy living.

**Main activities of your organisation:**

Hestia is the largest provider of domestic abuse refuges across London. In 2014-15 we supported more than 4,000 women and children within our domestic abuse service provision.

At Hestia, supporting children in our refuges is one of our main priorities. In 2014, we provided over 1,600 play sessions, 402 homework clubs and almost 300 school holiday activities to the 545 children that stayed with us.

As part of our response to abuse, we provide vital accommodation and advocacy support to victims of human trafficking in London. Our Independent Domestic and Sexual Violence Advocates support women and men at high risk of abuse, who are living in the community and in refuges.

We also run a variety of other services -- delivering supported housing, registered care homes, community outreach services, and day centres. We offer practical support to people with mental health needs, ex-offenders and young people; we help them into education, volunteering, training and employment.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>342</b>	<b>96</b>	<b>9</b>	<b>344</b>

**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?
<b>Leased</b>	<b>Until October 2022</b>

## Summary of grant request

950,000 children across the UK are affected by domestic abuse, either directly as victims of violence, or indirectly in terms of witnessing violence (BCS, 2009). In a recent survey of 86 women with children living across Hestia's safe houses, 79% reported they had left their abusive partner because they feared for their children's safety (Hestia, 2015).

Research carried out by the Department of Health (2015), revealed around 75% of mental health problems in adult life commenced in childhood. A lack of mental health support for children costs lives and can be a drain on local resources. Early intervention is critical as it can prevent children falling into crisis and avoids expensive and long term treatment in adulthood.

Hestia has delivered domestic abuse services for over fourteen years. We know that witnessing domestic abuse can have long-term consequences for a child. Milner (2010) confirmed our experience, finding that the majority of children who have witnessed or experienced domestic abuse are more likely to present either 'internalised' behaviours such as depression and 'externalised' behaviours such as aggressiveness or age-inappropriate behaviour.

We are the largest provider of domestic abuse services in London. In 2015, 92% of people who used our domestic abuse services improved their physical and well-being health. We are proud to be recognised throughout London as a forward thinking and innovative provider, in that we take a holistic family approach to supporting victims of domestic abuse through our Children and Family Workers, who provide specialist emotional and practical support to children that have been affected by domestic abuse, as well as provide the tools and resources to the women to build their confidence with their parenting skills.

Our Children and Family Worker supports the physical, mental, emotional and developmental wellbeing of children (aged 0-17) affected by domestic abuse. Unlike many services offered to families experiencing domestic abuse, Children and Family Workers focuses primarily around the welfare and well-being of the children.

The support provided is person-centred, and tailored to the child and the mother's needs, which includes -

- Twice weekly Group Play Sessions for pre-school children
- Twice weekly After School Sessions for all children
- Fortnightly Children's House & Consultation Meetings
- Fortnightly one-to-one Sessions
- School Holiday activity programme, 3 days a week during holidays with educational, recreational and interactive opportunities, such as cookery, craft, sports, trips to museums and parks
- Monthly Parent Support Groups
- Quarterly Workshops looking at different issues e.g. substance misuse, healthy relationships
- An individual assessment, safety and support plan for every child on arrival at the refuge, reviewed and updated at least every 3 months
- Ongoing advocacy, partnership working, awareness raising, referral and liaison with education, health, social services and local community resources

These activities are designed to:

- Give children the opportunity to talk about their feelings and experiences
- Enable children to spend time with their peers, to have fun and make friendships
- Help children settle at the refuge; providing a sense of routine and normalcy
- Enable children to access the mainstream and specialist services they need for their welfare

We are a service user led organisation, our services improve according to the needs of our service users. We embrace diversity and ensure all our service users and volunteers, regardless of their backgrounds their voices are heard and actioned. We also have a

dedicated Service User Involvement department which provides support to nearly 400 active volunteers through training, employment opportunities and tailored support meeting their goals and aspirations.

We have a Sustainability Policy and provide training to all our staff on reducing our carbon foot print.

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?

**EXOR Accreditation, Mentoring and Befriending Foundation Accreditation, DVCN (Domestic Violence Coordinators Network), Investors in Volunteers, Positive**

### **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.

**Supporting children through fortnightly one-to-one sessions using psychologically informed approaches such as motivational interviewing. In addition to providing practical support such as: registering and supporting the child settle into their new school, ensuring they are registered with a GP and enabling them to access appropriate specialist psychological services.**

**Non-directive group therapeutic age appropriate play, art and dance/movement therapy, twice weekly to help release troubling emotions that may be difficult to communicate verbally or in other ways which have been affected by domestic abuse.**

**Supporting mothers to repair the mother-child bond through the use of well-being tools and resources. These empower mothers to build a healthy relationship with their children.**

**Helping mothers improve their confidence and parenting skills -- providing information on their child's development, helping them to understand the causes of difficult behaviour, setting boundaries, and helping mums to access local parenting classes and support groups.**

**Raising awareness around Domestic Abuse -- providing appropriate prevention training to local services such as - schools, social services, A&E, GPs, midwives and community centres.**

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.

**Mental Health and Well-Being for Children and Young people at high risk of developing mental health problems in adulthood. Ultimately reducing the probability of children and young people falling into crisis and supporting them to live fulfilling lives.**

**Understanding the importance of building healthy relationship with their parents, their peers and other adults.**

**Empower young people and children to become active citizens.**

**Empower women to lead healthy, safe, stable and fulfilling family lives.**

**Prevention work around domestic abuse within the community, ultimately reducing the incidents of domestic abuse.**

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 intend to seek ongoing funding for this post from the local Clinical Commissioning Group. We are also diversifying our approach to fundraising to maximise income from all available funding streams including: Individual giving, Major Donor, Corporate Giving, as well as events.**

## Who will benefit?

### About your beneficiaries

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

**100**

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

**Westminster (100%)**

What age group(s) will benefit?

**0-15**

**16-24**

What gender will beneficiaries be?

**Male**

**Female**

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
Salary (NI + pensions)	26,344	26,344	26,344	79,032
Direct costs (activities, travel, expenses, craft material...etc)	3,665	3,665	3,665	10,995
Central Management costs	3,001	3,001	3,001	9,003
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>33,010</b>	<b>33,010</b>	<b>33,010</b>	<b>99,030</b>
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**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
0	0	0	0	

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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**What other funders are currently considering the proposal?**

Source	Year 1	Year 2	Year 3	Total
The Ruth & Stuart Lipton Charitable Trust	16,505	16,505	16,505	49,515
The Swire Charitable Trust	16,505	16,505	16,505	49,515
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>33,010</b>	<b>33,010</b>	<b>33,010</b>	<b>99,030</b>
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**How much is requested from the Trust?**

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary 1 FTE	23,112	23,112	23,112	69,336
National Insurance	2,077	2,077	2,077	6,231
Pensions	1,155	1,155	1,155	3,465
Direct Costs	3,665	3,665	3,665	10,995
Central Management Costs	3,001	3,001	3,001	9,003
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>33,010</b>	<b>33,010</b>	<b>33,010</b>	<b>99,030</b>
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## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2015</b>
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Income received from:	£
Voluntary income	187,026
Activities for generating funds	0
Investment income	182,291
Income from charitable activities	21,196,404
Other sources	0
<b>Total Income:</b>	<b>21,565,721</b>

Expenditure:	£
Charitable activities	21,207,824
Governance costs	98,417
Cost of generating funds	114,819
Other	37,714
<b>Total Expenditure:</b>	<b>21,458,774</b>
<b>Net (deficit)/surplus:</b>	<b>106,947</b>
<b>Other Recognised Gains/(Losses):</b>	<b>126,121</b>
<b>Net Movement in Funds:</b>	<b>565,215</b>

Asset position at year end	£
Fixed assets	2,179,597
Investments	8,166,585
Net current assets	1,145,391
Long-term liabilities	409,000
<b>*Total Assets (A):</b>	<b>11,082,573</b>

Reserves at year end	£
Restricted funds	1,672,288
Endowment Funds	0
Unrestricted funds	9,410,285
<b>*Total Reserves (B):</b>	<b>11,082,573</b>

\* 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:

N/A



### 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	15,798,143	13,879,403	19,002,877
London Councils	0	0	0
Health Authorities	0	842,608	860,390
Central Government departments	1,295,390	1,294,698	1,329,007
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 £
BA	45,000	45,000	45,000
Oak Foundation	0	109,146	75,269
London Housing Foudation	14,191	54,191	30,000
Children In Need	30,000	30,000	30,000
Comic Relief	34,508	23,660	7,886

### 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: **Thomas Neumark**

Role within                      **Director of Performance and Development**  
Organisation: