

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Red Balloon Learner Centre NW London	
If your organisation is part of a larger organisation, what is its name? Red Balloon Learner Centre Group	
In which London Borough is your organisation based? Harrow	
Contact person: Dr Carrie Herbert	Position: Founder and president
Website: http://www.redballoon.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1109947
When was your organisation established? 09/06/2005	

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 A reduction in suicide and self-harm amongst the recognised at risk groups
Please describe the purpose of your funding request in one sentence. Providing comprehensive and excellent wellbeing programmes in a supportive community so that self-excluding bullied children with mental health issues recover and return to mainstream education.
When will the funding be required? 01/06/2016
How much funding are you requesting? Year 1: £75,200 Year 2: £77,520 Year 3: £79,850 Total: £232,570

Aims of your organisation:

Red Balloon Learner Centre NW London (RBNWL) provides a full time provision to recover severely bullied or otherwise traumatised children who are self-excluding from school and who are often disregarded by local authorities. Our 'intensive care' programme comprises roughly equal amounts of time and resources to academic studies and wellbeing/mental health. It is the wellbeing aspect of the provision for which we are seeking funding. Because the children have often been out of school for weeks, months and, in some cases, years they are demoralised, depressed, and have poor mental health. Some symptoms they display are self-harm, panic attacks, flashbacks, depression, eating disorders and suicide ideation.

Our aims are threefold:

to raise self esteem, help them manage their mental health issues (which are often temporary);

get them back learning;

to return them to mainstream education. Over 90% of the children who stay longer than six weeks do this.

At RB the term Wellbeing includes activities to improve mental health.

Main activities of your organisation:

At RB-NWL the aims determine the activities offered.

1. Education: to provide a broad based curriculum, based on a negotiated concept of learning.

2. Wellbeing: because of the fragile/distraught/withdrawn state of many of the children it is important, in the first instance, to establish emotional stability, for a child in a state of arousal learns little. All the staff (including the housekeeper and administrator) have basic counselling skills, so that wherever or whenever a child were to break down, a member of staff can provide appropriate support. In this way each staff member contributes to the wellbeing, emotional stability and confidence of the student. The activities designed to help children become calmer, more in control are individually based dependent on the child's needs. Activities include, circle time, debates, whole school lunches, one to one counselling, excursions, activity weeks, team-building, team projects and games.

3. Return to mainstream education/apprenticeship - involves one to one support in finding an appropriate next step.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	9	8	4

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?
Rented	Two years

Summary of grant request

The need for the project.

Research by NatCen (2011), shows there are 16,000+ severely bullied self-excluding children who are unable to attend school. These figures are for children aged 11-15 in England. Red Balloon is the only charity in the UK which deals with this issue. There are many other charities which deal with prevention; we deal with recovery. RB successfully addresses this issue by providing a combination of education and wellbeing/mental health provision in a supportive community.

How the work will be delivered?

The wellbeing and mental health work is delivered by every member of staff according to their skills/training, in a variety of ways, incurring various amounts of time, depending on the needs of the child. The programme includes counselling, dealing with personal issues such as panic attacks or eating disorders, overcoming social phobias, leaving home/parents, working in pairs/groups/teams, debating and trusting others. RB-NWL has a therapist, counsellor and trained personal & social education teachers as well as other teachers/staff who are involved in the programme.

What your project will aim to achieve?

These were 'ordinary' children before the bullying/trauma began and rendered them vulnerable, who need a short-term placement in a full-time therapeutic community to receive specialist help to improve their temporary mental health issues. They are often depressed, self-harming and/or suicidal. Our aims are to improve their mental health by building their self-esteem, getting them back on an academic track and returning them to mainstream education. Our individual, tailored, wellbeing programme focuses on building self-worth and confidence, teaching strategies to deal with bullying, building resilience, understanding and coping with emotions, addressing ethical and personal issues, and helping them understand how to form sustainable relationships. We aim to return at least 90% into mainstream education at the end of the programme.

Why you are the right organisation to deliver the work?

In May 2014 RB Group commissioned cost effectiveness research (CEA) to analyse the impact that the recovery programme had on the cohort of children (1996-2013) over the age of 18 who attended a Centre for six weeks+. Alumni and their parents/carers were canvassed by questionnaire. Results are as follows:

1. Over 85% of parents report RB impact as very positive.
2. Over 85% of parents give RB highest rating for academics, therapeutic support, staff and "feel of the place".
3. Alumni and parents report a positive transformation in relationships and mental health at RB. It is clear that RB offers an effective recovery programme where mental health issues are addressed and mitigated. (Report attached)

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

The Red Balloon wellbeing and mental health programme provides a group of London teenagers with a well-developed programme which has very positive results. Young people receive specialist help which results in their improved mental health. This in turn, reduces their need to self-harm or the desire to kill themselves.

How your project meets the Trust's 'Good Practice' principals?

Every young person has a written Wellbeing Record (see attachment). This provides evidence of the goals negotiated, measurement tool(s) selected, milestones achieved, new targets set and dates for the next review. It has a section for the student voice, the parent voice & staff/coordinator reflection.

RB welcomes children from all backgrounds and we value diversity - There is no academic qualification required to attend a RB.

RB values and supports its volunteers

We take steps to reduce our carbon footprint by composting waste food; recycling cans, bottles, and plastics in the appropriate bins; reducing printing by working online and double-sided printing.

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? **No**

What Quality Marks does your organisation currently hold?

No

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.

Self-esteem & Confidence

- ? **Providing therapy sessions - one to one and group.**
- ? **Providing creative activities and use of the arts for self-expression.**
- ? **Exploring healthy lifestyle choices and the interplay between physical, and mental health (mind/body connection).**
- ? **Travel training to develop independence and confidence.**
- ? **Lifeskills work.**

Communication skills

- ? **Assertiveness training and application.**
- ? **Social skills training such as work on listening and open communication.**
- ? **Delivering sessions on healthy relationships and friendships.**
- ? **Drama sessions and role plays.**
- ? **Understanding the importance of, and using appropriately, body-language, eye-contact and gesture.**
- ? **Communicating appropriately through social-media.**

Emotional Intelligence

- ? **Participation in group activities where awareness of, and empathy for, others is developed/encouraged.**
- ? **Teamwork such as Outward Bound.**
- ? **Equipping to deal with strong emotions e.g.anger.**
- ? **Circletime.**
- ? **Group activities: drama, board games, PE (emphasis on personal and social skills).**
- ? **Therapist-led group reflection/group sessions.**

Conflict Management

- ? **Teaching stress management and coping strategies.**
- ? **Looking at sources of conflict and conflict cycles.**
- ? **Drama and role plays.**
- ? **Looking at peer pressure/risk.**
- ? **Personal coaching sessions for assisted reflection on current conflict or challenges.**
- ? **Use of restorative practices.**

Inclusiveness and Open-mindedness

- ? **Celebrating differences in others - diversity work, use of guest speakers, cultural trips/excursions etc.**
- ? **Activities which emphasise cooperation rather than competition .**
- ? **Discussion sessions regarding British values and tolerance, acceptance of others and challenging behaviour.**
- ? **Debates on relevant political issues (votes at 16).**

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.

Students able to make good and thoughtful independent choices

- ? **Critical thinking and problem-solving skills.**
- ? **Ability to think short- and long-term.**
- ? **Ability to come up with different options.**
- ? **Ability to foresee the advantages and disadvantages of different choices.**
- ? **Financial awareness and planning.**

Students able to conceive of and plan for a positive future

- ? **Ability to articulate future aspirations and goals.**
- ? **Demonstrate intentional decision-making and actions to reinforce progress in key areas e.g. vocational, relational/social, community.**
- ? **Sense of hope and positive future orientation.**
- ? **Reduction of destructive activities e.g. self-harm.**

Improved resilience in young people and their families

- ? **Mentally & emotionally equipped to deal with set-backs and challenges.**
- ? **Ability to draw on coping strategies, support network and resources to persevere with difficulties and navigate through obstacles.**
- ? **Understanding, naming and managing their emotions appropriately.**

Healthy mindset which benefits self, others and community around them

- ? **Pro-active & energetic approach to pursuing goals and dreams.**
- ? **Intention to embrace opportunities for growth and self-development.**
- ? **Lifelong love of learning.**
- ? **Demonstrates self-belief and self-efficacy.**
- ? **Learning to defer gratification.**

Able to make a positive contribution to society as active citizens in the wider world

- ? **Respectful of others' choices and tolerant where there is disagreement/conflict in views/beliefs/values.**
- ? **Constructively approach conflict without being aggressive or passive.**
- ? **Identify and respond appropriately to others' feelings.**
- ? **Optimistic about ability/new challenges.**

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?

The wellbeing programme is fundamental for the successful recovery of each student. We intend to expand RB NWL from 15 to 25 children using our virtual provision, Red Balloon of the Air, over the next five years. This will increase our revenue. However, funds will still need to be raised to cover this non-academic, wellbeing part of the provision.

Who will benefit?

About your beneficiaries

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

15

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

Ealing (33%)

Several NW London (67%)

What age group(s) will benefit?

0-15

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?

0%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Delivery of wellbeing / mental health programme	75,200	77,520	79,850	230,570
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	75,200	77,520	79,850	230,570
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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
	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
Delivery of wellbeing/mental health programme	75,200	75,520	79,850	230,570
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	75,200	75,520	79,850	230,570
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Finance details

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

Financial year ended:	Month: August	Year: 2015
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Income received from:	£
Voluntary income	43,252
Activities for generating funds	0
Investment income	5
Income from charitable activities	259,211
Other sources	2,647
Total Income:	305,115

Expenditure:	£
Charitable activities	271,169
Governance costs	300
Cost of generating funds	0
Other	4,812
Total Expenditure:	276,281
Net (deficit)/surplus:	28,834
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	28,834

Asset position at year end	£
Fixed assets	1,194
Investments	0
Net current assets	37,561
Long-term liabilities	0
*Total Assets (A):	38,755

Reserves at year end	£
Restricted funds	7,843
Endowment Funds	0
Unrestricted funds	30,912
*Total Reserves (B):	38,755

*** 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:

None

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	233,395	142,680	219,113
London Councils	0	5,544	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 £
Clothworkers (via RBLCG)	3,000	0		5,000
Foyle Foundation (via RBLCG)	0	0		15,000
Anonymous Trust	20,000	0		0
Red Balloon Learner Centre Group	0	0		20,000
Percy Bilton (via RBLCG)	0	0		2,700

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: **Carrie Herbert**

Role within Organisation: **Founder and President**