

MEETING: 24/11/2016

Ref: 13492

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

Hestia Housing & Support

Adv: Julia Mirkin

Amount requested: £99,030

Base: Southwark

Benefit: Westminster

Amount recommended: £99,000

The Charlty

Hestia Housing and Support (HHS) offers vulnerable people accommodation in the form of registered care homes and supported housing; it also offers complementary services to help vulnerable people settle back to independent and healthy living. A broad range of vulnerable people are supported, including the elderly; sufferers of human trafficking; sufferers of mental ill-health; homeless people; beneficiaries with learning disabilities and people affected by domestic violence, the focus of this application. HHS's mission is to deliver high quality and empowering housing, support, protection and care services for vulnerable people.

The Application

Specialist support services for the survivors of domestic abuse through the funding of a Children and Family Worker.

The Recommendation

HHS has accreditation from the Mentoring and Befriending Foundation and an *Investors in Volunteers* quality mark. It is a member of the Domestic Violence Coordinators Network and has delivered domestic abuse services for 14 years.

£99,000 over three years (3 x £33,000) for the full-time salary of a Children and Family Worker at the Westminster refuge.

Funding History

Meeting Date	Decision
18/04/2013	£50,000 over 3 years towards the salaries of a p/t GP ReConnect Co-ordinator and a p/t Volunteering Development Manager and on costs. <i>NB. This grant was revoked as match-funding wasn't raised and a similar service was introduced by Age UK in the area.</i>
06/09/2007	£45,000 over one year for a salary and associated running costs for a support service for children affected by domestic violence.

Background and detail of proposal

HHS is the largest provider of domestic abuse services in London. It runs 39 services across 14 boroughs and supported more than 4,000 women and children who were victims of domestic violence in 14-15, 92% of which reported an improvement to their physical health and well-being following engagement with HHS.

HHS offers dedicated safe houses and emotional support for sufferers of domestic violence. Each child is assessed on arrival and progress is reviewed at three month intervals. HHS's Children and Family Workers focus primarily on the welfare of children (0-17 years), including their physical, mental, emotional and developmental wellbeing and health. Children are supported directly through fortnightly one-to-one sessions, incorporating Mindfulness and CBT-informed approaches. Twice weekly age-appropriate group therapy - involving art, music and movement – approaches, proven to be particularly effective with this user group, is also delivered. Workers adopt a 'family approach', allowing mothers to build their confidence and improve

their parenting skills; and through which, the bond between mother and child is repaired. The support is 'person-centred', meaning that it is tailored to each child and their mother's needs.

Evidence of the detrimental impact on the health and behaviour of children who witness domestic violence is provided by a number of sources: Milner's report: 'Recognising Children and Young People living in the context of domestic violence' (2010) found that the majority of children who witness or experience domestic abuse are more likely to present either 'internalised' expressions, such as depression, or 'externalised' behaviours, such as, aggression; The NSPCC report, 'All Babies Count: prevention and protection for vulnerable babies' (2011) states that witnessing physical violence can be associated with higher levels of delinquent behaviour; Finally, the NHS England report 'Future in Mind' (2015), states that "75% of mental health problems in adult life (excluding dementia) start by the age of 18".

Financial Information

HHS's draft accounts for 15-16 show an increase in income compared to the previous year of £2.14m (9.9%). Draft accounts for 15-16 attribute this to the delivery of new services and increased charges to service users that were in line with inflation. Projections for 16-17 indicate that this increased level of income is likely to remain stable during the next year.

HHS holds a large proportion of its reserves in the form of investments: draft accounts for 15-16 show that total funds stood at £11.3m, of which £2.15m was represented by fixed assets and £8.1m was held in investments. 2.2% of these investments are held in cash (£178k) but the remaining balance can, if necessary, be liquidated quickly, a sizable amount within 24 hours. The investment policy changed in 15-16 to a risk-based approach but remains a long term-approach to investment management with a view to maximising returns to fund future operations. The reserves policy targets, stated below, have been provided by the Charity.

Traditionally, local government contracts have accounted for approximately 60% of HHS's income. In response to reductions in statutory funding, HHS has restructured its services and expanded its fundraising activity. As of 19/10/16, HHS had secured £22,772,697 (96.9%) of budgeted income.

Year end at 31 March	14/15 Audited	15/16 Draft Accounts	16/17 Forecast
Income and Expenditure	£	£	£
Income	21,565,721	23,708,527	23,507,067
Expenditure	21,458,774	23,654,469	23,445,655
Net Gains/ (losses on investments)	596,268	(256,713)	Diff to predict
Actuarial losses – pension scheme	(138,000)	156,000	Diff to predict
Unrestricted Funds Surplus / (Deficit)	483,444	(222,449)	80,752
Restricted Funds Surplus / (Deficit)	81,771	175,794	(19,340)
Total Surplus / (Deficit)	565,215	(46,655)	61,412
Surplus / (Deficit) as a % of turnover	2.6%	(0.19%)	0.26
Cost of Generating funds (% of income)	114,819 (0.5%)	304,865 (1.2%)	220,000 (0.9%)
Unrestricted free reserves held at Year End	6,164,734	6,053,244	6,133,996
How many months' worth of expenditure	3.45	3.07	3.14
Reserves Policy target	7,125,000	7,750,000	6,500,000
How many months' worth of expenditure	*	*	**
Free reserves over/(under) target	(960,266)	(1,696,756)	(366,004)

*Reserves target provided by the applicant for the respective years.

**Risk based approach used from 2015/16 and reviewed annually. In 2014/15 based on 6 months 'operating' costs. 6 months of expenditure would have been £10.7million and in 2015/16 £11.8million.