

MEETING: 10/01/2017

Ref: 13661

**ASSESSMENT CATEGORY - Improving Londoners' Mental Health**

Mind in Camden

Adv: Tania Bronstein

Base: Camden

Amount requested: £133,396

Benefit: London-wide

Amount recommended: £132,350

**The Charity**

Mind in Camden (MiC) provides services for people with mental health problems. These include a daily programme of activities to promote wellbeing and recovery; a service for people addicted to minor tranquilisers; a social prescribing project run in partnership with GPs; and projects for people who hear voices (a term encompassing people who hear voices, see visions, or experience unusual sensory perceptions or beliefs). These include developing peer support groups in the community (currently 24 across London) and in places of detainment, as well as projects for young people.

**The Application**

In the past five years MiC has been developing peer support groups in prisons and secure units to improve the wellbeing of offenders who experience distress through hearing voices (HV). The project aims to reduce this distress by providing a safe setting to enable people who hear voices to share experiences and coping strategies, and also to relieve the stigma and isolation they face. MiC has been training custodial staff to facilitate peer support groups of people who hear voices; has co-facilitated HV groups with staff at the outset; and has been supporting staff to sustain their groups through training, mentoring, resources, and problem solving advice. MiC seeks 3 years' funding to continue this work, to set up 2-3 new HV groups per year in these settings and in young offenders' institutions and immigration detention centres, and to pilot groups for ex-offenders released into the community. Over three years, 1,300 people who hear voices would take part in these groups.

**The Recommendation**

This project builds on 10 years' of practice and research evidencing that peer support helps people to cope better with their HV experiences, regain control, and reduce stress, isolation and the need for mental health care/medication. This support is needed in forensic settings given levels of prisoners' reporting symptoms indicative of psychosis. Delivery through custodial staff assures that groups would be sustained.

***£132,350 over three years (£42,850; £44,100; £45,400) towards a full-time salary, running costs and overheads to develop networks of peer support for people who hear voices at places of detainment in London.***

**Funding History**

| Meeting Date | Decision   |
|--------------|--|
| 28/01/2016   | Declined due to insufficient evidence of need.   |
| 02/12/2010   | £150,000 over three years (3 x £50,000) towards a project supporting children and young people who hear voices, see visions or experience other unusual perceptions. |

|            |  |
|------------|--|
| 02/02/2006 | £120,000 over three years (3 x £40,000) towards supporting the establishment of "Hearing Voices" groups across London. |
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### Background and detail of proposal

HV can be an exceedingly disturbing experience. As fewer than 40% of people who hear voices respond to medication to reduce delusions and hallucinations, support to help people to cope with these experiences is much needed, especially in places of detention: 25% of women and 15% of men in prison report 'symptoms indicative of psychosis' (Ministry of Justice 2013); and 20% of self-inflicted deaths in custody are associated with unusual voices, visions or beliefs (HM Inspectorate of Prisons 2007).

No other agency supports this group in custodial settings. Despite the stresses of working in such places e.g. rigid routines, constant change of custodial providers and high levels of staff turnover, the average life of HV groups in prisons and secure units has been 30 months. Feedback to date is encouraging. Users report greater ability to cope, more control over their voices and a new sense of hope. Past successes in gaining "buy in" from prisons' multiple hierarchies give confidence that groups in new settings would come to fruition. The advised grant is exclusively for work in Greater London. MiC also plans to work in the South East with funds secured from the Tudor Trust (£90,000 over 3 years).

### Financial Information

Forecast income in 2016/17 is £650,083, of which £635,503 (98%) was secured by 8<sup>th</sup> November 2016. Budgeted income next year is £681,695, of which £266,829 (39%) has been confirmed. This is not a concern as 48% of income comes from charges for services and a charity shop, which is earned throughout the year. Of other income, 28% derives from contracts with statutory bodies, and 24% from charitable sources.

The free reserves policy level is set to cover three months of annual salary costs. The table shows the free reserves holding at the same level throughout the period below. This arises because despite a projected deficit on unrestricted funds in 2016/17, this deficit is planned to be fully met by designated funds carried forward from 2015/16.

| Year end at 31 March                        | 2015/16<br>Independently<br>Examined<br>Accounts | 2016/17<br>Current Year<br>Forecast | 2017/18<br>Next Year<br>Forecast |
|---|--|-------------------------------------|----------------------------------|
| <b>Income and Expenditure</b>               |  |                                     |                                  |
| Income                                      | £<br>642,913                                     | £<br>650,083                        | £<br>681,695                     |
| Expenditure                                 | 657,581  | 667,438                             | 681,695                          |
| Unrestricted Funds Surplus / (Deficit)      | (14,668)   | (5,713)                             | 0                                |
| Restricted Funds Surplus / (Deficit)        | 0  | (11,642)                            | 0                                |
| Total Surplus / (Deficit)                   | (14,668)   | (17,355)                            | 0                                |
| Surplus / (Deficit) as a % of turnover      | 2.3%   | 2.6%                                | 0%                               |
| Cost of Generating funds (% of income)      | 63,611 (9.9%)                                    | 64,565 (9.9%)                       | 65,534 (9.6%)                    |
| <b>Free unrestricted reserves</b>           |  |                                     |                                  |
| Unrestricted free reserves held at Year End | 178,500  | 178,500                             | 178,500                          |
| How many months' worth of salary costs      | 4.7  | 4.2                                 | 4.0                              |
| Reserves Policy target                      | 114,015  | 128,397                             | 133,758                          |
| How many months' worth of salary costs      | 3  | 3                                   | 3                                |
| Free reserves over/(under) target           | 64,485   | 50,103                              | 44,742                           |