

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Mind in Camden	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Camden	
Contact person: Mr Brian Dawn	Position: Chief Executive
Website: http://www.mindincamden.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 292180
When was your organisation established? 01/01/1985	

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 offenders and ex-offenders receiving help and support to improve their mental health More refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health
Please describe the purpose of your funding request in one sentence. Improving the mental health of people who are in distress through hearing voices and other unusual experiences in prisons and other places of detainment
When will the funding be required? 04/01/2017
How much funding are you requesting? Year 1: £43,708 Year 2: £44,461 Year 3: £45,227 Total: £133,396

Aims of your organisation:

i) Charitable Objects

- a) To work for, promote and provide for the well-being, interests and rights of people who have mental ill health
- b) To work for and promote the preservation and safeguarding of good mental health

ii) Our Mission

Working alongside people of all ages who are experiencing distress through voices, visions, unusual beliefs, anxiety, hopelessness and extremes of mood, Mind in Camden will stimulate change and development in mental health services by providing, promoting and partnering in services in diverse settings that:

- enable self defined recovery, increase self esteem and promote hope
- involve guided and unguided self help, co-production and peer support
- challenge stereotyping, stigma, isolation and social exclusion

Main activities of your organisation:

London Hearing Voices Network: Supports up to 42 Hearing Voices peer support groups across Greater London through training and supporting group facilitators and signposting users.

Voice Collective: Supporting 150 children/young people distressed by voice hearing/other unusual experiences, and their families, and training around 250 staff per year.

Hearing Voices Prison Project: Develops and supports hearing voices peer support groups serving around 150 users in prisons and secure units in London.

Phoenix Wellbeing and Recovery Service: Offering social spaces, peer support, individual help, and workshops co-produced with 120 service users with substantial mental health issues each year.

REST: Supporting up to 130 Camden and Islington residents experiencing addiction problems with benzodiazepines enabling 90% of service users to safely withdraw, reduce or stabilise their dosage.

The Team Around The Practice Project: Developing and delivering, with the Tavistock and Portman NHS Trust, a holistic mental health service across 37 GP practices in Camden supporting social prescribing for over 250 people per year.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
7	13	6	80

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	3 Years

Summary of grant request

The need:

Research highlights that between 20-30% of people in prisons experiences symptoms of very serious mental health issues - psychosis - including hearing voices, unusual beliefs and disassociation. Self-harm and suicide are 15 times higher than in the general population.

HM prison inspectorate have highlighted that mental health in reach teams do not always consider voice hearing treatable, but that that 25% of suicides involve voice hearing.

Our own experience of talking with prisoners, custodial staff, safer custody groups, staff in rehab units and mental health inreach teams over the last 5 years is that the need for the kind of interventions we provide is pressing.

Why we are the right organisation to deliver the work:

Since 2010 Mind in Camden has worked to introduce peer support groups for people who hear voices and have other unusual sensory/cognitive experiences into prisons and secure units. During this time we have directly co-facilitated peer support groups in HMP Holloway, Pentonville, Thameside, Wandsworth, and Wormwood Scrubs on healthcare, main and detox wings and enabled a further 10 groups to be set up in prisons and secure units through training and other support.

How the work will be delivered:

In March 2016 a review of this work concluded that we would further develop the network of groups we have built in Greater London prisons by:

- a) Widening the project's remit to include people in detained in other settings e.g. refugees in Immigration Removal Centres, we are in discussion with Harmondsworth and several other R&A projects
- b) Expanding our offer of directly provided activities to institutions to include time limited peer support workshops for prisoners and a wider variety of training for staff.
- c) Enhancing our focus on post release wellbeing by piloting peer support groups in the community aimed at ex-offenders, in partnership with through the gate services in London prisons, who we already have contact with and creating new partnerships with probation services.

We will also continue to share our development and learning with institutions outside of London through training and providing distance implementation support, using the London Network as a model of good practice.

What the project aims to achieve:

The overall aim of this project and how the project will meet the Trust's programme outcome is best summarised by these comments from existing group members:

"Attending the group has given me the tools I need to address the voices I hear, and most importantly these tools allow me to control these inner voices. They no longer control me; I say this with pride... I have at long last reached the stage where I've fully come to terms with it, and to be honest, coming to the Hearing Voices group is the best thing I've ever done."

"Coming to this group today has given me hope."

(Group members in Pentonville and Holloway)

Meeting the 'Principles of Good Practice':

The groups involve service-users in the management and running of the service because they are based on true peer support and co-production. Facilitators are trained to listen and respond to group members, rather than lead, provide therapy or diagnose.

The work welcomes people of all backgrounds and values diversity by inclusion in our training and practice of personal, cultural and faith based understandings of these experience. When volunteers are involved we value and support them by thorough training, induction, ongoing support and access to our employee assistance programme.

We take steps to reduce our carbon footprint by monitoring it and making and environmental action plan each year to reduce it.

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?

- 1. Investors in People Standard for learning and development of staff**
- 2. Charity Commission Member's Kite mark, for good governance**
- 3. Carbon Smart and Cutting Carbon, for reduction of our carbon footprint and environment friendly practice**
- 4. Positive about People Kite Mark for our practice around employment of people with a disability**
- 5. We are a London Living Wage Employer**

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.

Set up and maintain peer support groups including allocating a staff time to undertake co-facilitation of groups with prison staff. To decrease the risk of dependency this will not be a permanent arrangement with any institution, only being available where it will enable groups to start up or continue.

Provide an annual programme of up to 2x6 weeks of peer support style self-help workshops for those in detention co-facilitated with staff from the setting in which we work. These will focus on whatever is seen as the highest need in the institutions with which we work.

Provide an annual programme of one day staff training events on issues that we identify with staff - this could include any issue which is susceptible to a peer support or self-help approach, and will be aimed at different groups e.g. through the gate/probation staff, safer custody staff, Samaritan listeners

Continue to provide three day hearing voices peer support group facilitation training at least once a year to contribute to maintaining existing peer support groups and/or setting new ones up and provide follow up sessions to embed practice and support facilitators, including webinars and specialist training

Pilot a peer support group in the community specifically for ex-offenders, in partnership with and located in an organisation that already provides services for this group -- evaluate the pilot, learn lessons and consider roll out for different groups (e.g. for women, young offenders, for refugees or asylum seekers)

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.

80-90% of 1,161 people attending 2,628 peer support group sessions reporting one or more of the following: Increased coping strategies, Decreased distress, Decreased stigma, Decreased self-harm/suicidal ideation, Increased sense of community, Increased hope, Increased community links on release, Increased capacity for education/work, increased capacity to address substance/alcohol or other addictions

Provide 160 places to staff on 3 day peer support group facilitation courses, and a further 450 places on awareness and skills training for none facilitators.

70-90% of up to 610 staff reporting one or more of the following: Increased confidence conversing with clients about voice hearing and similar distressing experiences, Increased understanding of client's perspectives. Increased ability to relate to clients. Increased ability to successfully convey coping strategies to benefit clients.

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?

As a capacity building project, outcomes going forward are not reliant on continued funding, however, subject to review, work with detained people may continue after project end, options will be:

- At minimum, continued training for new facilitators directly funded by fees**
- A separately funded project focusing on learning from this one**

Who will benefit?

About your beneficiaries

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

590

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

London-wide (100%)

What age group(s) will benefit?

15-24

25-44

45-64

65-74

75 and over

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?

61-70%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salaries and on-costs:	50,676	51,689	52,723	155,087
Other Staffing costs (eg training, employee assistance)	3,066	3,097	3,128	9,290
Postage, stationary, Telephone, Printing	1,780	1,798	1,816	5,394
Volunteer expenses, room hire, training materials	2,283	2,306	2,329	6,917
IT and Database Subscription	1,400	1,414	1,428	4,243
Equipment Depreciation	691	691	691	2,073
Audit and Professional Fees	684	691	698	2,073
Rent and office space	8,624	8,710	8,797	26,132
Finance, HR, Governance and Administration	3,642	3,705	3,769	11,116
TOTAL:	72,846	74,101	75,379	222,326

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
N/A	0	0	0	0
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Tudor Trust (Considering 1st stage) no fixed sum-estimated	20,000	20,000	20,000	60,000
Bromley Trust (may be invited to re-apply in January)	15,000	15,000	15,000	45,000
TOTAL:	35,000	35,000	35,000	105,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salaries and on-costs:	30,405	31,013	31,634	93,052
Other Staffing costs (eg training, employee assistance)	1,840	1,858	1,877	5,574
Postage, stationary, Telephone, Printing	1,068	1,079	1,090	3,236
Volunteer expenses, room hire, training materials	1,370	1,383	1,397	4,150
IT and Database Subscription	840	849	857	2,546
Equipment Depreciation	415	415	415	1,244
Audit and Professional Fees	411	415	419	1,244
Rent and office space	5,174	5,226	5,278	15,679
Finance, HR, Governance and Administration	2,185	2,223	2,261	6,670
TOTAL:	43,708	44,461	45,227	133,396

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	12,010
Activities for generating funds	81,811
Investment income	143
Income from charitable activities	553,880
Other sources	0
Total Income:	647,844

Expenditure:	£
Charitable activities	529,394
Governance costs	7,981
Cost of generating funds	63,519
Other	0
Total Expenditure:	600,894
Net (deficit)/surplus:	46,950
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	46,950 <i>FB</i>

Asset position at year end	£
Fixed assets	8,542
Investments	
Net current assets	205,821
Long-term liabilities	0
*Total Assets (A):	214,363

Reserves at year end	£
Restricted funds	8,312
Endowment Funds	0
Unrestricted funds	206,051
*Total Reserves (B):	214,363

* 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?
51-60%

Organisational changes

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

Note that the drop in income between YE 2014 and YE 2015 is due to the ending of sub-contracts of £159,692, the bulk of which was part of a Local Authority block contract that funded us as the lead in a consortium. Additionally we will sustain a deficit in 2015-2016 of around £14,000 due to the predicted issues outlined in Reserves Policy above.*

** on file*

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	380,829	273,977	264,061
London Councils	0	0	0
Health Authorities	48,425	48,425	124,564
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 £
City Bridges Trust	50,000	0	0
Comic Relief	40,559	0	0
Esmee Fairbairn	40,000	30,000	0
Children in Need	30,736	32,678	33,168
John Lyons Trust	0	21,350	0

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: **Brian Dawn**

Role within **Chief Executive**
Organisation: