

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Respond</b>	
If your organisation is part of a larger organisation, what is its name? <b>Respond</b>	
In which London Borough is your organisation based? <b>Camden</b>	
Contact person: <b>Mr Richard Curen</b>	Position: <b>Consultant Forensic Psychotherapist</b>
Website: <b>http://www.respond.org.uk</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>800862</b>
When was your organisation established? <b>31/01/1991</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 offenders and ex-offenders receiving help and support to improve their mental health</b>
Please describe the purpose of your funding request in one sentence. <b>To improve the mental health of people with learning disabilities involved in the criminal justice system or are likely to come into contact with it.</b>
When will the funding be required? <b>01/10/2017</b>
How much funding are you requesting? Year 1: <b>£47,550</b> Year 2: <b>£47,550</b> Year 3: <b>£0</b>  <b>Total: £95,100</b>

**Aims of your organisation:**

Respond aims to make a real difference to the lives of people with learning disabilities or autism by providing effective and flexible support to help them to improve their lives. Respond works with children and adults with learning disabilities or autism who have experienced violence, abuse or trauma - as well as those who have abused others - through psychotherapy, advocacy, campaigning and other support. Respond aims to prevent abuse by providing training and consultancy and undertaking research.

**Main activities of your organisation:**

1. Individual psychotherapy for children, young people and adults with learning disabilities or autism who are victims and/or perpetrators of sexual abuse, who have experienced significant trauma.
2. Circles of Support and Accountability (CoSA) - a community-based intervention for people with learning disabilities or autism who have sexually offended or displayed sexually harmful behaviour.
3. Group therapy - CBT and psychodynamic groups for children who have been sexually abused; young people with sexually harmful behaviours; young people using violence in intimate relationships; adult male sex offenders.
4. Specialist risk assessments for adults and young people with sexually harmful behaviour.
5. Family Support Services - family counselling, support work and advocacy for families whose children have experienced institutional abuse, mentalization-based family therapy for children and parents; advice and support.
6. Policy and Campaigns - Forced Marriage, campaigning on a national level
7. Training and consultation services for multi-sector agencies in the UK

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>4</b>	<b>18</b>	<b>7</b>	<b>37</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>3 years</b>

## Summary of grant request

The overall aim of the project is to improve the mental health of people with learning disabilities or autism involved in the criminal justice system or those who are likely to come into contact with it, thereby reducing offending and re-offending. Respond is the leading provider of psychotherapy and support to offenders with learning disabilities. Respond has developed the use of CoSAs for offenders with learning disabilities and is reputable trainer for professionals working in the field. Respond believes this project directly addresses the Trust's priority "More offenders and ex-offenders receiving help and support to improve their mental health" as this is the sole purpose of this work.

20-30% of all offenders have learning disabilities or difficulties that interfere with their ability to cope with the criminal justice system, and 23% of young offenders have learning difficulties (IQs of below 70) and a further 36% have borderline learning difficulties (IQ 70-80). Research by the Prison Reform Trust (2008) found that there are a significant number of prisoners who, because they have a learning disability or difficulty, are excluded from aspects of the prison regime including offending behaviour programmes. Prisoners with learning disabilities and difficulties are discriminated against personally, systemically and routinely as they enter and travel through the criminal justice system.

The positive outcomes each year include:

1. Improved mental well-being evidenced for up to 25 offenders or those at risk of offending with learning disabilities through the use of recognised outcome measures
2. Decreased levels of risk for up to 25 offenders or those at risk of offending evidenced through the use of recognised outcome measures
3. A decrease in the number of offenders or those at risk of offending residing in Assessment and Treatment Units
4. Improved mental well-being and awareness of risk for up to 20 family members
5. Increased knowledge and skills for 100 professionals supporting people with sexually harmful/offending behaviours
6. Decreased levels of isolation for up to 25 offenders with learning disabilities through the use of recognised outcome measures

In order to achieve these outcomes the project focuses on the following areas of work. In each year we will undertake:

- At least 6 risk analyses/assessments
- At least 15 individual psychotherapeutic interventions of a minimum of one year
- Training
- Circles of Support and Accountability
- Enhancing skills in the field and developing partnerships

People with learning disabilities or autism are employed as members of the Respond Action Group. The Group is involved in campaigning on issues such as disability hate crime, shaping service development and delivers training to external agencies.

All our service users are disabled and from diverse ethnic backgrounds. Respond makes much of our information available in easy-read formats and employ staff from a range of backgrounds to reflect the make-up of our service users as far as possible.

We have recently expanded our use of volunteers in all areas of the organisation. In particular we have recruited 30 volunteers to participate in our CoSA project, supporting people with LD who have offended.

Respond has a robust strategy for reducing its carbon footprint. Respond recycles plastic, paper, aluminium and glass. Staff do not print documents unless absolutely necessary. Travel is kept to a minimum by using remote meeting solutions such as Skype. All essential staff travel arrangements must be made using bicycle, buses or trains. Staff are encouraged to cycle to work and make use of the government's Bike to Work Scheme.

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?

**None at present.**

### **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.

#### **Psychotherapy and risk assessments/analyses**

**We will provide long-term individual psychotherapy for 15 offenders (and those at risk of offending) with LD each year.**

**We will provide six 12-week psychotherapeutically informed risk assessments/analyses each year for people with LD who are offenders or at risk of offending**

#### **Circles of Support and Accountability (CoSAs)**

**We will run CoSAs for five offenders (and those at risk of offending) with LD each year. We will recruit and train up to 20 new volunteers for the Circles each year.**

**Training, consultancy and awareness raising for professionals in the Criminal Justice System and families of offenders.**

**We will provide training and consultancy for up to 100 professionals each year**

**We will provide two support events for up to 10 family members each year.**

#### **Partnership development**

**We will work with partner organisations such as Ann Craft Trust, Prison Reform Trust, Institute of Psychotherapy and Disability, NSPCC (NCATS service) and service providers including Choice Support in order to build organisational capacity addressing the needs of young people and adults with learning disabilities.**

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.

**Improved mental well-being evidenced for up to 25 offenders or those at risk of offending with learning disabilities through the use of recognised outcome measures**

**Decreased levels of risk for up to 25 offenders or those at risk of offending evidenced through the use of recognised outcome measures**

**A decrease in the number of offenders or those at risk of offending residing in Assessment and Treatment Units**

**Improved psychological well-being and awareness of risk for up to 10 family members**

**Increased knowledge and skills for 100 professionals supporting people with sexually harmful/offending behaviours**

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 project will continue beyond two years. Respond Forensic Service will fund the activity through earned income from commissions to undertake client risk assessments/analyses and psychotherapy, and clinical supervision for professionals. Respond will also secure grant income from charitable trusts and foundations.**

## Who will benefit?

### About your beneficiaries

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

**145**

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

**London-wide (100%)**

What age group(s) will benefit?

**16-24**

**25-44**

**45-64**

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?

**91-100%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Forensic Service Manager (0.8FTE)	35,840	35,840	0	71,680
Forensic Service Coordinator (0.6FTE)	23,520	23,520	0	47,040
Family Worker (0.4FTE)	15,680	15,680	0	31,720
Administrator (0.4FTE)	8,109	8,109	0	16,218
Clinical Supervisor	8,100	8,100	0	16,200
Travel	1,000	1,000	0	2,000
Training	2,000	2,000	0	4,000
Evaluation	10,000	10,000	0	20,000
Management and overheads	11,628	11,628	0	23,256

<b>TOTAL:</b>	<b>115,877</b>	<b>115,877</b>	<b>0</b>	<b>231,754</b>
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### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Expected income - contracts	100,000	100,000	0	200,000
	0	0	0	0
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>100,000</b>	<b>100,000</b>	<b>0</b>	<b>200,000</b>
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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

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Forensic Service Manager	35,480	35,840	0	71,680
Clinical Supervision	8,100	8,100	0	16,200
Travel	1,000	1,000	0	2,000
Training	2,000	2,970	0	4,000
Recruitment	970	0	0	970
	0	0	0	0

<b>TOTAL:</b>	<b>47,550</b>	<b>47,550</b>	<b>0</b>	<b>95,100</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>2016</b>
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Income received from:	£
Voluntary income	56,854
Activities for generating funds	0
Investment income	62
Income from charitable activities	599,093
Other sources	0
<b>Total Income:</b>	<b>656,009</b>

Expenditure:	£
Charitable activities	695,683
Governance costs	19,733
Cost of generating funds	42,485
Other	0
<b>Total Expenditure:</b>	<b>757,901</b>
<b>Net (deficit)/surplus:</b>	<b>-101,892</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>89,702</b>

Asset position at year end	£
Fixed assets	687
Investments	0
Net current assets	130,208
Long-term liabilities	143,085
<b>*Total Assets (A):</b>	<b>-12,190</b>

Reserves at year end	£
Restricted funds	16,972
Endowment Funds	0
Unrestricted funds	-29,162
<b>*Total Reserves (B):</b>	<b>-12,190</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?  
21-30%

### Organisational changes

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

Following the depletion of our reserves at the end of 2015-16 we were offered a grant of Â£300,000 over three years towards our core costs by the Three Guineas Trust. As a consequence we anticipate our reserves will be Â£30,000 at the end of this financial year. We continue to strive to return our reserves to the level outlined in our reserves strategy.



### Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	750	26,667	5,333
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	90,955	140,908	126,152
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	Year 3 £	Year 2 £	Most recent £
Three Guineas (core) 3 years	0	0	100,000
Three Guineas (survivors) 3 years	0	0	99,475
Comic Relief	48,404	40,000	40,000
John Lyon's Charity	0	40,000	40,000
Trust for London	29,000	29,000	35,000

### 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: **Richard Curen**

Role within                      **Consultant Forensic Psychotherapist**  
Organisation: