

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: <div style="text-align: center; margin-top: 10px;">Centre 70</div>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Lambeth	
Contact person: Mr Brian Foxley	Position: Director
Website: http://centre70.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 296020
When was your organisation established? 24/06/1970	

Grant Request

Under which of City Bridge Trust's programmes are you applying? <div style="text-align: center; margin-top: 10px;">Improving Londoners' Mental Health</div>		
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 people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment		
Please describe the purpose of your funding request in one sentence. Provide integrated professional advice, support and counselling to BME, LGBT communities, refugees, homeless people and ex-offenders; then offer training for service-users to provide community-based support.		
When will the funding be required? 01/04/2017		
How much funding are you requesting?		
Year 1: £33,320	Year 2: £33,320	Year 3: £33,320
Total: £99,960		

Aims of your organisation:

Centre 70 Advice Centre was established in 1970 and the Counselling Service in 1987. Our purpose and mission is to support the community in Lambeth and the surrounding boroughs by helping people to cope with a wide range of social, domestic and financial problems via the provision of professional advice and counselling, using both traditional and innovative approaches to improve our reach and impact.

We offer integrated and holistic support to some of the most disadvantaged people in the local community. We run successful advice outreach to day centres, prison, food banks and homeless drop in centres and work in co-operation with different services and community groups in the borough.

Main activities of your organisation:

Our Advice Services provide free independent specialist advice on debt, welfare benefits and housing. We also provide advice on utility debt and efficiency; student finance; grants to individuals and referral to agencies providing back to work advice; consumer law; general employment law; and general advice on family issues, wills, and crime. We provide preventative work through Financial Capability advice and education including general money management, awareness of financial credit products and costs, saving, budgeting and help for those having problems managing their finances or affording essential items.

Our Counselling Service provides affordable multi-modality counselling via professionally supervised volunteer counsellors on a variety of emotional issues such as depression, effects of domestic or sexual abuse, family and relationship issues, drug or alcohol misuse, bereavement, unemployment and debt. The project is managed by a Counselling Service Manager, who is an accredited and experienced psychotherapist with management experience.

We wish to expand on this work with the **INSPIRE** initiative.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
6	13	8	35

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	17 years

Summary of grant request

The INSPIRE Initiative

We want to provide 1)a free holistic counselling and advice service for those with multiple disadvantages, people from BME communities and LGBT people (i.e. those not well served by current provision). 2)train 30 people receiving support to become volunteer 'specialist community advisers' providing community based advice sessions and 3)set up 3 sustainable community-led peer support groups with service users who have been helped by the first stage process.

We will provide over 2700 hours of free counselling and over 1100 advice sessions in community based settings over 3 years. Beneficiaries will be people who have mental health needs who have also experienced homelessness, are refugees or asylum seekers, have recently left prison, or have experienced domestic violence and people with mental health needs from BME communities and people who identify as LGBT.

The Need for INSPIRE

There is a desperate need for services like INSPIRE. The level of demand for our counselling and advice services is higher than we can offer. There is always more work to do to increase reach towards diverse communities.

The 2010 IMD places Lambeth as the 5th most deprived borough in London and 14th in England. Nationally, the beneficiaries that we are targeting often have worse mental health outcomes. We want to focus our attention on people who most need our services.

Why Centre 70?

We are already engaging with these client groups. In a recent census 56% of clients seen by Centre 70 were not in work or education; 6% had a disability; 5.3% were carers; 12% had experienced domestic violence and 19% had addiction issues. 57% of clients assessed by the Counselling Service had 3 or more presenting issues and 69% of our clients were from BME groups. We also work in partnership with Brixton prison offering advice outreach to offenders and work closely with ex-offenders through specific funding.

Programme Outcomes

The INSPIRE Initiative will ensure that:

- More homeless and transient people have access to mental health services and report improved well-being
- More offenders and ex-offenders receive help and support to improve their mental health
- More refugees and asylum seekers experiencing trauma, grief and loss access mental health services resulting in improved mental health
- More people from BME communities access appropriate mental health services, resulting in them receiving the right care and treatment
- More LGBT people access mental health services resulting in improved mental health and reduced mental distress
- A reduction in suicide and self-harm amongst the recognised at risk groups.

We will measure wellbeing through accepted 'distance travelled' outcome measures (CORE, GAD-7, PHQ-9) as well as satisfaction with services. We will measure economic outcomes resulting from benefits, housing and debt advice offered. We will also report on confidence, skills and wellbeing gained as a result of training and support offered alongside the training and volunteer opportunities we will create.

Good Practice Principles

We have involved service-users in the planning of this service, basing our approach on feedback and informal discussion with our clients. We will continue to involve our service-users through steering groups, feedback and co-producing elements of the service (e.g. the peer-support groups).

Centre 70 welcomes people from all backgrounds and values diversity. This is reflected in our commitment to engage our users as volunteers and ensure appropriate provision of services.

We value and support all of our volunteers by offering full and regular supervision and training, as well as expenses. This has been included in the INSPIRE service design.

We are taking steps as an organisation to reduce our carbon footprint and have implemented a number of practices to do so.

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?

Legal Aid Agency Specialist Quality Mark. Member BACP. Authorised by the FINANCIAL CONDUCT AUTHORITY Authorisation number 618717

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.

100 clients with multiple disadvantage and / or from LGBT and BME communities each receive 20 weeks of free counselling, with the opportunity to extend for a further 20 sessions. (Minimum 2700 hours.)

300 hours of free quality assured specialist advice given to clients with multiple disadvantage and / or from LGBT and BME communities

30 people who have received support (from activities 1-2 above) trained to become volunteer 'Specialist Community Advisers', able to offer support and advice on a range of issues, including debt, financial capability and welfare benefits.

Specialist Community Advisers offer people facing disadvantage 800 community-based advice sessions (i.e. outreach sessions in community settings, e.g. foodbanks, community centres, charity premises). Supervision and support given.

Co-produce with clients with multiple disadvantage and / or from LGBT and BME communities 3 community peer support groups to provide over 80 sessions of peer support.

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.

People with multiple disadvantages or in target communities in Lambeth and surrounding boroughs empower themselves and realise their potential. Measured via accepted distance travelled measures of wellbeing (GAD-7, PHQ-9, CORE) and uptake of training, volunteering or work.

People in target groups develop the skills and confidence to help others. Measured via take-up of peer support and specialist community adviser roles and self report measures of confidence and skills acquisition.

Access to outreach advice offered in Lambeth and surrounding area (including work with people via prisons, food banks, voluntary sector services and drop-in centres) is substantially increased.

People with multiple disadvantage and in target communities overcome financial and societal barriers to inclusion and wellbeing. Measured via debt, housing and welfare advice outcome measures.

A self-sustaining resource of advice and support that channels the potential of the community is created, via ongoing peer support and advice. (Income generation through training and organisational support.)

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?

Yes. We have a written sustainability plan for the INSPIRE initiative, based on selling the training developed and supporting other agencies to increase their capacity through use of co-produced peer-based support and advice.

Who will benefit?

About your beneficiaries

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

100

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

Lambeth (60%)

Wandsworth (15%)

Southwark (15%)

London-wide (10%)

What age group(s) will benefit?

16-24

25-44

45-64

65-74

75 and over

What gender will beneficiaries be?

All

Male

Female

Transgender or other gender identity

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?

11-20%

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 (Advisers, Coordinator, Counselling Manager)	39,837	41,032	42,263	123,131
Venues	600	618	637	1,855
Volunteer costs (travel, lunch, appreciation)	6,448	6,641	6,841	19,930
Clinical Supervision (Vol. Counsellors and Peer Support)	1,200	1,236	1,273	3,709
Equipment	600	0	0	600
Advice Training for Vol. Advisers	2,880	2,966	3,056	8,902
Peer support meeting coffee/tea	100	103	106	309
Marketing / advertising	200	206	212	618
Central Management Costs	5,186	5,280	5,439	15,905
TOTAL:	57,051	58,084	59,825	174,960

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
The Tudor Trust	25,000	25,000	25,000	75,000
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salaries (Advisers, Coordinator, Counselling Manager)	22,760	23,433	24,146	70,349
Venues	343	353	364	1,060
Volunteer costs (travel, lunch, appreciation)	3,684	3,794	3,909	11,387
Clinical Supervision (Vol. Counsellors and Peer Support)	686	706	727	2,119
Equipment	343	0	0	343
Advice Training for Vol. Advisers	1,645	1,695	1,746	5,086
Peer support meeting coffee/tea	57	59	61	177
Marketing / Advertising	114	118	121	353
Central Management Costs	2,963	3,017	3,107	9,087
TOTAL:	32,595	33,185	34,180	99,960

Finance details

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

Financial year ended:	Month: March	Year: 2016
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Income received from:	£
Voluntary income	38,281
Activities for generating funds	571
Investment income	240
Income from charitable activities	509,769
Other sources	0
Total Income:	548,861

Expenditure:	£
Charitable activities	497,574
Governance costs	17,136
Cost of generating funds	0
Other	0
Total Expenditure:	483,306
Net (deficit)/surplus:	34,151
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	34,151

Asset position at year end	£
Fixed assets	89,536
Investments	0
Net current assets	208,892
Long-term liabilities	0
*Total Assets (A):	298,428

Reserves at year end	£
Restricted funds	0
Endowment Funds	0
Unrestricted funds	298,428
*Total Reserves (B):	298,428

* 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.

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	244,869	244,069	317,566
London Councils	0	0	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	Year 3 £	Year 2 £	Most recent £
Walcot Foundation	58,026	50,917	51,680
Thames Water	13,468	11,703	31,404
Lloyds Trust Fund	17,500	17,500	0
Prince ZaigerTrust	20,000	20,000	20,000
FoodBank and Fuel	742,400	21,008	11,925

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 Foxley**

Role within **Advice Manager**
Organisation: