

MEETING: 23/11/17

Ref: 14237

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

Causeway Irish Housing Association

Adv: Kate Moralee

Base: Haringey

Amount requested: £84,000

**Benefit: Haringey, Hackney,
Islington, Tower Hamlets**

Amount recommended: £84,000

The Applicant

Established in 1986, Causeway Irish Housing Association (CIHA) is a not-for-profit organisation providing temporary accommodation primarily for young single homeless people in London. It currently manages 250 general needs homes, mainly bedsits and rooms in shared houses, though it has some fully self-contained accommodation. It provides housing and skills development to young people in need, specifically those from migrant and refugee backgrounds. It has recently secured two new contracts to deliver outreach and transitional accommodation services in Croydon.

The Application

CIHA is looking for your support to provide a programme of short term mental health interventions and activities. In order to deliver this programme of activities CIHA is seeking your support for a p/t Mental Health Worker and associated costs.

The Recommendation

CIHA has a 30 year track record of providing housing and support services to migrants and refugees. It is a BME led organisation which is a Community Benefit Society adopting cooperative principles. This project has been informed by learning from and complements a Lifeskills service currently being delivered by CIHA. It will provide mental health support and activities to address the impact of grief, trauma and loss experienced by migrants and refugees. This application fits well with your priority for Improving Londoners Mental Health and funding is recommended:

£84,000 over three years (3 x £28,000) for a p/t (30 hpw) Mental Health Worker and associated running costs of a mental health and emotional wellbeing service for refugee and migrant tenants.

Funding History

Meeting Date	Decision
23/11/2017	Stepping Stones: £40,000 over 10 months to provide staff management days and purchase consultancy expertise to build capacity in understanding of social investment..
24/05/2016	Declined as was for employment/ skills training and, as such, fell outside your priorities.

Background and detail of proposal

This proposal responds to information secured through the tenants' survey where over 50% reported experiencing mental ill health with the most common conditions being extreme anxiety linked to post traumatic stress and coping with grief. This creates difficulties for individuals in terms of building and maintaining relationships,

socialising and accessing and maintaining employment. This information is backed up by observations from the delivery of the existing Lifeskills service.

This project will provide for specific interventions led by the Mental Health worker and supported by volunteers. Interventions include: an initial wellbeing interview identifying individual aspirations and barriers, development of individual plans and support to achieve aspirations, regular reviews where tenants will review progress and guide next stages and support to access mainstream mental health services. CIHA does and will continue to work with specialist refugee agencies, and other local community services making and receiving referrals and accompanying individuals to appointments and meetings. CIHA has become more skilled at accessing mental health services and this project will contribute to strengthening relationships with Local Authority and Health providers, to ensure continued and improved access to statutory mental health services.

In addition the Mental Health Worker will develop and support wellbeing groups in CIHA accommodation projects in Hackney and Haringey, to improve knowledge of emotional and mental wellbeing, provide a safe space for service users to talk about their issues and provide peer support. These sessions will be developed in partnership with individuals who use the services and supported by volunteers. The project will also provide training to staff which will increase staff knowledge and understanding of mental and emotional wellbeing and increase staff confidence facilitating improved relationships.

Financial Information

The organisation has £57,994 held in a property acquisition reserve, with the aim of purchasing new properties in the future. You awarded this organisation a Stepping Stones Grant recently to support an asset review with a view to refinancing and realising some equity to purchase a new property. It intends to use some of the equity released to strengthen its free reserves.

Year end as at 31st March	FY 15/16	FY 16/17	FY 17/18
	Audited Accounts	Audited Accounts	Forecast
	£	£	£
Income & expenditure:			
Income	1,693,658	1,814,750	1,528,523
- % of Income confirmed	n/a	n/a	98%
Expenditure	(1,605,443)	(1,809,826)	(1,416,701)
Total surplus/(deficit)	88,215	4,924	111,822
Split between:			
- Restricted surplus/(deficit)	(921)	22,349	65,533
- Unrestricted surplus/(deficit)	89,136	(17,425)	46,289
	88,215	4,924	111,822
Cost of Raising Funds		0	9,464
- % of income	0.0%	0.0%	0.6%
Operating expenditure (unrestricted funds)	1,537,308	1,752,005	1,297,544
Free unrestricted reserves:			
Free unrestricted reserves held at year end	177,867	149,196	195,485
No of months of operating expenditure	1.4	1.0	1.8
Reserves policy target	768,654	876,003	648,772
No of months of operating expenditure	6.0	6.0	6.0
Free reserves over/(under) target	(590,787)	(726,807)	(453,287)