

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <p style="text-align: center;"><b>Causeway Irish Housing Association</b></p>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Haringey</b>	
Contact person: <b>Mr Alan D'Arcy</b>	Position: <b>Assistant Director</b>
Website: <b>http://www.irishcauseway.org.uk</b>	
Legal status of organisation: <b>Registered Charitable Industrial and</b>	Charity, Charitable Incorporated Company or company number: <b>25228r</b>
When was your organisation established? <b>01/07/1986</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <p style="text-align: center;"><b>Improving Londoners' Mental Health</b></p>					
Which of the programme outcome(s) does your application aim to achieve? <b>More refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health</b> <b>More LGBT people accessing mental health services resulting in improved mental health and reduced mental distress</b>					
Please describe the purpose of your funding request in one sentence. <b>Enable young migrants experiencing mental ill health, due to loss or trauma, to improve their mental health, leading to more independent productive and happier lives.</b>					
When will the funding be required? <b>03/07/2017</b>					
How much funding are you requesting? <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Year 1: <b>£28,000</b></td> <td style="width: 33%;">Year 2: <b>£28,000</b></td> <td style="width: 33%;">Year 3: <b>£28,000</b></td> </tr> </table>			Year 1: <b>£28,000</b>	Year 2: <b>£28,000</b>	Year 3: <b>£28,000</b>
Year 1: <b>£28,000</b>	Year 2: <b>£28,000</b>	Year 3: <b>£28,000</b>			
<b>Total: £84,000</b>					

**Aims of your organisation:**

The object of the Association is to carry on for the benefit of the community the business of providing short term or other housing and any associated amenities for homeless person and in particular for Irish homeless persons in necessitous circumstances upon terms appropriate to their needs. The Association shall have the power to do all things necessary or expedient for the fulfilment of it's objectives. The Association shall not trade for profit.

Mission Statement: To provide housing and skills development to young people in need, particularly those of Irish origin and other migrants, providing a space in which they can attain independence.

**Main activities of your organisation:**

CIHA provides low cost accommodation in shared houses and self contained flats to vulnerable groups. We focus on people from migrant and refugee backgrounds. All new tenants attend an assessment/induction meeting where skills gaps and support to address identified gaps is discussed. A tailored support plan is drafted, including activities such as money and budgeting advice, help to secure employment, and help to get to know the local area and overcome isolation through organised social activities.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>9</b>	<b>1</b>	<b>7</b>	<b>7</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>Rented</b>	<b>Indefinite</b>

## Summary of grant request

CIHA houses 240 men and women, 160 of whom come from migrant and refugee backgrounds. Currently 102 of our tenants have fled recent conflict zones within the last 10 years. Our 2016 tenant need survey revealed that 120 of our tenants, experience mental ill health. 90% of our tenants come from BAME communities, the majority from East Africa. The most common conditions our tenants report are extreme anxiety linked to post traumatic stress disorder and coping with grief. Over 50% of our tenants reported regular feelings of low self-worth and anxiety. This leads to difficulty socialising or maintaining employment.

We seek funding to employ a part time mental health worker to provide short term interventions and structured activities such as wellness groups. The post will carry out initial assessments, resulting in a SMART action plan to include referrals to mainstream mental health services. Also to wellbeing activities such as healthy eating and exercise. Additionally the mental health worker will run 2 weekly in house wellbeing groups open to all Causeway tenants. One of the groups will be themed around relaxation and healthy eating as this is a need for our clients. The post will be 30 hours per week and will work across our shared houses in Haringey and Hackney. Groups will be delivered at our premises in Haringey and Hackney.

We are a BME led organisation and we have housed and supported migrants and refugees for 30 years. Our Lifeskills service helps people with issues such as mental health, addictions, and debt and rent arrears. A mental health worker will work closely with this service to identify those who may be struggling with mental ill health.

A dedicated mental health worker will enable our tenants experiencing grief, trauma and loss to access mainstream support services. The post will also work with specialist refugee agencies to build referral pathways and help our clients sustain engagement. The post will do this through making links with agencies, accompanying clients to their first appointment and meeting clients regularly.

22 of our tenants identify as LGBT. 14 of those report experiencing trauma due to their experiences as refugees from conflict zones. The post will create person centred support plans for LGBT clients, including referrals to LGBT specific services. Our LGBT clients report higher levels of loneliness and isolation. The post will set up an LGBT mental health network, to organise social activities and support for LGBT clients. The network will meet monthly.

Our tenants will guide their own support. All users of the service will be involved in planning support groups and activities. We will do this through one to one conversations and surveys to determine our tenant's priorities for the service. With service users we will set clear objectives for each group or activity and canvass opinions on whether or not groups met the stated outcomes.

We employ and support volunteers to deliver aspects of our work, such as welfare visits. To increase the capacity of our service we will recruit 2 volunteers to work alongside the mental health worker. Volunteers will access all of our core training, including mental health first aid and an introduction to group work. Our Volunteers will assist in running groups and enable the service to carry out home visits to people who do not engage well.

Our tenants group is diverse and come from many different cultural background, faiths and ethnicities. Our mental health service will be culturally sensitive and build close links with specialist support agencies.

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?

**London Accredited Landlord Scheme,**

### **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.

**A structured programme of 1:1 meetings with all tenants and local residents identified as needing support with their mental health, to identify the level of support they need and create some baseline data so together with the client we can monitor, evaluate and revise progress.**

**Creating time limited support plans to include referrals to specialist mental health services and referrals to culturally specific services. Assist tenants to engage through befriending, accompanying and help with transport costs.**

**Facilitate 2 x weekly in house well being groups. Groups to be themed around areas that improve mental health, for example relaxation, exercise and healthy eating. Constant review of progress and potential revision of progress, referring them back to 1:1 support where required.**

**Support LGBT client to access LGBT specific counselling and support services. Establish LGBT well being network. Create baseline data and facilitate client/provider joint monitoring and revision.**

**Work with our housing staff to improve their confidence in working with tenants who are experiencing mental health issues. Through supporting staff to deal sensitively with issues such as hoarding, noise and anger management.**

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.

**95% clients accessing the service reporting an improvement in overall mental health. Through accessing mainstream mental health services and/or culturally/sexuality specific mental health support services. Including counselling to support with grief, abandonment and loss. Clients are involved in and benefit from reviews and revised support through monitoring and evaluation.**

**95% clients supported to sustain engagement with mainstream, specialist and Wellbeing services. This will take the form of accompanying to initial appointments, help with fares and someone to talk to.**

**95% clients to report a reduction in feelings of isolation, anxiety and low self worth. This will be achieved through well being groups, social activities and referrals to counselling services. Further individual support for highly personal issues not dealt with in group session addressed and progressed in 1:1 sessions**

**22 LGBT clients to be offered 1:1 support and to report a healthy and positive attitude to their sexuality. Support to self monitor their progress and review and revise the support they want.**

**1005 of our housing staff will report feeling more confident when working with people who experience mental ill health. Through help planning interventions, home visits and running short training courses. This will result in them being better able to identify and support people with mental health conditions.**

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?

**We have secured a contract from Innisfree Housing Association to provide our Lifeskills training to their tenants, we are also discussing a contract with another housing association and a social services department . It will take time to develop this, we will develop a business plan to maximise potential, we will seek funding until we can secure sufficient income.**

## Who will benefit?

### About your beneficiaries

How many people will benefit directly from the grant per year? <b>90</b>
In which Greater London borough(s) or areas of London will your beneficiaries live? <b>Haringey (55%)</b> <b>Hackney (35%)</b> <b>Islington (5%)</b> <b>Tower Hamlets (5%)</b>
What age group(s) will benefit? <b>16-24</b> <b>25-44</b> <b>45-64</b>
What gender will beneficiaries be? <b>All</b>
What will the ethnic grouping(s) of the beneficiaries be? <b>A range of ethnic groups</b> <b>Mixed / Multiple ethnic groups</b> <b>Black/ African/ Caribbean/ Black British (including African; Caribbean; Any other Black/ African/ Caribbean background)</b>  If Other ethnic group, please give details:
What proportion of the beneficiaries will be disabled people? <b>1-10%</b>

**Funding required for the project****What is the total cost of the proposed activity/project?**

<b>Expenditure heading</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
Salary, employers NI and Pension	£23,850	£23,850	£23,850	<b>£71,550</b>
Office costs	£1,000	£1,000	£1,000	<b>£3,000</b>
Training	£1,000	£1,000	£1,000	<b>£3,000</b>
Travel	£500	£500	£500	<b>£1,500</b>
Mobile phone	£250	£250	£250	<b>£750</b>
Management costs	£1,400	£1,400	£1,400	<b>£4,200</b>
Client fares material and subscriptions	£2,000	£2,000	£2,000	<b>£6,000</b>
<b>TOTAL:</b>	<b>£30,000</b>	<b>£30,000</b>	<b>£30,000</b>	<b>£90,000</b>

**What income has already been raised?**

<b>Source</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
Causeway	£2000	£2000	£2000	<b>£6000</b>
<b>TOTAL:</b>	<b>£2,000</b>	<b>£2,000</b>	<b>£2,000</b>	<b>£6000</b>

**What other funders are currently considering the proposal?**

<b>Source</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
<b>TOTAL:</b>				

**How much is requested from the Trust?**

<b>Expenditure heading</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
Salaries	£23,850	£23,850	£23,850	<b>£71,550</b>
Office costs	£1,000	£1,000	£1,000	<b>£3,000</b>
Training	£1,000	£1,000	£1,000	<b>£3,000</b>
Travel	£500	£500	£500	<b>£1,500</b>
Mobile Phone	£250	£250	£250	<b>£750</b>
Management costs	£1,400	£1,400	£1,400	<b>£4,200</b>
<b>TOTAL:</b>	<b>£28,000</b>	<b>£28,000</b>	<b>£28,000</b>	<b>£84,000</b>

## 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	67,214
Activities for generating funds	0
Investment income	147
Income from charitable activities	1,618,602
Other sources	7,695
<b>Total Income:</b>	<b>1,693,658</b>

Expenditure:	£
Charitable activities	1,597,659
Governance costs	7,784
Cost of generating funds	0
Other	0
<b>Total Expenditure:</b>	<b>1,605,443</b>
<b>Net (deficit)/surplus:</b>	<b>88,215</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>738,791</b>

Asset position at year end	£
Fixed assets	1,166,733
Investments	0
Net current assets	-102,205
Long-term liabilities	325,737
<b>*Total Assets (A):</b>	<b>738,791</b>

Reserves at year end	£
Restricted funds	14,152
Endowment Funds	24
Unrestricted funds	724,615
<b>*Total Reserves (B):</b>	<b>738,791</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?  
0%

### 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	0	0	27,360
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 £
City of London & local authorities / councils	0	0	49,770
Crisis	50,000	50,000	50,000
Central government departments -----	50,000	50,000	0
Irish Government Emigrant Support Grant (DION)	15,000	15,000	15,000
Other statutory bodies -----	0	0	0
East End Community Foundation	0	0	714
Trusts and foundations -----	15,000	17,214	0
	0	0	0
Corporations -----	0	0	0
	0	0	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: **Alan D'Arcy**

Role within                      **Assistant Director**  
Organisation: