

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Depaul UK	
If your organisation is part of a larger organisation, what is its name? Depaul International	
In which London Borough is your organisation based? Southwark	
Contact person: Mr Mark Crow	Position: Trusts & Foundations Manager
Website: http://www.depaulcharity.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 802384
When was your organisation established? 23/10/1989	

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 children and young people receiving specialist help, resulting in improved mental health More homeless and transient people having access to mental health services and reporting improved well-being		
Please describe the purpose of your funding request in one sentence. The London Wellbeing & Mental Health Coordinator will improve young homeless people's understanding of mental health, lead wellbeing workshops, and enable access to specialist services.		
When will the funding be required? 01/12/2017		
How much funding are you requesting?		
Year 1: £40,000	Year 2: £40,000	Year 3: £40,000
Total: £120,000		

Aims of your organisation:

Since 1989, Depaul UK has accommodated and supported very vulnerable young homeless people, helping them move from homelessness and isolation to independence and wellbeing.

Vision. Everyone should have a place to call home and a stake in their community.

Mission. We aim to end homelessness and change the lives of those affected by it.

Values. We work with all faiths and none, our core values are:

?We celebrate the potential of people

?We put our words into action

?We aim to take a wider role in civil society

?We believe in rights and responsibilities.

Main activities of your organisation:

Depaul UK now supports over 3,000 people each year.

Over 1,100 young people live in our Depaul homes in the UK. In London, these are in Westminster, Brent, Greenwich, Camden and Bromley.

Our award winning Nightstop services offer safe emergency accommodation for young people in the homes of trained volunteer hosts. Depaul directly runs Nightstop services in London, the North East, Cumbria, Sheffield and Manchester. Depaul's Nightstop UK accredits a network of 33 Nightstops in total, delivering around 13,000 safe nights of accommodation each year.

The ?Get Up & Go? programme works with at least 300 young people a year, providing young clients with mentoring, training and opportunity to gain employment. The project also promotes positive mental and physical health through targeted activities. More than 100 community volunteers support this work.

In London, Depaul has youth panels of current and former service users who meet regularly, interview senior appointments to the charity, and influence decisions at all levels.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
190	38	13	304

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	15 years

Summary of grant request

Depaul has long understood that the young people in our accommodation services have significant mental health issues, whether diagnosed or not. A 2017 analysis of Depaul's client data, revealed 285 (62%) of the 552 sample had a recognised mental health (MH) need. Given this high incidence of MH issues among the young people we work with, we are determined to empower them more and make it easier to access wellbeing and MH support.

Depaul is keen to prioritise positive MH, to engage all the young people, volunteers and staff we work with around the issue. This means understanding that wellbeing and MH is relevant to us all. It is important to focus on building resilience and coping strategies, to put in place strategies to prevent MH deteriorating and to know where to turn when problems arise.

The young people Depaul supports and accommodates have come through traumatic events, experiencing violence, abuse and neglect. It is hardly surprising that many are facing anxiety, depression or that they self harm. Further, MH issues in the 16-25 age group are likely to be missed and they are also reluctant to engage with clinical interventions (Knapp et al, 2016).

In addition to research from 2012 by Depaul/AZ demonstrating the high levels of MH need in young homeless people, a pilot by Depaul in partnership Get Mindfuel in 2015, and an ongoing cross organisational Depaul MH Working Group, all underpin this funding bid.

The pilot run by clinical psychologists, and the Working Group containing a number of MH specialists, both reported young people's frustration in attempting to engage with statutory health services, long waiting times and lacking the right language to talk about MH issues. Staff too, felt frustrated in their attempts to advocate on young people's behalf and often unequipped to know how best to support them.

The Get Mindfuel pilot included sessions on positive wellbeing, everyday mindfulness, using strengths to bounce back and coping strategies. Participants were enthusiastic, with one young person commenting: 'It's a great help to any problem you have, it can help with anything.' Another: 'It helped me to prepare, feel more confident in groups.'

The London Wellbeing & MH Coordinator will build on these resources. The post will receive referrals from across Depaul's accommodation projects, linking them with internally and externally run workshops to engage young people around wellbeing and resilience, reduce stigma, and refer young people onto more specialised treatment (eg. counselling). The Coordinator will also support front line workers on MH issues and services.

When waiting times for statutory MH services are an issue, we will look to leverage additional financial support from our corporate supporter Deloitte in the form of case by case grants, to access private MH treatment.

The aims of the project align closely with the City Bridge programme priorities, with more young people receiving specialist MH help and homeless people accessing MH services.

Depaul has been supporting disadvantaged young people in London since 1989. Our expertise includes running a specialist MH accommodation project in Camden as part of the MH Pathway there. The Get Up & Go (GUAG) programmes team reaches all young people in our accommodation with engagement and health activities. GUAG accesses the support of around 100 volunteers nationally, it is driven by the active participation and feedback of service users. Depaul supports young people of all religions, nationalities, race and sexualities. Diversity is promoted across the charity. Depaul is committed to reducing its carbon footprint, our new London centre for example is paper-free, champions recycling on all floors, and Skype meetings have reduced travel to and from other centres.

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?

Open College Network London Quality Mark; Work Experience Quality Standard (National Council for Voluntary Organisations); Quality Assessment Framework

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.

24 MH and wellbeing workshops/activities in London held per annum (72 over 3 years)

100 young people supported to improve resilience and learn about positive wellbeing

25 staff in London trained in supporting their own and young people's positive wellbeing/MH support

30 young people p.a. supported to access specialist MH treatment/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.

Young homeless people are more resilient, better informed about positive wellbeing, their choices and their rights.

Staff working with young people are better informed about the wellbeing and MH needs of young people as well as their own wellbeing and MH.

MH issues addressed and prevented through treatment options including CBT, other counselling and treatments.

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 see increased support for young people in terms of their mental health and wellbeing as a priority. We would therefore seek to use the evidence of impact gained over the course of the grant to sustain it. We would approach current or prospective supporters to do this, whether individuals, trusts, companies or others.

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?

Greenwich (40%)

Brent (30%)

Bromley (15%)

Westminster (10%)

Camden (5%)

What age group(s) will benefit?

16-24

25-44

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?

1-10%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary, NI, Pension	38,871	38,871	38,871	116,613
Employee Travel and Subsistence	250	250	250	750
Therapy/Supervision/Counselling	5,000	5,000	5,000	15,000
Computer Hardware	500	500	500	1,500
Client Participation	1,000	1,000	1,000	3,000
Stationery	500	500	500	1,500
Overheads 15%	6,918	6,918	6,918	20,754
	0	0	0	0
	0	0	0	0

TOTAL:	53,039	53,039	53,039	159,117
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Deloitte	13,039	13,039	0	26,078
People's Postcode Lottery	0	0	13,039	13,039
	0	0	0	0
	0	0	0	0

TOTAL:	13,039	13,039	13,039	39,117
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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
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary, NI, Pension	31,871	31,871	31,871	95,613
Employee Travel and Subsistence	250	250	250	750
Therapy/Supervision/Counselling	0	0	0	0
Computer Hardware	500	500	500	1,500
Client Participation	1,000	1,000	1,000	3,000
Stationery	500	500	500	1,500
Overheads 15%	5,879	5,879	5,879	17,637
	0	0	0	0
	0	0	0	0

TOTAL:	40,000	40,000	40,000	120,000
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Finance details

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

Financial year ended:	Month: December	Year: 2016
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Income received from:	£
Voluntary income	2,914,000
Activities for generating funds	48,000
Investment income	6,000
Income from charitable activities	9,476,000
Other sources	0
Total Income:	12,444,000

Expenditure:	£
Charitable activities	11,084,000
Governance costs	
Cost of generating funds	801,000
Other	0
Total Expenditure:	11,919,000
Net (deficit)/surplus:	559,000
Other Recognised Gains/(Losses):	6,000
Net Movement in Funds:	565,000

Asset position at year end	£
Fixed assets	3,185,000
Investments	47,000
Net current assets	1,635,000
Long-term liabilities	270,000
*Total Assets (A):	4,597,000

Reserves at year end	£
Restricted funds	749,000
Endowment Funds	0
Unrestricted funds	3,848,000
*Total Reserves (B):	4,597,000

* 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?
71-80%

Organisational changes

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

Major change was relocation to Sherborne House in LB Southwark (March 2017). The move is already having a positive influence on how we work, coordinate services, welcome young people. The new centre cafe is a big part of this. In the long term the centre will help us become more financially sustainable due to reduced rent (lease is through charitable organisation, Sherborne in the Community).

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	2,326,923	2,326,923	2,326,923
London Councils	80,000	80,000	80,000
Health Authorities	0	0	0
Central Government departments	0	440,000	470,000
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 £
BIG Lottery Fund	97,384	98,968	75,836
Porticus UK	148,000	95,000	57,000
Garfield Weston Foundation	7,500	100,000	100,000
May & Stanley Smith Trust	29,250	62,578	75,138
Monument Trust	45,000	45,000	20,000

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: **Mark Crow**

Role within **Trusts & Foundations Manager**
Organisation: