

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Mind in Harrow</b>	
If your organisation is part of a larger organisation, what is its name? <b>Affiliated to/independent of Mind</b>	
In which London Borough is your organisation based? <b>Harrow</b>	
Contact person: <b>Mr. Mark Gillham</b>	Position: <b>Chief Executive</b>
Website: <b><a href="http://www.mindinharrow.org.uk">http://www.mindinharrow.org.uk</a></b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1067480</b>
When was your organisation established? <b>11/04/1997</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 children and young people receiving specialist help, resulting in improved mental health</b>		
Please describe the purpose of your funding request in one sentence. <b>The pioneering Harrow HeadsUp Consortium will improve the mental-health of 3030 diverse and vulnerable 14-25 year-olds through a programme of five evidence-based, specialist mental-health interventions.</b>		
When will the funding be required? <b>01/09/2017</b>		
How much funding are you requesting?		
Year 1: <b>£108,697</b>	Year 2: <b>£110,282</b>	Year 3: <b>£111,392</b>
<b>Total: £330,371</b>		

**Aims of your organisation:**

We are passionate about empowering local mental health service users towards mental health recovery. At Mind in Harrow we believe no one should have to face a mental health problem alone and we won't give up until everyone experiencing mental ill-health gets both respect and support.

In co-production with service users and from a user-led perspective we

- provide the highest quality mental health services, information and support
- raise awareness and promote understanding of mental health
- support service users to campaign and engage decision makers to improve local services

In all our work we strive to

- reflect the diversity of Harrow's community and reach its most disadvantaged, marginalised and vulnerable community members
- maximise expertise by working with local specialists and harnessing the national expertise of Mind
- continuously improve how we engage people about mental health

**Main activities of your organisation:**

We deliver 12 person-centred projects to 8000 users pa - from preventative and awareness-raising activities to projects supporting individuals experiencing severe and enduring mental ill-health. Examples include our;

**THERAPEUTIC SUPPORT:** Every year 1500 use our Talking Therapies Service and 6000 our unique Helpline for crisis information and support -our online directory is endorsed by Mind as England's 'most comprehensive local online resource'

**USER INVOLVEMENT:** Harrow User Group (HUG) is England's largest user-led group. In a recent survey 94% said HUG "significantly supports their mental health recovery."

**IMPROVED WELL BEING:** Now in its 21st year, our flagship educational & leisure courses have helped 3000+ reduce their isolation, learn a new skill and step towards recovery. And in the last 3 years alone our employability project has trained/supported 80 service-users with severe and enduring ill-health to engage 1000+ local employees in mental health awareness training.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>16</b>	<b>12</b>	<b>13</b>	<b>90</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>5 years</b>

## Summary of grant request

### PROJECT NEED

It is estimated 19,000 young Londoners in Harrow experience mental ill-health and local need outstrips supply by 30-60%. Local research/experience of 6 specialist mental-health/young peoples' organisations identifies

- (i) lack of a 'joined-up' approach including specialist outreach & early intervention through schools which is nationally evidenced as 'one of the most effective tools to improving young peoples' mental-health'
- (ii) increasing local rates of youth self-harm, unmet mental-health needs of young people with ADHD/autism and the young LGBT+ community and a lack of specialist support for young refugees/unaccompanied minors

These findings were corroborated by consultation with mental-health experts/young people's organisations/200+ local young people including those with lived-experience of mental ill-health; who also identified the need for a local project which was 'a non-stigmatising, friendly model offering a Pick 'n' Mix menu of professional support and incorporating young people as role models' These needs have been built into the 3 year project-delivery model as below;

### PROJECT DELIVERY

The pioneering Harrow HeadsUp Consortium will improve the mental-health of 3030 young people (aged 14-25) by delivering the following evidence-based, specialist mental-health interventions;

- (i) 54 outreach early-intervention peer-led mental health workshops in a variety of settings including schools, colleges, youth services engaging 2600 young people (delivered by Mind in Harrow)
- (ii) 1700 specialist one-to-one or group sessions engaging 430 young people and addressing four local priority issues of Self-harm, ADHD/Autism and culturally-specific mental health needs of 'hard to reach' LGBT+ and young refugees/unaccompanied minors. These sessions will be delivered by five expert consortium partners with an exceptional track-record as below.
- (iii) 'Easy-access' and 'seamless' support between consortium projects will be facilitated via a user-friendly referral-form and a highly organised, active and collaborative consortium model.

### WHAT THE PROJECT AIMS TO ACHIEVE/MEETING THE TRUST'S OUTCOME

HeadsUp will ensure "more young people receive specialist help, resulting in improved mental health" because the HeadsUp Consortium is greater than the sum of its parts. We will introduce 'joined-up working' and increase local capacity to fill a significant gap in current service provision. We aim to

- support more young people most vulnerable to mental ill-health towards recovery
- develop services from the young person's perspective to overcome barriers to engagement
- recognise Harrow's diverse young community is best served by a choice of specialist mental-health services accessed at points of early-intervention

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?

**Mind in Harrow, the consortium lead, holds Mindful Employer and the independently assessed Mind Quality Management Accreditation which includes**

## **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.

**Mind in Harrow will deliver 54 'early-intervention' specialist mental-health workshops in schools/youth-based settings for 2600 young people experiencing/at risk of mental-health problems. Delivered by 36 trained volunteers, of similar age, with lived experience of mental ill-health, our hour-long workshop-model is evidenced to be "among the most effective public mental-health interventions"**

**WISH will deliver 60 group-sessions and 520 one-to-one/therapy-sessions engaging 100 young people who self-harm/experience suicidal feelings. Delivered by psychotherapists and peer-mentors close to the age of the client-group (many with prior personal experience of the issue) this specialist psycho-educational programme enables young people to self-identify, understand, control and stop self-harming.**

**CAAS will deliver training courses & mentoring for 195 young people with ADHD/autism who disproportionately experience anxiety disorders/depression. A specialist youth-worker will deliver 130 one-to-one/group sessions (including peer-led workshops) and 9 specialist training-courses designed from the young-persons' perspective to empower them to develop their voice, resilience and mental-health coping strategies.**

**Paiwand will deliver 780 one-to-one therapy & 14 group-sessions for 105 young refugees/asylum-seekers/unaccompanied minors experiencing disproportionate mental-distress including post-traumatic-stress-disorder. Often using sport/other activities as an "acceptable point of entry" due to acute cultural mental-health stigma, specialist counsellors will provide holistic/multi-disciplinary/culturally-appropriate support in community-languages addressing young people's complex mental-health/related support needs.**

**Mosaic will deliver 150 specialist youth-work sessions/workshops and 36 one-to-one mentoring-sessions for 30 young LGBT+ people experiencing disproportionate mental distress including internalisation of homophobia, negative self-esteem and self-harm/suicidal thoughts. The engagement and support will enable them to meet like-minded peers and build a sense of identity, voice and improved mental-health.**

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.

**More young people from diverse backgrounds, facing particular vulnerabilities and inequalities engage in specialist outreach and early intervention resulting in improved mental-health of which (i)70% have improved mental health coping strategies and (ii)70% have increased ability to care for their own mental-health - evidenced through self-assessment/focus-groups/data monitoring/performance indicators/independent project-evaluation**

**More young people experiencing self-harm and suicidal thoughts receive specialist help resulting in reduced risk of which (i)80% stop/significantly reduce self-harming and (ii)85% reduce suicidal thoughts, feelings and attempts, - evidenced through clinical baseline assessment & regular review/data monitoring/performance indicators/independent project evaluation.**

**More young people with ADHD and autism receive specialist mental health support resulting in their improved mental health of which (i)80% experience reduced isolation preventing further mental health issues and (ii)65% have increased self-esteem and resilience - evidenced through baseline/end of engagement questionnaires/data monitoring/ performance indicators/independent project evaluation.**

**More young refugee/asylum-seekers/unaccompanied minors experiencing trauma/grief/loss access culturally-appropriate mental health support resulting in improved mental health of which (i)75% experience reduced symptoms of trauma including anxiety and stress and (ii)75% have increased self-esteem and resilience - evidenced through clinical baseline assessment & regular review/data monitoring/performance indicators/independent project evaluation.**

**More young LGBT+ people access specialist culturally-appropriate mental health support resulting in improved mental health of which (i)70% experience reduced isolation and negative self-image and (ii)70% have improved sense of belonging and self-esteem, evidenced through baseline/end of engagement questionnaires/data monitoring/ performance indicators/independent project evaluation.**

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 will commission an independent report to review project success - including analysis of professional/clinical/service-user self-evaluation and make recommendations to improve project impact and effectiveness. This learning will**

## Who will benefit?

### About your beneficiaries

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

**3,030**

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

**Harrow (100%)**

What age group(s) will benefit?

**0-15**

**16-24**

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?

**11-20%**

## Funding required for the project

— Subsequently Revised  
— see Annex A

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Partnership co-ordination	4,653	4,723	4,794	14,170
HeadsUp Outreach & Early Intervention Project Coordinator (1fte)	34,243	34,757	35,278	104,278
HeadsUp ADHD & Autism Young People Worker/Mentor (0.3fte)	8,738	8,869	9,002	26,609
HeadsUp Senior LGBT+ Young People Worker/Mentor (0.25fte)	10,000	10,150	10,302	30,452
HeadsUp Young People Refugee & Asylum-Seeker Therapist (0.4fte)	9,644	9,789	9,936	29,369
HeadsUp Self harm Psychotherapist AND Support Group Worker (0.25fte)	10,000	10,150	10,302	30,452
Group work for young people; sessions, workshops, courses	10,035	10,185	10,338	30,558
Evaluation, staff/vol training, publicity, office/premises costs	10,471	10,583	10,196	31,250
Supervision & governance	10,913	11,077	11,243	33,233
<b>TOTAL:</b>	<b>108,697</b>	<b>110,283</b>	<b>111,391</b>	<b>330,371</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
None	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>

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

Source	Year 1	Year 2	Year 3	Total
None	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>

### How much is requested from the Trust?

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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	95,551
Activities for generating funds	0
Investment income	18,631
Income from charitable activities	919,382
Other sources	1,200
<b>Total Income:</b>	<b>1,034,764</b>

Expenditure:	£
Charitable activities	944,874
Governance costs	0
Cost of generating funds	17,100
Other	0
<b>Total Expenditure:</b>	<b>961,974</b>
<b>Net (deficit)/surplus:</b>	<b>72,790</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>72,790</b>

Asset position at year end	£
Fixed assets	18,165
Investments	7,884
Net current assets	626,282
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>652,331</b>

Reserves at year end	£
Restricted funds	81,376
Endowment Funds	0
Unrestricted funds	570,955
<b>*Total Reserves (B):</b>	<b>652,331</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?  
61-70%

### 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	177,953	225,966	276,986
London Councils	0	0	0
Health Authorities	347,619	324,218	431,157
Central Government departments	0	31,873	48,413
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	2,358	87,316	84,830
Comic Relief	29,084	38,245	35,601
Tudor Trust	30,000	30,000	30,000
Trust for London	6,250	25,000	18,750
Henry Smith Charity	0	0	22,200

### 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 Gillham**

Role within                      **CEO**  
Organisation:

## Funding required for the project – Appendix A

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

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### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
None	0	0	0	0
	0	0	0	0
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<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
None	0	0	0	0
	0	0	0	0
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<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?

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