

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;">Everyman Project</div> | |
| If your organisation is part of a larger organisation, what is its name? no | |
| In which London Borough is your organisation based? Islington | |
| Contact person: Ms LALIT JOSHI | Position: PROJECT DEVELOPER/FUNDRAISER |
| Website: http://www.everymanproject.co.uk | |
| Legal status of organisation: Registered Charity | Charity, Charitable Incorporated Company or company number: 1113568 |
| When was your organisation established? 31/08/2005 | |

Grant Request

| | | |
|---|------------------------|------------------------|
| Under which of City Bridge Trust's programmes are you applying? <div style="text-align: center; margin-top: 10px;">Making London Safer</div> | | |
| Which of the programme outcome(s) does your application aim to achieve? More survivors of domestic violence accessing good quality support services that help them to improve their safety, health and well-being More survivors of domestic violence accessing good quality support services that help them to improve their safety, health and well-being | | |
| Please describe the purpose of your funding request in one sentence. Funds are requested for delivery of free proactive services to empower victims/survivors and to improve their safety, health, wellbeing including safety planning on keeping children safe. | | |
| When will the funding be required? 01/11/2017 | | |
| How much funding are you requesting? | | |
| Year 1: £24,005 | Year 2: £25,920 | Year 3: £25,920 |
| Total: £75,845 | | |

Aims of your organisation:

Everyman Project operates for the benefit of the public by promoting eradication of male violence, in particular intimate and interpersonal violence, and relieving victims/survivors from the effect of such violence.

Our aim is to address root causes of violence, empower men and women so that both are able to have safe relationships, make informed choices, and enjoy improved well being. We enable individuals to break cycles of domestic and other interpersonal violence through our counselling programme for men and partner support service for the partners of the men (including same sex partners)/victims/survivors of violence.

Counselling programme for men is a unique, seven-month-long (30 weeks) integrative therapeutic programme designed to support and challenge men to cease their violent /abusive /controlling/ coercive behaviours consisting of 13 weekly one-to-one counselling sessions followed by 16 weekly group counselling sessions.

Partner Support Service proactively provides a range of free services including emotional support, practical advice, safety planning guidance and a choice of in person and telephone counselling.

Main activities of your organisation:

Activities include 30 week counselling programme for men, free partner support service for victims/survivors and participation in work to influence policy and practice.

30 week Counselling programme for men incorporates cognitive and educational approaches to challenge and change abusive, violent ,selfish, sexist attitudes and behaviours. Counselling addresses the emotional damage which underlies abusiveness to others. We support and challenge each man to accept responsibility for his own behaviour, for the consequences of his behaviour, and to commit to practicing changing his behaviour. Other programmes available in the UK, referred to as psycho-educational perpetrator programmes, contain a risk that a client will leave therapy without personal and individual issues being addressed.

Throughout the work, the safety of the man's partner or other victims/survivors of his violence is a primary priority. Partner Support Service proactively contacts victims/survivors to offer a range of free services including emotional support, practical advice, safety planning guidance and a choice of in person and telephone counselling.

Number of staff

| Full-time: | Part-time: | Management committee members: | Active volunteers: |
|------------|------------|-------------------------------|--------------------|
| 0 | 10 | 4 | 10 |

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 | Lease expired 18/3/2017 |

Summary of grant request

Our experience and reports cited below indicate a need.

British Crime Survey ..domestic abuse affects one in four women and one in six men, women continue to be overrepresented as victims of domestic violence, suffering physical verbal, social, financial and emotional violence?
<https://www.theguardian.com/commentisfree/2016/dec/14/domestic-abuse-statistics-ons-worse-education>

NHS resource for health professionals about Domestic Violence in London states domestic abuse, is chronically under reported,...', is the leading cause of morbidity for women aged 19-44 - greater than cancer, war... The wider impacts of mental ill health result in around £26 billion each year in total economic and social costs to London.
https://www.london.gov.uk/sites/default/files/gla_migrate_files_destination/Mental%20health%20report.pdf

Early Intervention Foundation estimate cost of late intervention for 2016-2017 to be 16.6 billion pounds.

Our website registered 23,328 Unique Visitors and 48,183 visits. Clients came to us via Social Services, Court Service, CafCass, lawyers and judges General Practitioner, and Improving Access to Psychological Services, and psychiatrists. We received over 1,000 enquiries and had clients all 32 London boroughs, ethnic, social and professional backgrounds.

Our UKCP accredited Psychotherapist proactively contacts partners (victims/survivors) of men joining Everyman Project Mens' counselling programme and offers them free and confidential services. Victims/survivors have a choice of receiving one or all services; emotional and practical support, safety planning guidance, advice and counselling, by phone, in person or in writing.

Last year partners of 105 men assessed were contacted, 78 partners took up services. We delivered 249 in person counselling sessions, 27 telephone counselling sessions and 47 telephone support sessions. The 105 men had 130 children under their care.

We aim to empower victims/survivors to make informed choices, keep themselves and their children safe.

We have been delivering Mens' Counselling for over 20 years and partner support services for over 8 years. In 2009 Kings Fund recognised our work for its contribution to mental health. Service for victims/survivors is run and delivered by a UKCP accredited Psychotherapist. Client feedback has been consistently positive.

We are committed to promoting equal opportunities, diversity and prohibiting unlawful or unfair discrimination.

We have 3 Patrons in the House of Lords, good governance and management. We are members of the Centre for Social Justice Poverty Alliance, Womens' Resource Centre, National Practitioners Network, Mayor's London Assembly Police & Crime Committee, UK SAYS NO MORE CAMPAIGN. We are this year's local Charity partner for TSB Bank Archway.

To improve safety, health and well being of victims/survivors, a UKCP accredited Psychotherapist will be delivering services to victims/survivors from London, providing advice and guidance on keeping yourself and your children safe, and emotional and practical support and counselling. Empowering survivors to make informed choices will in turn enable them to avoid or leave violent, abusive or exploitative situations and reclaim their lives.

Last year, 75% Survivors/victims felt better able to assert themselves, to make decisions and choices 50% reported feeling less isolated from friends, family. 62.5% Survivors/victims felt that the circumstances relating to their children and community life improved. They reported reductions in physical and emotional abuse by their partner and improved We use

communication. Weekly physical abuse dropped from 25% to zero, clients never experiencing emotional abuse doubled from 12.5% to 25%, 50% of partners remained in a relationship with their partner/ex-partner, and 50% did not. feedback from service users, staff and volunteers to develop our service. One trustee formerly staffed a domestic violence helpline. Our clients profile included 41% White UK, and 39% from BAME.

Many counsellors have been volunteering for over 10 years. Currently employed counsellors were former volunteers.

Where possible we use electronic communication, recycle, and switch off electronic equipment and lights.

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? **No**

What Quality Marks does your organisation currently hold?

Our service is accredited by the British Association of Counselling and Psychotherapy. Accreditation 'is for organisations that provide therapeutic counselling/psychotherapy services either as their sole service or as part of a portfolio of mental health and well-being services. Organisations must have a minimum of three qualified practitioners providing distinct counselling/psychotherapy services'.

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.

Proactively provide free services for around 80 new clients; victims/survivors (including same sex partners) of intimate partner/interpersonal violence plus clients receiving ongoing support and counselling, with a choice of one or all services including emotional and practical support, advice, counselling and safety planning guidance on how to keep yourself and children safe.

Deliver free emotional and practical support and advice via telephone, in person or in writing for up to 80 new clients, victims/survivors of violence and abuse (including same sex partners) and for clients receiving ongoing support and counselling from Partner Support Services.

Deliver free safety planning guidance and advice via telephone, in person or in writing for up to 80 new clients, victims/survivors of violence (including same sex partners) and for clients receiving ongoing support and counselling from Partner Support Services.

Deliver free counselling via telephone, in person or in writing for up to 80 new clients, victims/survivors of violence and abuse (including same sex partners) and for clients receiving ongoing support and counselling from Partner Support Services.

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.

Victims/survivors attending partner support service are empowered and have greater self Confidence levels, and have rebuilt trust in their ability to make decisions and informed choices

Victims/survivors attending partner support service are empowered and their ability to keep themselves and their children safe , and support their children improve

Victims/survivors attending partner support service are empowered to re-engage in social activity and are feeling less isolated from friends, family or other support

Victims/survivors attending partner support service are empowered to re-engage in work, leisure activities and participation in community life improves.

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?

Organisation is using its reserves to meet its financial obligations.Funds available are sufficient to meet financial obligations until the end of this year. Our current funders will support us for a further 3 years if we have funding support from another funder. In the absence of funding we will need to make difficult decisions about reducing resources, availability of services.

Who will benefit?

About your beneficiaries

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

185

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

London-wide (100%)

What age group(s) will benefit?

All ages

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?

1-10%

Finance details

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

| | | |
|-----------------------|-------------------------|----------------------|
| Financial year ended: | Month: August | Year: 2016 |
|-----------------------|-------------------------|----------------------|

| Income received from: | £ |
|-----------------------------------|----------------|
| Voluntary income | 78,153 |
| Activities for generating funds | 45,479 |
| Investment income | 258 |
| Income from charitable activities | 0 |
| Other sources | 0 |
| Total Income: | 123,890 |

| Expenditure: | £ |
|---|----------------|
| Charitable activities | 75,166 |
| Governance costs | 11,416 |
| Cost of generating funds | 37,764 |
| Other | 12,447 |
| Total Expenditure: | 136,793 |
| Net (deficit)/surplus: | -12,903 |
| Other Recognised Gains/(Losses): | 0 |
| Net Movement in Funds: | 12,903 |

| Asset position at year end | £ |
|----------------------------|---------------|
| Fixed assets | 249 |
| Investments | 0 |
| Net current assets | 85,720 |
| Long-term liabilities | |
| *Total Assets (A): | 85,969 |

| Reserves at year end | £ |
|-----------------------------|---------------|
| Restricted funds | 1,530 |
| Endowment Funds | 0 |
| Unrestricted funds | 84,439 |
| *Total Reserves (B): | 85,969 |

*** 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:

The organisation is using its reserves to meet its financial obligations. The available funds will enable us to meet our obligations until the end of this year. Our current funders will support us for a further 3 years if we have the support of another funder. In the absence of funding we will need to make difficult decisions about reducing resources availability of services.

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 Partner Support Coordinator (PSP) | 12,397 | 12,802 | 12,802 | 38,001 |
| Administrative support and web updating | 6,368 | 6,368 | 6,368 | 19,104 |
| Professional Supervision and Training PSP | 1,630 | 1,630 | 1,630 | 4,890 |
| Volunteer Travel expenses, subsistence and Training | 1,000 | 1,000 | 1,000 | 3,000 |
| Office expenses/printing leaflets/accreditation/memberships | 370 | 420 | 420 | 1,210 |
| Premises ; Rent and Rates | 900 | 3,500 | 3,500 | 7,900 |
| Office equipment and maintenance | 1,250 | 100 | 100 | 1,450 |
| Audit accounts/insurance | 90 | 100 | 100 | 290 |

| | | | | |
|---------------|---------------|---------------|---------------|---------------|
| TOTAL: | 24,005 | 25,920 | 25,920 | 75,845 |
|---------------|---------------|---------------|---------------|---------------|

What income has already been raised?

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

What other funders are currently considering the proposal?

| Source | Year 1 | Year 2 | Year 3 | Total |
|---|----------|----------|----------|----------|
| Oak Foundation considering overall Project Costs; they are not considering this proposal in isolation | 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 |
|---|---------------|---------------|---------------|---------------|
| Salary ,NI Pension Partner Support Coordinator (PSP) | 12,397 | 12,802 | 12,802 | 38,001 |
| Administrative support and web updating | 6,368 | 6,368 | 6,368 | 19,104 |
| Professional Supervision and Training PSP | 1,630 | 1,630 | 1,630 | 4,890 |
| Volunteer Travel expenses, subsistence and Training | 1,000 | 1,000 | 1,000 | 3,000 |
| Office expenses/printing leaflets/accreditation/memberships | 370 | 420 | 420 | 1,210 |
| Premises ; Rent and Rates | 900 | 3,500 | 3,500 | 7,900 |
| Office equipment and maintenance | 1,250 | 100 | 100 | 1,450 |
| Audit accounts/insurance | 90 | 100 | 100 | 290 |
| TOTAL: | 24,005 | 25,920 | 25,920 | 75,845 |

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 | 0 |
| 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 £ |
|---|-------------|-------------|------------------|
| Lloyds TSB Foundation for England and Wales | 13,000 | 13,000 | 0 |
| Oak Foundation | 45,187 | 0 | 78,817 |
| Tudor Trust | 20,000 | 0 | 0 |
| | 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: **Ms Lalit Joshi**

Role within **Project Developer/ Fundraiser**
Organisation: