

MEETING: 31/1/2018

Ref: 14392

ASSESSMENT CATEGORY - Improving Londoners' Mental Health

Helen Bamber Foundation

Adv: Kate Moralee

Base: Camden

Amount requested: £100,000

Benefit: London-wide

Amount recommended: £100,000

The Applicant

The Helen Bamber Foundation (HBF) is a charity based in London and was founded in 2005. The charity aims to support survivors of extreme human cruelty and human trafficking to achieve sustained recovery, rebuild their lives and integrate and thrive in their communities. HBF is recognised as a specialist in this arena and is the only organisation focussing on delivering NICE-guideline compliant, evidence-based, treatments for trauma survivors of extreme cruelty.

The Application

In January 2015 you awarded HBF £150,000 towards the salary and related costs of the charity's Head of Therapies post to provide specialist integrated care to improve and sustain the mental health, safety, and well-being of refugees and asylum seekers who have experienced trauma (including trafficking). This application requests continuation funding towards the salary and related costs of the charity's Head of Therapies post. This post leads on the development and implementation of a three-stage recovery service providing specialist integrated care to support survivors' recovery. This post will also lead on providing evidence to demonstrate the effectiveness of the model, dissemination of the evidence and ensuring the evidence is used to inform the policy environment.

The Recommendation

HBF has developed considerable experience in therapeutic interventions supporting individuals experiencing enduring trauma. It has pioneered a model of three stage approach to provision of support. Although it has demonstrated the effectiveness of the therapeutic interventions (Stage 2) it has recently developed and refined its client pathway. The proposal integrates research and evaluation of the pathway to demonstrate the effectiveness of the approach. This evidence and model can then be shared with other providers of services to those experiencing prolonged trauma and in the policy environment to shape policy. The request meets your criteria for consideration for a further two years' support as the work is unique, strategic and of benefit London-wide.

£100,000 over two further and final years (2 x £50,000) towards the f/t salary of the Head Therapist and associated costs for the delivery, evaluation and dissemination of the three-stage process to recovery for individuals in London exposed to enduring trauma.

Funding History

Meeting Date	Decision
28/01/2015	PROJECT DESCRIPTION £150,000 over three years (3 x £50,000) towards the salary and related costs of the organisation's Head of Therapies post.

21/01/2010	£12,000 (£7,000, £5,000) towards the cost of a Creative Arts Programme involving traumatised London refugees in a musical performance.
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Background and detail of proposal

The psychological impact of prolonged periods of traumatic violence, exploitation and torture is profound and has an impact on multiple levels. Survivors suffer complex trauma induced conditions including flashbacks, disassociation, panic attacks, hypervigilance, hypo vigilance, shame, guilt and anxiety. Survivors experience reduced capacity for autonomy and their personal safety continues to be at immediate and continued risk. The journey to freedom and safety, including negotiating and navigating the refugee and asylum seeker systems reinforce and retraumatise individuals.

HBF has a wealth of experience and expertise of delivering trauma focussed therapy, which supports individuals to come to terms with their traumatic experiences. Over the last three years HBF has developed a better understanding of the recovery journey and has recently introduced two other clear and defined stages, (stabilisation stage 1 and integration stage 3) into the recovery journey. This now presents a clear and defined pathway for individuals and moving through the three stages supports individuals to full recovery to become thriving members of their new communities.

This proposal will build the research and evidence to demonstrate the differences made by each stage of the recovery journey. The aim is to demonstrate that the addition of stages one and three are significantly transformative for the client group. The evidence will be shared through reports in clinical and medical journals, as well as through the various forums and networks of which it is a member across London. Training will be delivered to the voluntary and health sector with the aim being that the model be adopted and integrated into other services.

HBF contributes to the national and international recognition of human trafficking and contributed to Trafficking Care Standards which have been adopted in all contracts providing support to adult victims of modern day slavery in the UK. HBF will continue to contribute new evidence in this arena to improve standards and influence policy.

Financial Information

HBF has moved from organisational annual deficits to surplus due to the professionalisation of the fundraising approach in 2015. This has had a significant impact on the organisation in terms of raising income, diversifying income streams and in driving an organisational restructure and identifying economies to improve overall efficiency.

Year end as at 31st December	2016 Audited Accounts £	2017 Forecast £	2018 Forecast £
Income & expenditure:			
Income	1,068,816	1,396,526	1,444,161
- % of Income confirmed @ 15/12/17	n/a	n/a	41%
Expenditure	(1,112,364)	(1,235,076)	(1,428,348)
Total surplus/(deficit)	(43,548)	161,450	15,813
Split between:			
- Restricted surplus/(deficit)	24,400	7,491	14,335
- Unrestricted surplus/(deficit)	(67,948)	153,959	1,478
	(43,548)	161,450	15,813
Cost of Raising Funds	191,195	188,000	188,000
- % of Income	17.9%	13.5%	13.0%
Operating expenditure (unrestricted funds)	840,748	826,479	1,146,190
Free unrestricted reserves:			
Free unrestricted reserves held at year end	526,334	680,293	681,771
No of months of operating expenditure	7.5	9.9	7.1
Reserves policy target	210,187	206,620	361,040
No of months of operating expenditure	3.0	3.0	3.8
Free reserves over/(under) target	316,147	473,673	320,731

