

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Helen Bamber Foundation	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Camden	
Contact person: Ms Rachel Roseblade	Position: Grants Manager
Website: http://www.helenbamber.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1149652
When was your organisation established? 28/04/2005	

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 refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services 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. HBF's specialist therapy service for refugees and asylum seekers who have suffered trauma because of torture, human trafficking or other forms of extreme human cruelty.		
When will the funding be required? 01/02/2018		
How much funding are you requesting?		
Year 1: £50,000	Year 2: £50,000	Year 3: £0
Total: £100,000		

Aims of your organisation:

The Helen Bamber Foundation (HBF) supports survivors of extreme human cruelty including torture and human trafficking who are refugees and asylum seekers. Our aim is to support survivors to achieve sustained recovery and rebuild their lives. This is a three-stage process:

Stage 1 Stabilisation - we help survivors to gain stability by avoiding further re-victimisation, finding a safe and secure place to live and accessing the appropriate health and welfare support.

Stage 2 Trauma-focussed therapy - we help survivors to confront and overcome their traumatic experiences and develop / regain confidence, resilience, Independence and agency.

Stage 3 Integration - we help survivors to integrate into the community, including helping survivors to secure legal status in the UK, access education and employment and develop positive relationships necessary to live successful, independent and fulfilling lives.

Main activities of your organisation:

HBF delivers a specialist Model of Integrated Care for refugees and asylum seekers who have suffered torture, human trafficking and extreme cruelty including:

? specialist psychological therapies to treat trauma-related psychological conditions;

? medical advisory clinics to co-ordinate appropriate services;

? expert medico-legal documentation to help survivors apply for legal protection;

? housing and welfare casework to overcome crisis situations;

? physical rehabilitation activities to rebuild strength and improve self-image;

? specialist counter-trafficking service to help survivors access specialist care and protection;

? Integration activities to support survivors to identify and work towards their future life goals.

As an expert in the field of recovery from trauma caused by torture and human cruelty, we undertake pioneering research into the treatment of trauma and publish results in well-respected clinical journals. We provide expert contributions to influential policy forums, publish advice and guidance and deliver training to enable specialists and non-specialists to better understand and address the needs and vulnerabilities of survivors.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
11	12	8	48

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	5.5 years with a break clause

Summary of grant request

Need

The psychological impact of prolonged periods of violence and exploitation is profound. Survivors suffer complex trauma-induced conditions, notably PTSD, with symptoms including: flashbacks, dissociation, panic attacks, depression and anxiety. In addition, survivors suffer reduced capacity for autonomy and agency and their personal safety continues to be at immediate and continued risk long after escaping the traumatic experiences in their past.

Aims

HBF's specialist therapies to help clients through the three stages of recovery from trauma:
Stage 1 stabilisation ? Improving understanding and management of trauma symptoms
Stage 2 trauma-focused therapy - coming to terms with their traumatic experiences
Stage 3 integration - building autonomy and agency to safely engage in society

Delivery

Each year we deliver 2,000 specialist individual therapy sessions and 150 group therapy sessions benefitting more than 200 survivors.

Why HBF

HBF is the only NGO focussing on delivering NICE-guideline compliant and evidence-based treatments for trauma for survivors of extreme cruelty. Many mental health services for refugees and asylum seekers offer long-term counselling as opposed to trauma-focussed therapy within a three stage model. Non-specialist counselling is not recommended for people suffering PTSD; the unorganised exploration of traumatic experiences can re-trigger and exacerbate symptoms. Research has shown that trauma-focussed therapy reduces the disabling symptoms of PTSD, even if the client continues to experience complex and destabilising challenges. Currently, the refugees and asylum seekers we treat at HBF could not access this treatment elsewhere.

What we have learned from the past 3 years

City Bridge Trust has supported this project for three years. During that time, we have developed and refined our client pathway. HBF's increasing focus on delivering evidence-based trauma-focussed treatments fills a gap in services available for our client population; our increasing attention to integrating research and evaluation is demonstrating the effectiveness of this approach and adding significantly to the evidence-base. We will also now focus on developing and evaluating our stage 3 (Integration) interventions, to ensure refugees and asylum seekers can not only recovery from trauma but live full independent lives.

How the project will meet the Trust's programme outcome

Refugees and asylum seekers find accessing specialist mental health services particularly difficult. Asylum seekers can be moved frequently, which is a barrier to accessing treatment as each move means a return to the end of a waiting list. HBF is the only option to access regular trauma-focussed treatment. As our therapy service is fully integrated into our physical health and housing and welfare services, we enhance the effectiveness of our impact as refugees and asylum seekers, many of whom experience homelessness and unsafe housing, access practical support alongside mental health support.

Volunteers

This project is supported by up to 25 volunteers, including trainee clinical psychologists, volunteer clinical psychologists, psychotherapists and assistant psychologists who are supported with line management and clinical supervision.

Diversity

HBF works with survivors from over 90 countries. We value diversity by being culturally sensitive in our practice and ensuring we have access to interpreters of more than 50 languages.

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 Living Wage Employer

Silver Award for recycling

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.

Stabilisation stage Interventions including:

Individual treatments

? **Psycho-education (evidence-based therapeutic Intervention providing information and support to better understand and cope with illness) including information on responses to trauma, symptom management and relaxation techniques**

? **Pilot modalities including: psycho-education intervention for survivors of labour exploitation**

Group treatments

? **Psycho-education Group**

Trauma-focussed interventions including

Individual treatments

? **Narrative Exposure Therapy (NET)**

? **Eye Movement Desensitisation and Reprocessing (EMDR)**

? **Trauma-informed Cognitive Behavioural Therapy (CBT)**

Group treatments

N/a

Integration stage interventions including

Individual treatments

? **Integrative psychotherapy**

Group treatments

? **Therapeutic community group**

? **Women's group**

? **Assertiveness group**

? **Pilot modalities including Compassionate Mind Therapy group**

n/a

n/a

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.

Increased stabilisation including

?Increased ability to understand trauma symptoms (reduced fear of symptoms)

?Improved ability to manage acute trauma symptoms e.g. flashbacks, nightmares including grounding and relaxation techniques

?Reduced risk and harm (including self-harm, harm to others and harm from others)

?Improved understanding of rights

?Increased feelings of trust

? Reduction of PTSD symptoms and other psychological consequences of trauma

? Improved ability to come to terms with their traumatic experiences

? Improved skills to change behaviour and style of thinking to better cope with stressful situations.

? Improved capacity to reflect on situations and make future life decisions.

Improved ability to overcome barriers to integration, including

?Psychological barriers

o reduced feelings of self-blame and self-criticism

o improved ability to socialise and maintain inter-personal relationships

?Psycho/social barriers

o Improved confidence

o Improved assertiveness

?Skills barriers

o improved problem-solving skills

o improved access to education

o employability skills

n/a

n/a

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?

HBF's specialist therapy service is central to our Model of Integrated Care and will continue. We will seek restricted and unrestricted voluntary funding from trusts and foundations, corporates and individual donors to continue to fund it.

Who will benefit?

About your beneficiaries

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

200

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

London-wide (100%)

What age group(s) will benefit?

16-24

25-44

45-64

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?

41-50%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff costs: Including NI and pension for 1.9 FTE clinical staff and 0.8 FTE administrative / support staff. Clinical staff (part time) 1 x Medical Director, 1 x Head of Therapy, 5 x Psychotherapists. (full time) 1 x Clinical Psychologist.	112,046	115,408	0	227,454
Project Delivery Costs: Including Medical Insurance Cover, Volunteer expenses (4 volunteer Therapists, 5 Clinical Trainees, 6 Assistant Psychologists and 2 Research Support roles), client travel, interpreters and refreshments.	53,164	54,759	0	107,924
Core costs: Including pro rata contribution to office and premises costs, governance, fundraising, communications, pension, training, supervision and recruitment.	70,989	73,118	0	144,107
TOTAL:	236,199	243,285	0	479,485

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Oak Foundation	7,499	0	0	7,499
Comic Relief	10,857	3,654	0	14,511
	0	0	0	0
	0	0	0	0
TOTAL:	18,356	3,654	0	22,010

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Henry Smith Charity	25,000	25,000	0	50,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	25,000	25,000	0	50,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff costs: Including NI and pension contribution to Head of Therapy	23,719	23,719	0	47,437
Project Delivery Costs: Including pro rata contribution to Medical Insurance Cover, Volunteer expenses client travel, interpreters and refreshments.	11,254	11,254	0	22,508
Core costs: Including pro rata contribution to office and premises costs, governance, fundraising, communications, pension, training, supervision and recruitment.	15,027	15,027	0	30,055
TOTAL:	50,000	50,000	0	100,000

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	842,462
Activities for generating funds	0
Investment income	651
Income from charitable activities	225,703
Other sources	0
Total Income:	1,068,816

Expenditure:	£
Charitable activities	913,609
Governance costs	8,591
Cost of generating funds	190,164
Other	0
Total Expenditure:	1,112,364
Net (deficit)/surplus:	-43,548
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	-43,548

Asset position at year end	£
Fixed assets	10,220
Investments	0
Net current assets	559,069
Long-term liabilities	0
*Total Assets (A):	569,289

Reserves at year end	£
Restricted funds	32,733
Endowment Funds	0
Unrestricted funds	536,556
*Total Reserves (B):	569,289

*** 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:

n/a

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 £
Sigrld Rausing Trust	100,000	100,000	100,000
Comic Relief	45,000	45,000	36,260
Give Way to Freedom	29,051	33,313	22,136
Oak Foundation	0	64,140	90,159
The Freedom Fund	18,933	25,053	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: **Rachel Roseblade**

Role within **Grants Manager**
Organisation: