

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: CHANCE UK	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Islington	
Contact person: Ms Navinder Kaur	Position: Business Development Manager
Website: http://www.chanceuk.com	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1046947
When was your organisation established? 05/05/1995	

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
Please describe the purpose of your funding request in one sentence. To reduce behavioural and emotional difficulties and develop social and emotional skills and resilience in children aged 5-11 through a year-long specialist mentoring programme.
When will the funding be required? 02/04/2018
How much funding are you requesting? Year 1: £28,000 Year 2: £30,000 Year 3: £33,000 Total: £91,000

Aims of your organisation:

Chance UK is a specialist early intervention organisation using a solution-focused mentoring model to work with children aged 5-11 with behavioural and emotional difficulties.

The children that we work with are at risk of educational exclusion, anti-social and/or criminal behaviour and poor mental health in adolescence and early adult life. Our overall short term aim is to reduce children's behavioural difficulties by the end of the mentoring year and improve their emotional and social wellbeing. The longer term aim is to reduce the risk of escalating difficulties and to help children to achieve their potential and contribute positively to society.

Our aim is to empower children to develop their skills, and life aspirations through a year-long mentoring programme, by supporting children to develop higher self-esteem and self-efficacy; improved positive coping skills, ability to regulate emotions and behaviour; improved social and relationship skills and improved decision-making skills.

Main activities of your organisation:

Referrals to our service in Islington, Lambeth and Westminster come from primary schools, Pupil Referral Units (children excluded from mainstream schools), Child and Adolescent Mental Health Services (CAMHS), Local Authority Children's Social Care.

Each child is assessed using the Goodman Strengths and Difficulties Questionnaire (SDQ), and those accepted onto the programme have 'abnormal' levels of behavioural and emotional difficulties: hyperactivity and conduct problems, emotional symptoms, poor social skills and peer relationship difficulties.

Each child is matched with an adult volunteer mentor who acts as a role model and works with the child on a weekly basis (2-4 hours) for a year, supporting the child to develop a range of personal, social and educational skills.

Alongside the mentoring, the parents/main carers are supported through the Parent Programme, and receive 1:1 and group support to develop effective parenting skills including healthy relationships with their child/ren, behaviour management strategies that enable changes made in the year to be sustained after the mentoring ends.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
14	3	10	160

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	10 years

Summary of grant request

The crisis in young people's mental health has been well-documented. Recent research by UCL shows that demand for specialist services is growing with recent evidence that Child and Adolescent Mental Health Services (CAMHS) are, on average, turning away nearly a quarter of children referred to them for treatment by concerned parents, GPs, teachers and others. Half of all cases of adult mental illness start by the age of 14, meaning early intervention to support children's mental health is vital.

In London, there is a greater need for this type of support as the 2016 Lightning Review conducted by the Children's Commissioner England shows London as amongst the poorer performing areas in terms of immediate access to relevant CAMHS treatment, and has greater numbers of children waiting for CAMHS services.

CUK leads on early intervention work and for over 22 years has worked with children assessed as having 'abnormal' levels of behavioural and emotional difficulties, with children experiencing hyperactivity, conduct problems, emotional symptoms (i.e. anxiety and depression), poor social skills and peer relationship difficulties. This is a group for whom the future outcomes will be poor unless there is early intervention with the right support.

The project aims to improve the wellbeing of vulnerable children aged 5-11 with behavioural and emotional difficulties, through a collaborative partnership between CUK and Islington, Lambeth and Westminster CAMHS services.

CUK's intervention builds the social and emotional skills identified by the Allen Review (2011) as critical in shaping children and young people's mental wellbeing and positive adult outcomes. Support will also engage parents to address some of the broader risk factors and access specialist services for themselves and their children. A greater number of children with behavioural and emotional difficulties will receive early intervention specialist services, resulting in improved mental health by supporting parents and their children to engage with CAMHS and CUK's year-long mentoring programme. 88% of children will have overall reductions in behavioural and emotional difficulties by the end of the mentoring year, with 47% having no behavioural difficulty at all.

This will be achieved by:

CUK providing year-long solution-focused mentoring to children referred directly by Lambeth CAMHS. These children will be experiencing 'abnormal' levels of difficulties, and are on CAMHS waiting list or are/have been recently discharged from the service but still have significant difficulties. During 2017, CUK developed a referral pathway and pilot project with Lambeth CAMHS.

CUK will work collaboratively with Islington, Lambeth and Westminster CAMHS to engage children that are already receiving CUK's mentoring service and have been referred to CAMHS by schools, social care and other agencies but are not engaging with CAMHS and falling through the net.

CUK's will alongside the child mentoring provide up to 12 months of solution-focused support to their parents/main carers through practical 1:1 and group support.

CUK's service is child-led, and takes into account the needs and interests of each child in designing their mentoring programme and goals. Our core service is delivered by adult volunteer mentors, and come from many different backgrounds and sectors and are highly valued and supported by the programme team.

Continues overleaf

Continued from previous

CUK aims to influence local and national policy and change patterns of funding and commissioning of services across the UK, to ensure prevention of problems or interventions as early as possible after their appearance in young children, rather than waiting until they have grown in significance and become entrenched later. There is a significant gap in early intervention provision is clear from the fact that enquiries into matters such as school exclusion and gang activity still frequently ignore primary school aged children in their focus and plans.

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?

Project Oracle - Level 2 Standards of Evidence. Project Oracle is London's youth evidence hub led by the GLA. We also have been awarded full validation from the Centre for Excellence and Outcomes (C4EO) for our mentoring processes. C4EO are a Govt funded body which brings together excellence in local practice, combined with high quality research and data about what works in children and young people's services. Validation from C4EO is received by only 9% of organisations that apply for the accreditation.

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.

15 children referred directly by CAMHS, and 60 children referred by primary schools, pupil referral units and children's social care, as part of a broader programme of supporting children and families with CAMHS 'involvement'.

Each child matched on a 1:1 basis with a carefully selected and trained adult volunteer mentor.

75 child/mentor pairs meet weekly (2-4 hours), with a minimum of 40 weekly sessions for a year. Support focused by each mentor on the individual child, their needs and challenges he/she faces. Sessions take place after school or at the weekend in local parks, sports centres, libraries, cafes and museums.

Each mentor will act as a role model and use solution-focused techniques to encourage positive and acceptable behaviour options, reframing of negative self-images through identification of strengths and qualities, building safe/healthy/appropriate relationships and the development of a range of more effective personal, social and educational skills.

Alongside mentoring, CUK provides up to 12 months of 1:1 and group support to 56 parents/main carers of the children being mentored. Focus on development of parenting capacity - behaviour management, healthy attachments with their child/ren, and addressing their own needs by accessing specialist services and wider support networks

Collaborative partnerships with 3 London CAMHS, and multi-agency professionals to ensure that children and families engage with specialist support services. At end, provide programme evaluation and report and share the impact and learning with commissioners and policy makers, to support early identification and intervention with this 'at risk' group.

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.

Reductions in children's internalised and externalised behavioural difficulties, with 88% of children showing reductions by the end of the mentoring year, and 48% with no behavioural difficulty at all, measured by the Goodman Strengths and Difficulties Questionnaire (SDQ)

Increase in children's pro-social behaviour - showing kindness, empathy and volunteering to help others by the end of the mentoring year as measured by the SDQ. 60% of children showing increase.

Higher self-esteem and self-efficacy in children by the end of the mentoring year, measured by validated tools. Currently we are trialling the Children's Hope and Children's Harter Scales, and we are in the process of reviewing the evaluation tools we will use in the future.

Increase in parental self-esteem and self-efficacy, measured by validated tools such as the Parent Empowerment and Efficacy Measure (PEEM). We will use the PEEM to measure parent functioning before and after the mentoring year, and parental sense of control/capacity to engage confidently with the challenges of being a parent.

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 aim to continue the activity by securing funding to grow this work and reach a greater number of children in the areas in which we are providing our service as well as in new areas by sharing the outcomes, impact and learning from this project to influence commissioning of services within the CAMHS arena.

Who will benefit?

About your beneficiaries

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

44

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

Lambeth (60%)

Islington (20%)

Westminster (20%)

What age group(s) will benefit?

0-15

25-44

45-64

What gender will beneficiaries be?

Male

Female

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
Senior Programme Manager	12,500	12,875	13,261	38,636
Programme Manager - salary and on-costs (f/t)	38,183	39,328	40,507	118,018
Parent Programme Manager	19,027	19,597	20,184	58,808
Volunteer mentor activity costs	5,000	5,000	5,000	15,000
Volunteer mentor travel costs	6,000	6,000	6,000	18,000
Organisational costs	7,000	7,500	8,000	22,500
Volunteer recruitment and training	5,000	5,000	5,000	15,000
	0	0	0	0
	0	0	0	0
TOTAL:	92,710	95,300	97,952	285,962

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Battersea Power Station Foundation	40,000	40,000	0	80,000
Walcot Foundation	25,000	25,000	0	50,000
	0	0	0	0
	0	0	0	0
TOTAL:	65,000	65,000	0	130,000

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Charles Hayward Foundation	25,000	25,000	25,000	75,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	25,000	25,000	25,000	75,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Programme Manager (salary and on-costs)	28,000	30,000	33,000	91,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	28,000	30,000	33,000	91,000

Finance details

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

Financial year ended:	Month: March	Year: 2017
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Income received from:	£
Voluntary Income	151,793
Activities for generating funds	0
Investment Income	464
Income from charitable activities	904,222
Other sources	0
Total Income:	1,056,479

Expenditure:	£
Charitable activities	933,794
Governance costs	6,636
Cost of generating funds	54,438
Other	0
Total Expenditure:	994,868
Net (deficit)/surplus:	61,611
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	61,611

Asset position at year end	£
Fixed assets	10,775
Investments	
Net current assets	478,516
Long-term liabilities	226,180
*Total Assets (A):	263,111

Reserves at year end	£
Restricted funds	7,558
Endowment Funds	0
Unrestricted funds	255,553
*Total Reserves (B):	263,111

*** 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?
1-10%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts: We are in the process of undertaking an organisational restructure, which means that our projected income for 2018/19 is considerably less than the 2017/18 financial year. This is partly as a result of 2 large 3 & 4 year grant funding programmes from the Big Lottery coming to an end namely Reaching Communities and Realising Ambition.

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	220,500	158,000	128,000
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	8,877	9,034	3,169
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 (2 programmes)	162,724	469,618	275,379
Garfield Weston Foundation	90,000	10,000	0
Esmee Fairbairn Charitable Trust	0	60,000	70,000
Holbeck Charitable Trust	40,000	40,000	40,000
John Lyons Charlyty	30,000	30,000	30,000

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: **Navinder Kaur**

Role within **Business Development Manager**
Organisation: