

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Metro Centre Limited	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Lambeth	
Contact person: Mr. Fred Crossman	Position: Head of Mental Health
Website: http://www.metrocharity.org.uk/	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1070582
When was your organisation established? 01/01/1984	

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 LGBT people accessing mental health services resulting in Improved mental health and reduced mental distress More children and young people receiving specialist help, resulting in Improved mental health
Please describe the purpose of your funding request in one sentence. We aim to improve the Mental Health and Wellbeing of Young LGBTQ Londoners through counselling to reduce anxiety, depression, self harm and suicidal ideation.
When will the funding be required? 01/04/2018
How much funding are you requesting? Year 1: £41,628 Year 2: £41,848 Year 3: £0 Total: £83,476

AIMS of your organisation:

At METRO we aim to:

- promote health and wellbeing through our transformative services to anyone experiencing issues relating to gender, sexuality, diversity or identity
- use our unique insight, our LGBT heritage and perspective to influence decision makers and to effect positive change
- embrace difference and champion equality, and challenge others to do so too
- work collaboratively with our staff, volunteers, users, partners and supporters to make a difference to people's lives

Main activities of your organisation:

METRO work spreads across five Domains: Mental Health, Youth, Community, Sexual and Reproductive Health and HIV.

In all our domains we aim to design and deliver innovative services that reflect our aim to embrace and celebrate difference.

With specific relevance to this proposal, our Mental Health domain has delivered counselling and peer support interventions for over two decades to LGBTQ people of all ages, while our youth domain focuses on support groups and schools training to ensure young LGBTQ people get the best start in their lives.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
46	34	8	35

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	9

Summary of grant request

METRO aims to continue the work of the LGBTQ Young People's Mental Health and Well Being Programme. This has been funded by City Bridge Trust for the past 3 years, during which time more than 180 number of LGBTQ young people were helped in a range of mental health interventions including one-to-one counselling, online counselling, and family support sessions.

The programme was based on government guidance given in government policy, such as No Health without Mental Health and Closing the Gap: Priorities for essential change in mental health, which argued for more mental health provision, and at a younger age, before issues become entrenched. Since then, the Five Year Forward View for Mental Health indicates that 1 in 10 young people between 5 and 16 have mental health problems and restates the need for greater mental health provision for young people. On top of this, METRO's National Youth Chances survey of over 7,000 LGBTQ young people in England indicates much great suicide ideation and anxiety and depression in LGBTQ young people than in their heterosexual and cisgender counterparts, along with a hesitancy to access mainstream services.

We originally had two delivery foci. The first was to provide the services outlined above, and the second was to chart use of the service borough by borough across London to demonstrate need with the aim of securing continued funding at the end of the programme's three years. However, unexpected demand has meant that the secondary focus has not been pursued beyond making strong links with professionals and commissioners. This programmatic change was discussed and agreed with our Grant Manager, who also recommended pursuing continued funding for the project.

The project is run by a fully qualified, BACP registered counsellor/psychotherapist with significant experience in counselling young people, ideally in multi-disciplinary teams. The Service Coordinator reports to METRO's Head of Mental Health, while working closely with our Youth Domain, whose range of services generates many client referrals.

The project offers the following services:

- ? One to one Counselling ? 13 sessions (inclusive of Initial Assessment)
- ? Online counselling ? 13 sessions (inclusive of Initial Assessment)
- ? Family Support Sessions, offering guidance, referral/signposting and advice for parents with LGB and, in particular, Trans young people

Having already successfully delivered this programme for 3 years and having a long history of mental health provision for Young LGBTQ people, METRO is uniquely qualified to deliver this service, particularly in an environment where specialist LGBTQ service provision is under threat.

The programme has been shown to deliver successfully against 3 programme outcomes:

- ? more LGBT people accessing mental health services resulting in improved mental health and reduced mental distress
 - ? more children and young people receiving specialist help, resulting in improved mental health
- as well as
- ? a reduction in suicide and self-harm amongst the recognised at risk groups

This is achieved through delivery of the one-to-one and online counselling along with the

Continues overleaf

Continued from previous

family support work. All this work is measured by the YP-CORE, GAD-7 and PHQ9 outcomes tools, and shows decrease in anxiety levels, suicide ideation and self harm.

The Principles of Good Practice are observed by:

- ? ensuring that Young People are consulted at every step of their journey through the programme ? monitoring diversity and targeting under-represented groups through outreach and advertising, as necessary
- ? using volunteer counsellors (at a stage of their training where they are able to see clients) to deliver much of the service, as well as volunteer admin assistants
- ? using a minimum of paper files and operating in line with METRO's Environmental Policy

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?

We are Investors In People, London Living Wage providers, signatories of the London Healthy Workplace Charter

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.

One to One Counselling - face to face. Young people offered initial assessment with the service lead and further 12 sessions with a team counsellor.

One to One Counselling - online. Young people offered initial assessment (face to face or online) with service lead and further 12 sessions with team counsellor.

Family support engagement. This service will be available to families of LGBTQ young people, providing information, guidance, sign posting and mediation. It is assumed 20 families will be helped with a minimum of 3 people per family

Professionals will be engaged and local authority networks built to help better identify and refer LGBTQ young people into service, as well as to understand levels of mental ill health within individual boroughs

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.

Improved mental health and wellbeing of young LGBTQ People. Young people experience reduced anxiety, paranoia , depression.

Improved family relationships, parents/guardians/young people feel more confident to take next steps and support children and each other.

Reduced suicidal ideation reliance or practice of self harm among LGBTQ young people.

Professionals feel more confident referring and supporting LGBTQ young people and are more aware of mental health and wellbeing of LGBTQ young people in their borough.

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?

METRO has a commitment to providing mental health support to young LGBTQ people and is continually looking to broaden and strengthen its provision through strategic planning, innovation of service models, gathering of evidence and pursuit of funding. Before this project ends, METRO will be actively seeking funding for projects supporting LGBT young people's mental health and well being.

Who will benefit?

About your beneficiaries

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

340

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

London-wide (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

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff (3.5 days weekly - £28,950-£30,543, pro rata, plus NI and pensions)	23,507	23,742	0	47,249
Management staff time (2.5 hours weekly @£37,000, pro rata plus NI and pensions)	2,146	2,167	0	4,313
Room rental	6,600	6,600	0	13,200
Promotions, marketing and communications (including IT)	1,200	1,200	0	2,400
Clinical supervision	1,980	1,980	0	3,960
Expenses (staff and volunteer)	700	700	0	1,400
Management and on costs	5,495	5,458	0	10,953
	0	0	0	0

TOTAL:	41,628	41,847	0	83,475
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0

TOTAL:	0	0	0	0
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0

TOTAL:	0	0	0	0
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
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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	64,733
Activities for generating funds	0
Investment Income	1,050
Income from charitable activities	3,141,971
Other sources	0
Total Income:	3,207,754

Expenditure:	£
Charitable activities	2,658,426
Governance costs	61,742
Cost of generating funds	0
Other	341,148
Total Expenditure:	3,061,316
Net (deficit)/surplus:	146,438
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	146,438

Asset position at year end	£
Fixed assets	18,586
Investments	0
Net current assets	908,592
Long-term liabilities	0
*Total Assets (A):	927,178

Reserves at year end	£
Restricted funds	69,426
Endowment Funds	0
Unrestricted funds	857,752
*Total Reserves (B):	927,178

*** 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?
81-90%

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	984,077	1,455,271	2,073,455
London Councils	0	40,000	40,000
Health Authorities	816,632	879,195	209,551
Central Government departments	16,250	276,000	143,983
Other statutory bodies	250,369	471,851	292,715

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 £
Comic Relief	50,000	43,035	32,276
MAC Cosmetics	19,000	44,000	155,995
Henry Smith	0	0	17,500
	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: **Fred Crossman**

Role within **Head of Mental Health**
Organisation: