

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Spear	
If your organisation is part of a larger organisation, what is its name? No	
In which London Borough is your organisation based? Richmond	
Contact person: Mrs Elizabeth Griffiths	Position: Head of Trust Fundraising
Website: http://www.spearlondon.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1122206
When was your organisation established? 01/04/1987	

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 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. Improving the mental health and wellbeing of homeless people by providing peer mentoring and service user involvement activities within SPEAR's Homeless Health Link Service
When will the funding be required? 01/10/2018
How much funding are you requesting? Year 1: £13,350 Year 2: £23,470 Year 3: £23,940 Total: £60,760

Alms of your organisation:

SPEAR is a charity for single homeless people in South West London. Operating since 1987, our charitable objects are ?The relief of persons in need who are homeless or at risk of becoming homeless including, but not limited to, those with substance misuse problems by providing accommodation, service and advice so as to help increase the independence and decrease the marginalisation In society of such person.?

SPEAR recognises that homelessness is much more than just a housing issue. The people we work with experience poor mental health, physical health issues, substance misuse as well as past histories of relationship breakdown, trauma and abuse. We provide personalised support to help people overcome their individual challenges and reach their full potential.

We work in partnership with our service users, staff, volunteers and local community to deliver services that meet the needs of our beneficiaries. SPEAR?s Chief Executive, for example, chairs the Richmond Homelessness Forum, supporting all services working with homeless people locally.

Main activities of your organisation:

We operate across the London boroughs of Richmond, Kingston, Merton, Sutton and Wandsworth. Last year, we helped over 500 people to rebuild their lives through a range of integrated accommodation and support services:

? Rough Sleeper Outreach Teams work in Richmond, Kingston, Wandsworth, Merton and Sutton, finding rough sleepers and making them safe. In 16/17 we found accommodation for 12 people per month.

? Emergency and longer term accommodation helps people with complex needs, women and young people. In 16/17 we provided 170 supported tenancies.

? Tenancy Sustainment Teams help people develop the confidence and skills to live independently. In 16/17, 90% of SPEAR?s supported tenancies were successfully sustained.

? Skills Development Programme helps people with complex issues, low skills and social disadvantage to improve their confidence and wellbeing, develop new skills and find work. In 2016/17, one in four people gained employment.

? Homeless Health Link Service improves the mental and physical health of homeless people.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
52	11	12	96

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

NEED

The number of people rough sleeping in Richmond and Kingston boroughs has risen by 50% since 2012. 140 people were new to the streets in 16/17 and a further 500 single homeless people were estimated to already be sleeping rough or at risk of losing their homes (SPEAR/ Kingston Churches Action on Homelessness/ CHAIN data). The lack of affordable housing is more acute due to the relative affluence of both boroughs and social housing is in very short supply.

Homeless people in both boroughs face complex health issues and health inequality. SPEAR surveyed 199 single homeless people in 2016: 92% had a mental health issues (compared to 30% for the wider population) and 84% had combined mental health, physical health and substance use issues.

As no specialist health care services for homeless people exist in Richmond or Kingston, homeless people must engage with mainstream services for their health issues. However, there are many barriers to accessing mainstream health support: chaotic lifestyles make attending appointments and navigating services difficult; low confidence and past trauma/neglect contribute to a profound mistrust in services; most mental health services exclude people using alcohol or drugs (St Mungo's Broadway/ A Future Now).

THE WORK

SPEAR's Homeless Health Link Service improves homeless people's engagement with primary and secondary health care in the London boroughs of Richmond and Kingston.

Homeless people are assessed for their mental health needs, registered with a GP and referred into secondary treatment. Team members advocate for service users in health care settings to ensure they get the correct diagnosis, understand their treatment and care for multiple conditions is joined up. We provide information and training to help health providers better understand, and respond to, the needs of homeless people.

Central to the service is the peer support and service user involvement programme. SPEAR service users are recruited and trained in peer mentoring roles to provide accompaniment to appointments and one to one befriending. Service user-led activities offer regular group opportunities to organise and attend events and social activities in the community.

AIMS

The programme helps homeless people to build their confidence, skills and self-esteem, to overcome barriers to effective care for mental health issues and better engage in treatment. The service user led and community activities help homeless people to improve their wellbeing. In this way, we meet the Trust's priority outcome 'More homeless and transient people having access to mental health services and reporting improved mental health'. The service is integrated with accommodation and skills/ employment support, to help homeless people to make long term, sustainable changes in their lives.

WHY SPEAR?

The Homeless Health Link Service has run since 2015 and achieved strong outcomes: a 2016 evaluation showed service users' mental health improved by 49% and their confidence in knowing where to get help improved 81%. Three out of five peer mentors from last year are in paid employment. We partnered with local councils, pan London clinical commissioning groups and health and social care agencies to design and deliver the

Continues overleaf

Continued from previous

service. The Young Foundation are undertaking an evaluation to inform future commissioning of health services for homeless people across London.

TRUST GOOD PRACTICE PRINCIPLES?

? We welcome people from diverse backgrounds and aim to recruit staff that represent the diversity, ethnicities and experiences of our clients. One in six current staff has experienced homelessness.

? Service users are involved in the design and delivery of the programme, attending project steering group meetings and feeding back on the service they receive

? Volunteers are central to the project's delivery

? SPEAR's environmental policy identifies steps to reduce our carbon footprint

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?

ISO 9001 Quality Management certificate

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.

Training for 15 peer volunteers to gain the skills and an accredited qualification to become peer mentors. Training will be delivered by Richmond Community College, with support to complete course work and with basic skills provided by the Peer Mentor Worker and basic skills volunteer tutors.

Peer mentoring support for 150 homeless people to help them better access mental health and community support services, through accompaniment and one to one support.

120 service user involvement group meetings and 45 social/ educational or healthy activities to help homeless people to improve their mental well-being, improve their confidence and to socialise

5 training workshops, presentations or forums for health and social care professionals, co-delivered by homeless peer volunteers, to help professionals better understand the barriers homeless people experience to accessing good mental health care

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.

Homeless people in Richmond and Kingston report improved mental wellbeing (confidence, self-esteem and social networks)

More homeless people in the community will access and engage with mental health services

Fewer homeless people in the community report using emergency services for mental health conditions

9 peer volunteers who undertake the peer mentoring training will gain the Open College Network Qualification and 5 peer volunteers will move into paid employment

Health and social care professionals have an improved understanding of the needs of homeless people, improving how they plan and deliver services to them. Local councils, local and pan London clinical commissioning groups will embed the service into their strategic agenda for improving homeless people's health in London.

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?

Yes, by making application to charitable trusts and foundations and the Big Lottery Fund. We aim to evidence the cost benefit of the services to the local authority, local and pan London clinical commissioning groups, with a view to it becoming funded by statutory sources in due course.

Who will benefit?

About your beneficiaries

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

100

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

Richmond (64%)

Kingston (36%)

What age group(s) will benefit?

All ages

16-24

25-44

45-64

65-74

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
Salary of Peer Mentor Worker	18,096	20,686	21,099	59,881
National Insurance	1,322	1,705	1,740	4,767
Pension	532	620	633	1,785
Staff training	338	459	468	1,265
Client costs (training and service user involvement activities)	4,200	4,284	4,370	12,854
Direct costs (travel, subsistence, IT, phones)	1,500	1,530	1,561	4,591
Line management and overheads	3,690	3,764	3,839	11,293
	0	0	0	0
	0	0	0	0
TOTAL:	29,678	33,048	33,709	96,435

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Big Lottery Fund	8,000	0	0	8,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	8,000	0	0	8,000

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Garfield Weston Foundation	5,000	5,000	5,000	15,000
Albert Hunt Trust	2,500	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	7,500	5,000	5,000	17,500

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary of Peer Mentor Worker	10,140	20,686	21,099	51,925
National Insurance	836	1,705	1,740	4,281
Pension	304	620	633	1,557
Training	225	459	468	1,152
Line management and overheads	1,845	0	0	1,845
TOTAL:	13,350	23,470	23,940	60,760

Finance details

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

Financial year ended:	Month: June	Year: 2017
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Income received from:	£
Voluntary Income	149,876
Activities for generating funds	0
Investment income	5,606
Income from charitable activities	1,774,853
Other sources	0
Total Income:	1,930,335

Expenditure:	£
Charitable activities	1,955,901
Governance costs	17,270
Cost of generating funds	149,741
Other	0
Total Expenditure:	2,122,911
Net (deficit)/surplus:	-192,576
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	-192,576

Asset position at year end	£
Fixed assets	2,515
Investments	0
Net current assets	678,611
Long-term liabilities	0
*Total Assets (A):	681,126

Reserves at year end	£
Restricted funds	79,103
Endowment Funds	0
Unrestricted funds	602,023
*Total Reserves (B):	681,126

*** 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?
41-50%

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	881,527	805,048	921,003
London Councils	0	0	0
Health Authorities	84,932	42,466	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 £
Richmond Parish Lands Charity	63,225	0	0
Richard Tait Charity	0	0	43,700
Richmond Parish Lands Charity	0	43,350	0
Hampton Fuel Allotment Charity	39,500	0	0
Hampton Fuel Allotment Charity	0	0	34,000

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: **Elizabeth Griffiths**

Role within **Head of Trust Fundraising**
Organisation: