

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Spitalfields Crypt Trust (SCT)	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Tower Hamlets	
Contact person: Ms Jen Wight	Position: Trust Fundraiser
Website: http://www.sct.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1075947
When was your organisation established? 01/11/1965	

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 A reduction in suicide and self-harm amongst the recognised at risk groups		
Please describe the purpose of your funding request in one sentence. SCT Primary Programme: residential abstinence-based therapeutic support for men with complex needs including addiction, mental illness, homelessness, criminal justice involvement and chronic unemployment.		
When will the funding be required? 09/06/2018		
How much funding are you requesting?		
Year 1: £40,000	Year 2: £40,000	Year 3: £40,000
Total: £120,000		

Aims of your organisation:

SCT's vision is a society where anyone with a complex drug or alcohol addiction can transform their life.

Our aim is to enable people with complex drug and alcohol addictions - usually including a history of homelessness, chronic unemployment and poor mental health - to achieve lasting recovery and a more fulfilling life.

Main activities of your organisation:

We work with over 500 people a year providing long-term services to support them in their recovery journey. We work with those with the most complex issues and tailor our support to meet their individual needs. Our services are listed below:

Primary Programme: (c. 9 months) residential abstinence-based intensive trauma, mental health and addiction therapy with supported move-on accommodation.

Continuing Care Programme: (1-2 years) therapies alongside 25 life skill/practical courses.

Progression: (1-2 years) psychological courses and training, to help people into employment, volunteering, training or education. Also includes supported work experience in our two social enterprises and with external partners.

Choices: (ongoing) a peer-support recovery community with over 30 regular members each week who run a programme of dry events, providing community, friendship and connection.

Drop-In: For homeless and other socially excluded people (who are still using) with art, IT support, women's group and a pre-abstinence group. We refer from the Drop-In into the Primary Programme.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
39	38	6	200

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	109

Summary of grant request

Our Primary Programme is a free, abstinence-based, therapeutic recovery programme, delivered to residents of our recovery hostel.

The programme supports men with multiple and complex needs, including addiction, homelessness, mental ill-health and criminal justice involvement, to gain skills, knowledge and resilience to sustain lifelong recovery, stable accommodation and improved mental health. Our beneficiaries often struggle to access traditional therapeutic support, so after we have housed them, we deliver these services straight to their door.

There is a great need for the project demonstrated by our high occupancy rates and waiting lists. There are many homeless people with complex needs and few programmes like ours.

100% of our beneficiaries have addiction issues (67% with multiple addictions), and 100% have been homeless. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) classes addiction as a mental illness. Over 40% of our residents report a co-current mental illness, and we see many more with undiagnosed depression and anxiety. Lankelly Chase report in 'Hard Edges' 58% of people with substance abuse issues have co-current mental health problems and there are 1,134,555 homeless people with mental health problems in the UK. Many are in deprived urban areas like East London, where we work.

Our qualified therapists address the causes of our beneficiaries' addiction and mental health issues, often linked to childhood trauma. The programme includes; one-to-one counselling, group counselling, psychology education, relapse prevention/CBT and group reflection led by beneficiaries. We have invested in improving mental health as the team has expanded from one PT therapist to three therapists now. We also work with a psychiatrist who provides specialist support.

We have been supporting people with addiction and mental ill health for over 50 years. We are a well-respected and trusted organisation with partnerships with many referral agencies including Health E1 (specialist homelessness GP service). We are well-run, innovative and dedicated with a dynamic management team lead by our CEO Steve Coles. Our project meets CBT's programme outcomes as, with your support, we will provide direct access to therapeutic programs aimed at increasing well-being, strengthening mental health and building communities for homeless people with complex needs. By enabling people to address their addictions and mental health needs, we will reduce the incidence of suicide, overdose and self-harm. Primary Programme manager, Brent, describes substance abuse as 'a long, slow suicide attempt.'

We involve service users in planning by conducting quarterly check-ins where we assess progress and get feedback, which we use in planning future service delivery. We have recently redesigned our Primary Programme which involved talking to beneficiaries and ex-beneficiaries to gather feedback. Ex-service users run our recovery community. Also, service users are on the interview panel for senior members of staff. We have a well-used suggestion box for anonymous feedback.

We welcome people from all backgrounds and our diversity policy states: 'SCT seeks to provide an environment for staff and service users that embraces diversity and is free from direct or indirect discrimination, harassment and victimisation.'

Continues overleaf

Continued from previous

Over 200 volunteers a year are vital to our work. The level of support we give our volunteers is linked to the level of their contribution. We give regular volunteers a volunteer agreement, staff handbook, induction and regular one-to-one support.

We are taking steps to reduce our carbon footprint. We: use recycling bins, print on both sides, use scrap for printing and use eco-friendly cleaning products. Our drop-in uses donated near-sell-by-date food which would otherwise go to landfill. We run 7 charity shops and furniture recycling shop reducing landfill waste. We plan to devise an environmental policy and would welcome an environmental audit.

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?

n/a

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.

Over 550 hours of one-to-one counselling per year gives our beneficiaries a confidential space to explore their issues. It allows us to understand each person's motivation and trauma at a deeper level. This dedicated time is a powerful experience and boosts self-esteem as it is just for them.

Over 5,700 hours of group counselling per year. Evidence shows that group work is an effective tool for recovery. The beneficiaries can support and challenge each other building community and a peer-support network. They develop social skills, like assertiveness, and learn they can resolve conflict without fighting.

Over 1,400 hours of group reflection per year which are beneficiaries-led. It grounds them and starts the day peacefully. They bring readings, music and poetry to share. It establishes group cohesion before the group counselling sessions begin.

Over 1,000 hours of psychology education classes per year exploring themes such as attachment theory or shame. It isn't a lesson, more a discussion, and we link learning to our beneficiaries' lives and situations. It gives them insight into their issues and the causes of their addiction.

Over 1,000 hours of relapse prevention/CBT group per year. These are Cognitive Behaviour Therapy (CBT) focused sessions, giving our beneficiaries tools and techniques to deal with problematic thinking and behaviours as well as cravings and triggers.

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.

Our beneficiaries? mental health has been maintained or improved meaning they lead healthier lives.

Our beneficiaries have increased networks of support meaning they have non-using friends and family to turn to when they are having problems.

Our beneficiaries have increased self-confidence and self-esteem meaning they are better able to deal with any problems that arise.

Our beneficiaries move into recovery leaving behind drug or alcohol abuse.

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?

Primary Programme is an ongoing service, and we intend to continue it after the grant period. From 2017 onwards, there has been a strategic review of income, and we are investing in fundraising and innovative ways to earn income through our charity shops and social enterprises. We expect these resources and approaches to increase income over the coming years.

Who will benefit?

About your beneficiaries

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

20

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

Tower Hamlets (100%)

What age group(s) will benefit?

25-44

45-64

What gender will beneficiaries be?

Male

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?

91-100%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salaries (NI + pension)	127,685	131,132	134,673	393,490
Tutors/Therapists/Counsellors	4,437	4,556	4,679	13,673
Psychologist Costs	5,000	5,135	5,274	15,409
Other premises costs	352	361	371	1,084
Utilities	1,140	1,171	1,202	3,513
IT	1,346	1,383	1,420	4,149
Training	800	800	800	2,400
Evaluation	5,000	5,000	10,000	20,000
Overheads	21,137	21,708	22,294	22,294
TOTAL:	166,897	171,247	175,870	514,014

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Estimated income from SCT Individual and events fundraising	6,897	11,247	15,870	34,014
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Big Lottery Fund	120,000	120,000	120,000	360,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Contribution to salaries of 2 Addiction Counsellors	40,000	40,000	40,000	120,000
TOTAL:	40,000	40,000	40,000	120,000

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	474,571
Activities for generating funds	1,182,028
Investment Income	16
Income from charitable activities	821,992
Other sources	1,532
Total Income:	2,480,139

Expenditure:	£
Charitable activities	1,208,576
Governance costs	25,871
Cost of generating funds	1,113,214
Other	0
Total Expenditure:	2,347,661
Net (deficit)/surplus:	132,478
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	132,478

Asset position at year end	£
Fixed assets	689,869
Investments	1
Net current assets	748,576
Long-term liabilities	160,427
*Total Assets (A):	1,278,019

Reserves at year end	£
Restricted funds	74,004
Endowment Funds	0
Unrestricted funds	1,207,015
*Total Reserves (B):	1,278,019

*** 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?
21-30%

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	466,218	473,504	572,476
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 £
Kirkland and Ellis Int. LLP	25,000	36,400	52,427
Worshipful Company of Vintners	10,000	15,000	50,000
Redevco	0	0	40,000
Scotiabank	0	26,000	0
Awareness Fund	12,000	12,000	12,000

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: **Jen Wight**

Role within **Trust Fundraiser**
Organisation:

Appendix A

City Bridge Trust - revised budget

Mar-18

	Year one	Year two	Year three	Notes
Salary	£29,500	£30,297	£31,115	One Addiction Counsellor FT
NI and Pension (15%)	£4,425	£4,544	£4,667	15%
Other premises costs	£117	£121	£124	A third of total costs
Utilities	£380	£390	£401	A third of total costs
IT	£449	£461	£473	A third of total costs
Training	£267	£274	£281	A third of total costs
Overheads	£9,614	£9,874	£10,140	15%
Total	£44,752	£45,960	£47,201	