

Community Chest Application Summary 2016/2017

Local Authority	St Edmundsbury Borough Council
Organisation	Fresh Start – New Beginnings
Amount Requested	£10,200
Total Project Cost	£10,200
Match Funding	None
Partnerships	Many statutory partners, the Police, CPS, GPs along with charities such as the Sexual Abuse Referral Centre.
West Suffolk Bid?	Yes

Key Points

- Fresh Start: New Beginnings are a registered charity who deliver a family focussed therapeutic treatment service for children who have disclosed sexual abuse.
- Referrals are received from professionals following disclosure and the family is then contacted. Following a full assessment a bespoke treatment plan is prepared by a specialist worker who will then work on a one to one basis with the child.
- There are concerns that families in the St Edmundsbury area are not accessing the services available to them.
- Funding is being sought to raise the profile of the service across St Edmundsbury and then put in place the necessary resources to deal with an increase in referrals as a result of increased awareness.

**St Edmundsbury Borough Council
 Community Chest Grant Application Form
 Part A**

Community Chest funding supports voluntary and community groups who make a contribution to improving the quality of life for people in West Suffolk. The information you provide will help us consider your application. If you have any questions, please give us a call on 01638 719763. Before completing this form, we ask you to please read the guidelines, which are available on:

<http://www.westsuffolk.gov.uk/community/community-grants.cfm>

Please return your completed, signed form and supplementary documents to:

richard.baldwin@westsuffolk.gov.uk

1. Name of your organisation(s):

2. Organisation address details

Address Ln1	333 Felixstowe Road		
Address Ln2			
Address Ln3			
City/Town	Ipswich	Postcode	IP3 9BU
Main phone	01473 353355	E-mail	diana@fsnb.org.uk
Website	www.f.s.-newbeginnings.org.uk.		

Main Contact Person		Second Contact Person	
Title	Mrs	Title	Mrs
Forename	Diana	Forename	Sue
Surname	Porter	Surname	Wright
Role	CEO	Role	Volunteer Fundraiser
Daytime Tel No.	01473 353355	Daytime Tel No.	██████████
Mobile No.		Mobile No.	██████████
Email	diana@fsnb.org.uk	Email	sue.wright@fsnb.org.uk
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1		Ln1	
Ln2		Ln2	
Town		Town	
Post Code		Post Code	

About your organisation

3. What local authority area(s) does your organisation work in?

St Edmundsbury Borough Council and all Suffolk

*Community Chest funding is offered by both St Edmundsbury and St Edmundsbury councils. As the decision making process is different any projects applying for funding across West Suffolk, must apply separately.

4. What is the status of your organisation?

Registered charity	x	Charity number:1149347
Applying for charitable status		
Company limited by guarantee		Company number:
Community Interest Company		8128922
Part of a larger regional or national charity (Please state which one)		
Constituted Community Group		
Social Enterprise		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	7	Service users (2014)	200
Full Time staff / workers	0	Volunteers and helpers (non-management)	17
Part Time staff / workers	14		

6. What is the purpose of your organisation? Please briefly describe why your organisation was set up, its aims and objectives and who primarily benefits from your organisation.

<p>This unique charity was established in 2012, formerly being a project of a national charity. The vision of the CEO, who has 20 years plus experience in this field, was to deliver a family focussed therapeutic treatment service for children who disclosed sexual abuse. The purpose is the provision of therapeutic interventions for children and young people up to 18 years at referral. Acts as a resource for children suffering from sexual behaviour problems arising from their life experiences, provides a service to secondary victims, ie. siblings, and to include children who have a parent who is imprisoned for sexually abusing other children. Provides advice, information to parents and carers to assist their understanding of the reasons for their child's feelings and behaviours and enables them to make appropriate responses. Referrals are received from professionals, following disclosure, and the family is contacted. Following a full assessment of the child's psychological needs, a bespoke treatment plan is prepared by a specialist worker who will work on a 1:1 basis with the child. Reviews and evaluations are made regularly using the skills, experience and knowledge of the specialist worker and the input of the</p>

senior psychologist and management team. Supervision is taken regularly. The needs of the other members of the family are taken into account, with family work part of the therapeutic intervention for parents, siblings etc., Group sessions may be considered for the child/children where appropriate. Whilst the successful outcome of legal action against those who perpetrate is important, the therapeutic process for the victim/s is vital so they can move on from the point of crisis, and it is this movement that this charity puts in place. The aim is to enable families to be able to develop coping strategies, skills and abilities to heal so that the child will become a well-balanced adult who can contribute to society. If the issues are not dealt with, before adulthood the child could become dysfunctional, remain in turmoil, self-harm, have mental health problems, suicidal wishes and not be emotionally stable. The effects of this will also impact upon the economy of the country.

Following consultation with the Police and CPS new support pre-court work has been developed and a service is now available to children who are awaiting court as a witness; that wait can be up to 2 years and the child and family need appropriate support during that time. Care is taken not to alter the child's cognitive recollection of events however, so the work is delicate and sensitively managed.

The primary benefactors are the children aged 0-18 with secondary beneficiaries being family, to include grandparents, friends, teachers etc., in Suffolk, Norfolk and north Essex.

7. What was your organisation's total income for last financial year?

8. What was your organisation's total expenditure for last financial year?

9. Does your organisation have more than six months running costs? No

10. What are your organisation's current unrestricted reserves or savings?

11. West Suffolk prioritises building resilient families and communities that are healthy and active. Please indicate which of the following areas your project contributes towards:

x	A thriving voluntary sector and active communities who take the initiative to help the most vulnerable.
	People playing a greater role in determining the future of their communities.
x	Improved wellbeing, physical and mental health.
	Accessible countryside and green spaces.

About your project – why are you applying for this funding?

12. What do you want the funding for? Please be specific. Please note that 'project' is meant to describe the project for which you are seeking funding, and not your organisation.

Funding is needed two-fold for work in the St Edmundsbury area of the West of the County.

It is realised that families in the St Edmundsbury area are not accessing the services available to them. Statistics evidence that families are not coming forward, even though a child in the family may be a victim of sexual abuse. This project is focussed on the unmet needs in St Edmundsbury and intends to address this situation thus:-

Marketing costs are sought so that FSNB can use its intellectual abilities to target the remote geographical areas of St Edmundsbury to both inform and educate professionals as well as potential service users on the service's availability in the area on an outreach basis. The marketing strategy would include CEO talks to interested audiences, appropriate distribution of the new leaflets and flyers to schools, GP surgeries, libraries, community spaces, and other appropriate settings, articles in local newspapers, radio broadcasts, meetings with individual groups etc., Any means at the disposal of the charity will be used. With funding in place the campaign will be strong yet sensitive to the nature of the subject.

Once the effectiveness of the marketing campaign is seen, funding is then needed to support the families which will inevitably come forward seeking help. Funding is needed to support the costs of the part time specialist therapists, which includes salary costs, supervision costs, report writing time, travel time to the rural areas of the county to deliver sessions local to where people live and are happy to meet, evaluation time with senior psychologist, and an element is sought for travel costs for the child and family to be able to meet the costs of getting to and from the venue. It is important, as an equal opportunity provider to ensure the victims can access the service; many are without their own transport or it would be inappropriate to use the 'family car' etc.,

In addition venue costs are sought for St Edmundsbury area outreach therapy settings.

During 2014, 200 Suffolk children reported being sexually abused with children from the West included in this number. During the period September 2014 to March 2015, 90 children and their families were referred into the service with 20.4% of those families coming from the West. 611 therapeutic sessions were delivered, with 58.9% of the referrals coming from Children's and Young People's Services, 16.6% from the Police, 10% from Health, and 14.4% from other agencies.

13. How has the project been developed out of the community's desire to improve the lives of local people? What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation.

The services of this charity are requested by Suffolk Crime Commissioner and Norfolk Police, as well as Health and Social Services. GP's, hospitals and other agencies request the service almost on a daily basis. Families request this service provision, through their referral routes.

Works closely with the SUFFOLK and NORFOLK SARC's (Sexual Abuse Referral Centre) in Ipswich as a lead organisation. This charity is the agency to which children are referred.

In February 2015, the charity took part in a survey from the NHS England Health Needs Assessment on Children under 13years who have been sexually assaulted. They identified that there is not service for children pre court in Norfolk or Suffolk in fact in the Eastern Counties. The people interviewing us, having looked at the service we provide, asked us to consider providing the service. The police in both counties have been particularly vocal in asking us to provide a service as they are working with the children and families and witnessing them falling apart as they wait for court in some cases they are coming to us saying the child will no longer make a witness due to their extremely low emotional state and they fear the child is likely to try and kill themselves so they need us to help immediately. The government has taken away the court service from victim support so as yet there is not even any one to show the child around court.

In a recent report, John Brown of the NSPCC told the BBC News "there is not enough support for children who have been sexually abused. There is a shortfall of 50,000 places for children who need treatment. The numbers recorded of sexual offences against children in England and Wales has risen by a third", he said.

The project has been developed out of the evidenced need of the community, both at a professional level, to include statutory providers and user/beneficiary levels.

14. How will the project help local people to support one another?

The project is designed and delivered to families so that they can support one another both during the therapeutic healing process and on-going into the future. They will have learned new skills of communication, and have come to understand what has happened to them, as a family. The family will have experienced a traumatic life changing scenario and will emerge stronger and more resilient, and able to recognise other abusive situations, and know how to manage those scenarios.

The wider family will be able to support one another, including teachers, social workers, GP's, and other significant persons in the lives of the child/children. The charity also works with the Courts, Social Services, Health Authorities, and other agencies; all working in partnership to support one another's missions.

15. Are you working with any other organisations on this project? **Yes**

If yes, please state the names of these groups and the nature of the relationship.

The partnerships worked with include many organisations, ~~to include~~ the Police in both Suffolk and Norfolk, SARCS, The Criminal Justice Systems, GP's, Survivors in Transition, a charity for adult survivors of abuse, Health Services, Police & Crime Commissioners in Suffolk and Norfolk, and Clinical Commissioning Groups in Suffolk. The charity also works with the University of Suffolk on research projects. Other partnerships have been established with local companies to include a transport company who promote the work on their vehicles sides, to other small businesses who offer in-kind support or have "dress down days" to raise funds. These are all considered professional partnerships.

16. When will the project start?

17. When will the project finish? or is the project ongoing?
On-going.

If this is an on-going project, how will it be funded and continue going when the funding ends?

It is hoped that funding will continue to be raised during the term of the grant spend so that work can continue in St Edmundsbury. Funding will be deployed to St Edmundsbury if the need in that area is seen to be the greatest, but strenuous efforts are and will be made to ensure funding is in place on an on-going basis to meet future needs. Funding is taken very seriously and an on-going programme of funding applications is managed by the CEO and fundraising officer in line with the charity's fundraising policy and strategy.

18. Which years funding are you applying for? **One initially**

19. How many people do you expect to benefit directly from the project on either a weekly, monthly or annual basis?

St Edmundsbury– initially 5 directly

20. What results (including targets/numbers) do you expect to see as a result of the funding and how do these relate to the Community Chest funding criteria?

The results we expect to see is that 5 children are freed from the traumatic situations they will have experienced as a result of being sexually abused. In addition, there will be at least 35 secondary beneficiaries who will have had an intervention, being family members, to include siblings, cousins etc.,

A thriving voluntary sector and active communities who take the initiative to help the most vulnerable.

Through this work, the agencies and voluntary sector members in the St Edmundsbury District Council area will have been educated about the service and will have been involved in moving people towards the service that they need. This will build strong links with this charity and the agencies in St Edmundsbury and provide the necessary and much needed links into the area that this charity is trying to establish.

Improved wellbeing, physical and mental health

Without doubt a child who has been sexually abused will be demonstrating the effects of that and how that manifests itself can be seen through behavioural problems or psychological issues that have either worsened or are new. The child can suffer from nightmares, flashbacks, suicidal wishes and desires, unwanted intrusive and frightening thoughts, self-harming, disruptive behaviour, at school and in other settings, anxiety, depression, self-blame, becoming a drug user, entering into prostitution, becoming an abuser themselves. The family collectively may suffer from stress related illnesses, and be unable to function adequately, relying on health services or other provisions. Through the therapeutic interventions delivered by this charity, these debilitating issues and conditions will be relieved and in many cases eradicated for good, allowing the child to regain their childhood years and move into adulthood free of the demons that may have plagued them. Evidence from a recent girl's group in Ipswich where 10 girls undertook a 10 week course, showed that of the symptoms listed above, the girls all demonstrated at least one if not multiple symptoms and at the end of the course, all girls were free of the issues, except for the "intrusive debilitating thoughts with regards to sex" which was reduced from 89% to 33% by the end of the course, such is the impact of this work.

Evaluation data produced on the charity's bespoke computerised evaluation system supplied this data.

21. What is the total cost of the project? £10,200.00

Please provide a full breakdown of the total cost of this project, including VAT if applicable along with any in-kind contributions such as volunteer hours.

Item or activity	Cost (£)
<p>Marketing costs To include time for CEO talks, including travel to rural areas to village halls etc., materials to include leaflets and flyers, handouts, arranging and undertaking meetings, promotion to agencies, GP's (possibly talks to groups of GP's in St Edmundsbury)</p>	£2,000.00
<p>Therapeutic intervention costs:- Assessment: making contact with family, arranging dates, liaising with relevant professionals, travel time to child's home, undertaking assessment and HCAM evaluation, manager reading and authorising plan at £260 per child x 5 children.</p>	£1300.00
<p>Therapeutic plan read backs with worker who wrote Assessment and Treatment Plan, trauma checklist completed with worker for child, to include TCL booklet, TCL scoring and analysis and supervision on treatment plan. £145 x 5 children.</p>	£725.00
<p>Individual work with children at £100 per session to include:- Sending out appointments, arranging venue, transport where needed arranged, equipment, to include new workbooks. Each session is 2.5 hours to include 1 hour 1:1 time, evaluation of session, write up by specialist worker, day to day management of case, phone and text contact if appropriate x 5 children x 10 sessions each child on average.</p>	£5,000.00
<p>Supervision – supervisor time at £50 per hour and specialist worker at the rate of £40 per hour = £90 per hour x 2 sessions per child x 5 children.</p>	£900.00
<p>Venue costs: £175.00 - hire of rooms in community spaces like libraries, community buildings etc.,</p>	£175.00
<p>Core costs of organisation, to include overheads, including utilities, admin time, management time of CEO, materials, postage, workbooks, telephone calls, meetings at 10%.</p>	£1000.00
Total cost of items listed above:	£10,200.00

22. How much funding are you applying to us for?

£10,200.00

23. What funds have you raised so far for this project?

£0

Source	Amount (£)
Total fundraising:	
	0

24. What other funders have you applied to for further funding for the project?

Funder	Amount (£)	Timescale for decision
No funding is currently being sought for St Edmundsbury specific project. Funding is raised on the basis of the number of children and a typical treatment plan.		
Total:		
	0	

25. What other grants and contracts has your organisation received over the past year from either St Edmundsbury District Council or St Edmundsbury Borough Council?

Funder	Amount (£)	Reason for funding
NONE		
Total:		
	0	

