

# Community Chest Application Summary 2017/2018

Local Authority	St Edmundsbury Borough Council
Organisation	<b>COMPASSION</b>
Amount Requested	£20,102
Total Project Cost	£20,102
Match Funding	None
Partnerships	We would will develop our partnerships with other agencies in West Suffolk to identify facilitators and also further referrals for each of the programmes.
West Suffolk Bid?	No

## Key Points

- Over the last 13 years, Compassion has instigated various programmes and projects to support individual women and families who are experiencing or have experienced domestic abuse and violence.
- We seek funding to run one Stronger Families and one Who's In Charge? programme in both Bury St Edmunds and Haverhill.
- Stronger Families, a 12-week therapeutic group programme for children and mothers who have experienced domestic abuse. The programme is for **any** woman who has experienced domestic abuse, has children between 4 and 16 years old and no longer lives with the person who was violent within the family.
- Who's In Charge? a 9-week programme, combining educational/therapeutic sessions for parents whose children are verbally or physically abusive and beyond parental control. The programme works with parents to understand the complex nature of abuse.
- Project start: **May 2017**
- Project end: **March 2018**

**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](mailto:richard.baldwin@westsuffolk.gov.uk)

1. Name of your organisation(s):

COMPASSION

2. Organisation address details

Address Ln1	19 KINGS HILL		
Address Ln2	GREAT CORNARD		
Address Ln3			
City/Town	SUDBURY	Postcode	CO10 0EH
Main phone	07597 337831	E-mail	admin@compass-ion.org
Website	www.compass-ion.org		

Main Contact Person		Second Contact Person	
Title	MS	Title	MR
Forename	CATHY	Forename	ANDY
Surname	PRESS	Surname	Fell
Role	CHAIR OF TRUSTEES	Role	Projects Manager
Daytime Tel No.	01787 370378	Daytime Tel No.	07597 337831
Mobile No.	07966 592632	Mobile No.	07597 337831
Email	cathy@compass-ion.org	Email	andy@compass-ion.org
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1	Same as above.	Ln1	Same as above
Ln2		Ln2	
Town		Town	
Post Code		Post Code	

## About your organisation

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

St Edmundsbury
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\*Community Chest funding is offered by both Forest Heath 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: 1157970
Applying for charitable status		
Company limited by guarantee		Company number:
Community Interest Company		
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	79
Full Time staff / workers	0	Volunteers and helpers (non-management)	8
Part Time staff / workers	2		

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.

Compassion was founded in September 2001 initially as a multi-agency forum for domestic abuse and violence focussing on the Babergh district of Suffolk, UK – subsequently the charity has developed its work on specific projects across Suffolk.

In 2014, Compassion became a registered CIO with the Charity Commission. Over the last 13 years, Compassion has instigated various programmes and projects to support individual women and families who are experiencing or have experienced domestic abuse and violence.

The aim of Compassion is:

“to work in partnership to develop and promote good practice to make domestic and sexual violence and abuse legally, socially, morally and culturally unacceptable.”

Our charitable objects are:

1. The relief of emotional distress and suffering and the preservation and protection of the mental and physical health of men, women, young people and children who have suffered or are exposed to domestic abuse

by the provision of advice, information, programmes of support and such other ways as shall be determined.

2. To advance the education of the public, organisations and agencies in all aspects of domestic violence including its impact on individuals and wider society.

We achieve our aims by providing;

- Programmes to women who have or are experiencing domestic abuse
- Programmes to women and their children together who have or are experiencing domestic abuse
- Programmes to parents of abusive and out of control children
- Support through one to one work with women
- Support through befriending service for women
- Programmes for young women
- Informal support and contact when required by women

The primary beneficiaries of our work and programmes are women and children who have or are experiencing domestic abuse, violence and/or coercive control.

Maximum of 300 words (287)

7. What was your organisation's total income for last financial year? £2710.33

8. What was your organisation's total expenditure for last financial year? £29425.37

9. Does your organisation have more than six months running costs? **Yes**

10. What are your organisation's current unrestricted reserves or savings? £ 10532.10

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:

- 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.
- 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.

We seek funding to run one Stronger Families and one Who's In Charge?

programme in both Bury St Edmunds and Haverhill.

Stronger Families, a 12-week therapeutic group programme for children and mothers who have experienced domestic abuse. The programme is for **any** woman who has experienced domestic abuse, has children between 4 and 16 years old and no longer lives with the person who was violent within the family. The Children's groups consist of pre-planned therapeutic individual and group activities, using creative activities and discussions, focussing on building children's emotional literacy, self-esteem and confidence, helping them to deal with their emotions about what has happened and supporting them to self-regulate. Using therapeutic activities children are helped to understand that what has happened in their family is not their fault, as well learning about who is responsible for abusive behaviour.

The Mother's groups are held one week ahead of the children's groups - providing a safe, therapeutic and supportive environment to prepare mothers for the issues/topics that are going to be addressed in the children's groups. This provides a better understanding and insight into their children's behaviour and more confidence to support their children and strengthen their relationship.

Who's In Charge? a 9-week programme, combining educational/therapeutic sessions for parents whose children are verbally or physically abusive and beyond parental control. The programme works with parents to understand the complex nature of abuse.

The programme aims to reduce parental stress and guilt by providing a supportive environment and an opportunity for parents to explore their own attitudes and behaviours. The programme empowers parents to develop ideas on improving family relationships and building strategies to promote the reduction of children's violent and abusive behaviours.

This is achieved by the use of 8 structured sessions, which incorporate group exercises, discussion and handouts.

Maximum of 300 words **300**

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.

Women who use Compassion's support services often ask us for support for their children.

However, we are regularly contacted by individual parents who have been made aware of both the programmes we offer and who live in both Bury St Edmunds and Haverhill areas. Some of these individuals have been able to arrange transport to attend programmes in the Sudbury area, but many do not have this facility.

We are regularly contacted by professionals from a variety of statutory and voluntary agencies, asking if we know of anything similar to our programmes in the Bury St Edmunds and Haverhill areas. Sadly, there is no such provision particularly since the loss of the NSPCC who used to provide a shorter group to parents and children. The NSPCC have closed down all their project work in Suffolk. Family Support practitioners are left having to deal with these complex

issues but they are not trained in the specific kinds of skills needed to support children and parents needing therapeutic help in a safe space. The provision of this kind of support is much needed as a preventative measure, reducing the further impact of domestic and intergenerational abuse.

Compassion believe that these tried and tested programmes, which are also being used in other parts of the UK, are amongst the best available. As well as running the programmes we have also run training in both programmes for our local pool of facilitators and for organisations such as Lighthouse Women's Aid in Ipswich who now run both programmes regularly each year.

Compassion have a strong track record of developing new initiatives in Suffolk. We are known for recognising emerging issues in the field of intimate and intergenerational abuse and bringing programmes to those who need them. We offer highly skilled practitioners to facilitate our programmes.

Maximum of 300 words 300

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

When a family has lived with domestic abuse, emotional or physical, or intergenerational abuse, each family member is busy interpreting what is happening and trying to reason behaviour and actions away, without really understanding how it impacts us. Children as well as adults learn to construe themselves very negatively and we are well aware of the many ways this will manifest as they grow, shape their belief systems and behaviour towards self and others, lead to disengagement with family members, education, personal fulfilment and potentially on to becoming trapped in the cycle of abuse themselves.

These programmes enable survivors of domestic abuse and intergenerational abuse to meet others who have had similar experiences and have been impacted in very similar ways. It provides a safe environment where their feelings do not need to be justified with lengthy explanation because they sit in an environment where each offers understanding and acceptance of how difficult, complex, guilt ridden and shameful these dynamics are to live with. The group members, both children and adults develop meaningful connections with one another, which extend much further than the life of the group programme. It is Compassion's experience that group members want to continue to meet, which is why we have developed support groups and this is a facility we would be happy to support in other areas.

All our group participants are likely to share their new understanding and insights with friends and other family members, which may help to extend their support networks.

Maximum of 300 words 249

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.

We would will develop our partnerships with other agencies in West Suffolk to identify facilitators and also further referrals for each of the programmes, such as Bury Women's Aid, Suffolk Wellbeing, health visitors etc.  
Bury Library Children's Centre, BSE - Carousel Children's Centre, BSE - Hardwick Children's Centre, BSE - Cartwheels Children's Centre, Haverhill.  
Suffolk County Council Early Help Teams – BSE & Haverhill  
Suffolk County Council Social Care Teams – BSE & Haverhill  
Local Housing providers  
Suffolk Police – Anglia Care Trust – Lighthouse Women's Aid IDVA service.  
Local GP practices  
All Schools within the Bury St Edmunds and Haverhill areas

Maximum of 300 words (94)

16. When will the project start?

May 2017

17. When will the project finish?  
project ongoing?

March 2018

or is the

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

We will look to work in partnership with the other agencies that become involved to sustain the programmes – including making applications for further funding to enable the programmes to continue to be run and our own fundraising activities.

To support further funding we will ensure the use of various evaluation measures, for these specific programmes, enabling us to demonstrate the efficacy of the programmes and their outcomes for both the children and parents in Bury St Edmunds and Haverhill – which will also hopefully identify any specific needs and issues related to each area.

We will use this information to support funding applications to continue the work. As a coordinated approach across Suffolk is being developed for domestic abuse and violence we hope that appropriate financial support will be made available to fund further programmes – and that our work, the outcomes and monitoring will make the case for increased support in the areas.

Maximum of 300 words (152)

18. Which years funding are you applying for?

2017 - 2018

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

55 directly to benefit

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?

If your project is health related how does it improve health outcomes for residents within community networks and beyond?

We will:

- ❖ support all members of the identified families to engage more readily with the other forms of support available to them
- ❖ support family members to understand how to interpret the different feelings and behaviours present in the aftermath of domestic abuse and/or intergenerational abuse and how to rebuild their relationships, hereby enabling all family members to develop more resilience
- ❖ improved mental and physical health for all family members
- ❖ increase independence for family members to move on from the need for services and support thereby preventing further risk

55 people will benefit – with a larger unknown wider number of family members also benefitting from the changes made by parents and children. Due to the therapeutic nature, the work has to be undertaken in small supportive groups – with two workers to facilitate them.

This application is informed by conversations families living in the St Edmundsbury area – who have been able to access these programmes in Sudbury.

They have told us that no other agencies are offering these programmes or similar ones in the St Edmundsbury area – and they were directed to our programmes by professionals working with them who recognised the need and suitability of these programmes.

There is national research that shows the need for domestic abuse services;

- 1 in 4 women in England and Wales will experience domestic violence in their lifetimes and 8% will suffer domestic violence in any given year (Crime Survey of England and Wales, 2013/14)
- 20% of children in the UK have been exposed to domestic abuse (Radford et al. NSPCC, 2011)
- In 90% of domestic violence incidents in family households, children were in the same or the next room (Hughes, 1992)
- 62% of children in households where domestic violence is happening are also directly harmed (Safe Lives, 2015)

Maximum of 300 words (300)

21. What is the total cost of the project?

£ 20,102.00

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 (£)
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<b>STRONGER FAMILIES</b>	2250.00
Coordinator (5hrs per week @ £11.25 phr x 20wks x 2)	
Facilitators fees – (2 per grp / 4 grp) ( 8 x £12.00 phr x 4hrs x 13wksx2)	9984.00
Beverages (£25 p session x 12 x 2)	600.00
Phone £100 per programme x 2	200.00
Printing – Mothers and Children’s packs	200.00
Venue hire (£100 per session x 12 x 2)	2400.00
Materials for activities (£20 x 12 x 2)	480.00
Publicity (£150 per programme)	300.00
Travel (1000 miles per programme at 0.45px2)	900.00
<b>WHO’S IN CHARGE?</b>	
Facilitator fees (2 facilitators x 14 wks. x 3 hrs x £12.00)	1008.00
Printing/Materials (£90 per programme x 2)	180.00
Venue hire (£25 x 3hrs x 9 wks. x 2 progs)	1350.00
Beverages (£10 x 9 wks. x 2)	180.00
Telephone (£35 x 2)	70.00
<b>Total cost of items listed above:</b>	<b>£ 20,102.00</b>

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

£ 20.102.00

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

Source	Amount (£)
n/a	
<b>Total fundraising:</b>	

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

Funder	Amount (£)	Timescale for decision
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none		
<b>Total:</b>		

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

<b>Funder</b>	<b>Amount (£)</b>	<b>Reason for funding</b>
none		
<b>Total:</b>		