

Community Chest Application Summary 2017/2018

Local Authority	St Edmundsbury Borough Council
Organisation	Fresh Start New Beginnings Ltd
Amount Requested	<i>£10,000</i>
Total Project Cost	<i>£10,000</i>
Match Funding	None
Partnerships	Yes (not directly). Initially, referrals can only be made by professionals to our charity, and as such we work closely with Social Services, the Police, and Children's Services, to include the Crown Prosecution Services.
West Suffolk Bid?	No

Key Points

- We were set up in response to a perceived unmet need for therapeutic interventions for child sexual abuse victims and their families.
- Children work through their plans with a dedicated specialist worker on a 1:1 basis for several weeks or months.
- We require funding towards the salary and on-costs of our highly trained and professional child sexual abuse workers who enable children victims aged 0-21 years to become survivors, through the delivery of bespoke therapeutic treatment plans and workers skills and expertise.
- A grant of £10,000 would support 8 primary beneficiaries to receive 10 x 1:1 sessions and an average of 32 secondary beneficiaries would also benefit.
- Our efforts reduce the need for Council services and expenditure, now, and later on in their lives.
- **Project will last one year commencing 01 January 2017.**

**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):

F.S New Beginnings Limited

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.fsnb.org.uk		

Main Contact Person		Second Contact Person	
Title	Mrs	Title	Mrs
Forename	Diana	Forename	Susan
Surname	Porter	Surname	Wright
Role	Founder and CEO	Role	Bid Writer and Trustee
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?

All, across Suffolk, Norfolk and North Essex
--

*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		Charity number: 1149347
Applying for charitable status		
Company limited by guarantee		Company number: 08128922
Community Interest Company		
Part of a larger regional or national charity (Please state which one)		NO
Constituted Community Group		
Social Enterprise		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	6	Service users	572
Full Time staff / workers	1	Volunteers and helpers (non-management)	17
Part Time staff / workers	8		

6.

7. 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.

We were set up in response to a perceived unmet need for therapeutic interventions for child sexual abuse victims and their families. No other service in the region provides for the child victim and family members, making our approach unique. Our belief is that if a child is to overcome their traumas, and recover from the crime committed against them, they need to have the support of a strong family unit.

We deliver therapeutic treatment services to child victims and their families, who ask for our help. Our aim is to help victims to become survivors. Bespoke and individual therapeutic treatment plans are formulated and tailored to their unique needs. Children work through their plans with a dedicated specialist worker on a 1:1 basis for several weeks or months. We aim to help these children and young people overcome their traumas, teaching them the tools to deal with difficulties, such as anger, self-harming, hypervigilance (looking around all the time) which damages the brain, poor mental health, feeling alone, frightened, lack of self-worth, and to teach them to identify their strengths. We aim to support the family by giving them information, guidance, and advice to the parent of the child to enable them to cope with their own emotional responses and be a supportive parent who can help their child heal and become emotionally stronger. The primary beneficiaries are children aged 0-21 living in Suffolk, Norfolk and North Essex. In 2015 children aged 5-12 presented% of primary beneficiaries. Of those% were living in the St Edmundsbury area.

8. What was your organisation's total income for last financial year? 272,593
9. What was your organisation's total expenditure for last financial year? £214,795
10. Does your organisation have more than six months running costs? **Yes**
11. What are your organisation's current unrestricted reserves or savings? £103,451
12. 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?

13. 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 require funding towards the salary and on-costs of our highly trained and professional child sexual abuse workers who enable children victims aged 0-21 years to become survivors, through the delivery of bespoke therapeutic treatment plans and workers skills and expertise. It costs the charity £40 an hour to employ our child sexual abuse workers. A 'session' with a child takes 2.5 hours of time thereby costing us £100. This allows for preparation, a 1:1 hour work with the child, evaluation of work to date, meeting time with other professionals to review, travel to venue & other time spent on matters related to the child's progress. A grant of £10,000 would support 8 primary beneficiaries to receive 10 x 1:1 sessions and an average of 32 secondary beneficiaries would also benefit.

The process is that once a child is referred to us by a professional, a worker meets with the family and undertakes a full assessment of the child's emotional and psychological needs and the needs of family members, to include siblings. The worker will formulate a bespoke treatment plan, working with the child through 1:1 one hour long sessions, if necessary, for several months. We create opportunities for child victims of sexual abuse to regain and enjoy their Right to a happy childhood and a fulfilling adult life. We address the priorities in the Health and Wellbeing Strategy for Suffolk, by ensuring all children accessing our services leave our provision with the best start in life from hereon. We also support the second priority of the Strategy by empowering both child and parents to take responsibility for their own health and wellbeing by teaching strategies and coping skills for life. We particularly address the mental wellbeing of children, so they are not victims of poor mental health as adults and a drain on public resources where they live. We support the principles of a safe place and sense of belonging, and have regard for the whole person, enable healthy family relationships to grow and flourish. We teach empowerment skills to children so they have control over their lives, and help child and family to develop a future that is realistic and achievable for all family members.

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.

Research and our own evidenced based knowledge informs us that 1 in 6 children have suffered sexual abuse in England, and as a large geographical landmass, that statistic includes children in our region. Reporting of child rape is up 71% Suffolk Police said recently, thereby evidencing the need families have to seek help for the crimes committed against their children. The Children's Commissioner for England stated recently that 450,000 children in England were victims of sexual abuse and since the Jimmy Saville case more and more children are speaking up, impacting upon our workload. The communities we serve want this service. Suffolk and Norfolk Police Crime Commissioners ask for our services based on requests from the public for help with their crisis and traumas, following disclosures made by their children. Since 2012, 572 children have been offered our services; a year on year increase, so that we estimate in 2018 we will be offering services to 500 children aged 0-21 across our region. We provide a reactive and proactive support, responding to families who have reached crisis point, as well as equipping children, their siblings and parents with the tools to be able to avoid and recognise child grooming, perpetrators of sexual crimes against the child, and to build a sense of safety and trust in families. As such we work towards fewer families needing to access expensive and acute services later on. In Suffolk 32,000 children (Children's Commissioner) have a level of mental ill-health. Poor mental wellbeing is a key indicator of sexual abuse in a child, and as such it may be that of the 32,000 children, some are suffering in silence as victims of sexual abuse. It takes 7 years for a child to find the courage to speak up, on average; damage is done during that time. As the charity delivers more and more services into the county, and in particular the rural areas of St Edmundsbury and Forest Heath, so our visibility grows thereby bringing the availability of help to families who may otherwise not know that such a valuable service exists. Our efforts reduce the need for Council services and expenditure, now, and later on in their lives.

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

Part of the treatment services delivered are group work focussed, where age and gender appropriate children and young people join in a 10 week programme which will complement the work the children are doing with their dedicated child abuse support worker on a 1:1 basis. This format enables the child or young person to share the experiences of peers, learn from their strategies, and see that survivors are being created out of victims. Friendships build, plans for the futures created together. Support for one another is seen to bolster the self-esteem and self-confidence of others; building blocks for their futures.

Likewise, parents join in parent groups for 8 weeks, running concurrently with their child's therapy, and they too receive support from each other whilst gaining confidence, after coming to terms with their family situations. Currently we run group work from Suffolk venues.

Through education and enlightenment, family members can all support each other, to include grandparents, secondary victims receive support, to include cousins, family friends.

This is, however, a discrete service that does not lend itself to volunteering or general community support.

Families are local people, and they work hard to support one another, during and after our interventions.

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

Yes (not directly) If yes, please state the names of these groups and the nature of the relationship

Initially, referrals can only be made by professionals to our charity, and as such we work closely with Social Services, the Police, and Children's Services, to include the Crown Prosecution Services. We work with the Clinical Commissioning Groups who financially support our work, and we work with Norfolk, Suffolk and North Essex Police through funding provided by them to deliver this essential work. We work with local charities such as Survivors in Transition (Ipswich) or Ormiston Families and we work very closely with the Sexual Abuse Referral Centre based in Ipswich. However, as regards delivery of the work, we work alone on the delivery of sessions for both children and family members, but are in consultation with mental health providers both statutory and voluntary sector, as well as consulting with other NHS service providers. Our CEO sits on several Boards and Forums. We have partnered Bedfordshire University in a project commissioned by the Childrens Commissioner. We will work with partners on this project as described.

16. When will the project start?

1.1.2017

17. When will the project finish? **31.12.2017** or is the project ongoing?

The work will be ongoing, and funding will have to be sought to deliver services.

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

The work is essential to be delivered into both St. Edmundsbury DC and dovetailing Forest Heath DC, as victims from these Districts will continue to come forward asking for our help. As such funding opportunities will be sought and a strenuous effort made to secure the necessary monies to cover the costs of the work in these two large geographical areas of Suffolk.

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

8 primary beneficiaries weekly, and 32 secondary beneficiaries weekly, from this grant.

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?

10 children and young people will be empowered to take control of their lives with new found self-confidence, sense of self-worth, determination. They will have less lingering residue of their past experiences, and as such will have little or no presenting health issues or physical damage. They will be contributors to society and the economy instead of a drain on local resources. Without our interventions they may not be able to work due to poor mental health, not able to form healthy relationships or be a good parent, potentially leading to their own children being taken into care. We are actively addressing the identified six key priorities for a happy childhood as reported in the "Good Childhood Report" 2012. Some of these are:- choice, quality of family relationships and stability, all key priorities for this charity. We help create happy children, who will not have eating disorders, be depressed, and have a wide range of health issues and lack confidence. Our work improves health outcomes for residents in West Suffolk and the region. Our work supports the 4 principles of the Families and Communities Strategy and series of tests. Within our bid there is evidence of need and local community support, our work builds the capacity of local people, essentially stronger families, builds the capacity of the third sector, contributes to West Suffolk's priorities, promotes prevention and early intervention, promotes innovation as we deliver a unique service where we support the whole family, whom, uniquely, can self refer years later (after initial referral) if need be, support partnerships and have the ability to deliver. Our waiting lists tell us we are needed.

21. What is the total cost of the project?

£10,000

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 (£)
Specialist child abuse support workers salaries. £40 per hour cost to the charity, to include on-costs such as NI contributions, time travelling to venues to meet children and young people, families etc., time spent in consultation with other professionals, training costs included in the £40 per hour. 8 children will receive an average of 10 sessions (a session is 2.5 hours to allow for preparation, notes reviews, the 1:1 hour session with the child working on their bespoke treatment plan, to wind up evaluation of session, note writing, review of work to date, meetings with family to discuss if required, meetings with senior staff or senior psychologist, to travel to venues, which is costly for the charity due to the large rural nature of our area. (8 x £100 x 10 sessions = £8,000)	£8000.00
£1,250.00 for back room support, admin, time of CEO in ad-hoc meetings, materials used in performing duties etc.,	£1250.00
£720.00 towards supervision at £40 per worker (1 hour) plus £50 per hour clinical psychologist time to deliver supervision = £90 per hour to conduct one supervision session x 8 children 's cases being reviewed = £720.00	£720.00
£30.00 refreshments for families who have had to travel	£30.00
Total cost of items listed above:	£10000.00

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

£10,000

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

Source	Amount (£)
None raised for this project, but children and families are receiving treatment services from St Edmundsbury and Forest Heath District Councils as we had funding early 2016. £8,400 Forest Heath DC	
Total fundraising:	0

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

Funder	Amount (£)	Timescale for decision
---------------	-------------------	-------------------------------

None currently.		
Total:		

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

Funder	Amount (£)	Reason for funding
March 2016 – Forest Heath District Council, plus	8400	To deliver services into Forest Heath
Total:		