

Community Chest Application Summary 2017/2018

Local Authority	St Edmundsbury Borough Council
Organisation	Bury St Edmunds Women's Aid Centre Ltd
Amount Requested	<i>£5,400</i>
Total Project Cost	£17,804.26
Match Funding	Annual Summer Raffle, 2015 - £2,325.55 Bucket Collections - £283.88
Partnerships	Yes - Facilitator Training for the Project will be provided by Cathy Press, DV Trainer & Consultant
West Suffolk Bid?	No

Key Points

- Stronger Families' is a 12-week therapeutic programme for children and mothers who have experienced domestic abuse and violence. It is specifically for families where the perpetrator has left the home or when the mother is no longer in a relationship with the perpetrator.
- We are applying to the St Edmundsbury Borough Council Community Chest for the initial funding required to finance a 3-day Facilitator Training course for 10 Facilitators. Please note that 10 is the recommended number of Trainees, as the Stronger Families Programme is very Facilitator-heavy.
- The 'Stronger Families' programme is delivered to small age-specific groups of children/young people in an atmosphere that encourages mutual trust and peer support. The same is true for the mothers' group, in which the sharing of past experiences and parenting issues will create a network of mutual support that will hopefully extend beyond the duration of the course.
- Project start: **training will take place May/June 2017**
- Project end: **ongoing**

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):

Bury St Edmunds Women's Aid Centre Ltd

2. Organisation address details

Address Ln1

1-3 Chevington Close

City/Town

Bury St Edmunds

Postcode

IP33 3FT

Main phone

01284 753085

E-mail bsewacentre@btconnect.com

Website

www.burystedmundswomensaid.org.uk

Main Contact Person

Second contact person

Title: Mrs

Title: Mrs

Forename: Judith

Forename: Annie

Surname: Grandi

Surname: Munson

Role: Fundraiser/Trustee

Role: CEO

Daytime Tel No.

01284 753085

Daytime Tel No.

01284 760975

About your organisation

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

St Edmundsbury

*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

Yes

Charity number: 276883

Applying for charitable status

Company limited by guarantee

Yes

Company number:

01338724

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?

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.

Bury St Edmunds Women's Aid Centre is a small independent charity that for the past 42 years has worked with women and their children who become victims of domestic abuse. Our 23-bed Refuge offers security, friendship, empowerment and a future to a maximum of 8 women and their children at any one time. Since January 2016 we have also been providing Specialist Domestic Abuse Support to 9 victims residing in Satellite Properties in Mildenhall, Brandon, Haverhill and Bury St Edmunds

who are not eligible to be housed at the Refuge by reason of gender or the complexity their additional needs.

In addition, we provide a dedicated Children's Service, based at the Refuge, run by two qualified Child Support Workers. We also offer a Telephone Helpline and an Outreach Service, both of which are available to non-resident Victims and Survivors. We also provide a range of Empowerment Programmes, Activities and

Management committee

8

Service users

480+

Full Time staff / workers

4

Volunteers and helpers (non-management) at Women's Refuge

12

Part Time staff / workers

6

Community Fundraising Volunteers

25+

Additional Services for the benefit of Survivors of Abuse, available both to residents at the Women's Refuge and to Survivors living in the local community, as follows:

Freedom Programme (Wednesdays during term time)

Coffee-and-Craft Morning + Surgery (Thursdays during term time)

SODA Group (Fridays during term time)

Therapeutic Writing Workshops in collaboration with the Theatre Royal (Tuesdays during Spring Term 2016. Now awaiting further funding)

Adult Counselling for Survivors who would benefit from additional support

Child Therapy available to the children of adult Survivors who would benefit from additional support

Holiday Activities

A crèche is provided for all the above programmes and activities, supervised by one or both of our two qualified Child Workers, supported by volunteers.

The beneficiaries of our organisation are women and their children who become Victims of Domestic Abuse. From April 2015 to March 2016 our services were used by a total of 485 local women and their children.

Maximum of 300 words

7. What was your organisation's total income for last financial year? **£251,584.00**

8. What was your organisation's total expenditure for last financial year? **£231,597.00**

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

10. What are your organisation's current unrestricted reserves or savings? **£5,171.51**

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.

The 'Stronger Families' Project: Training Costs and one-year Pilot Project

'Stronger Families' is a 12-week therapeutic programme for children and mothers who have experienced domestic abuse and violence. It is specifically for families where the perpetrator has left the home or when the mother is no longer in a relationship with the perpetrator.

The Children's Group is for children/young people aged 5 – 16 years of age, with the children divided into age-specific groups. The programme focusses on building the child's self-esteem by helping them to deal with their emotions about what has happened, and helps them to understand that what has happened is not their fault. The purpose of the group is to validate the child's experiences and to explore (in an age-appropriate way) issues such as:

☐ responsibility

☐ positive problem solving

☐ conflict resolution

☐ feelings awareness

☐ safety planning

The Mothers' Programme runs concurrently with the Children's Group. The purpose of the mothers' group is to provide a safe and supportive environment to prepare them for issues raised in the children's group and help them to better understand their child's behaviour in relation to their experiences of having been exposed to abuse.

The programme is based on a model originally developed in Canada. It is delivered throughout the UK under various names: e.g. in the Midlands it is called 'Hands are Not for Hurting'; in parts of London it is called the 'Parallel Group Programme'; in Scotland it is called 'CEDAR'; and in Nottingham it is called 'Stronger Families'. In Suffolk, accredited trainer Cathy Press has adopted the name 'Stronger Families'.

We are seeking funding from St Edmundsbury Community Chest to cover the training of 10 'Stronger Families' Facilitators.

The subsequent Pilot Project will be funded by The Bury St Edmunds Women's Aid Centre using money raised through community fundraising initiatives

Maximum of 300 words

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.

We have identified the need for this project through listening to the concerns of the women who use our services: in particular the feedback received from participants who attend the Freedom

Programme, a 12-week domestic violence education course that we offer three times a year to women from Bury St Edmunds and the surrounding area. Between April 2015 and March 2016 a total of 112 women attended our three Freedom Programme courses.

Most Freedom Programme participants are mothers who are concerned about the negative impact that their family situation has had on the behaviour and emotional well-being of their children and on the mother/child relationship. Currently we dedicate two sessions of the 12-week course to working on this issue, and also provide parenting support through our Children's Service, SODA Group and referrals to outside agencies. We also provide individual therapy for the most severely affected children. However, it has become increasingly clear that what is also needed, alongside the measures already in place, is a programme in which both children and their mothers can participate.

This is most certainly the view of our recently-appointed Support Services Manager, Tina Hickey, who has come to us with a 20-year background in family work, including local authority experience. She very quickly identified the lack of a family support programme as a significant gap in our service provision and proposed 'Stronger Families' as the solution. Our qualified Child Therapist, Jackie Ayling, Registered BACP (Snr Accred) also supports its introduction.

It is also important to note that, since 'Stronger Families' has been successfully launched in Babergh and Ipswich, we are receiving regular calls from partner agencies enquiring whether 'Stronger Families' programme or a similar type of programme is available in Bury St Edmunds.

Maximum of 300 words

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

The 'Stronger Families' programme is delivered to small age-specific groups of children/young people in an atmosphere that encourages mutual trust and peer support. The same is true for the mothers' group, in which the sharing of past experiences and parenting issues will create a network of mutual support that will hopefully extend beyond the duration of the course.

To encourage that supportiveness to continue, all participant mothers will be invited to join in the other activities we offer, such as our weekly Coffee-and-Craft mornings, our Creative Writing project, the Survivors of Domestic Abuse (SODA) Group, and family activities during the school holidays.

Our decision to train Volunteers as 'Stronger Families' Facilitators alongside members of the staff team is another way in which we will be helping local people to support one another. Further volunteers will also be on hand to run the crèche and serve refreshments.

Maximum of 300 words

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.

Facilitator Training for the Project will be provided by Cathy Press, DV Trainer & Consultant, who has successfully introduced the Stronger Families Programme to the Babergh District through the DV charity 'Compassion' of which she is the Chairperson. Cathy Press also provided Facilitator Training

to Lighthouse Women's Aid in Ipswich, who now offer the Stronger Families programme at their Women's Community Centre in Berners Street, Ipswich.

Once the Stronger Families Programme is up and running in our area we expect to receive referrals from Social Services and other organisations working with vulnerable families.

Maximum of 300 words

16. When will the project start? **Training will take place May/June 2017**

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

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

We are applying to the St Edmundsbury Borough Council Community Chest for the initial funding required to finance a 3-day Facilitator Training course for 10 Facilitators. Please note that 10 is the recommended number of Trainees, as the Stronger Families Programme is very Facilitator-heavy. The child participants are divided into age-appropriate groups, and work in their particular group with trained facilitators for the first part of each session. During this time, Mothers work in a separate adult group, where trained facilitators provide an opportunity for women to explore and reflect on how best to support their children's healing.

The group of 10 Trainee Facilitators will be composed of a mix of Refuge Staff and Volunteers, some of whom are themselves Survivors of Domestic Abuse.

Once the Facilitator Training has taken place, we are hoping to launch a one-year Pilot Project from September 2017 to July 2018, providing 3 x 12-week Stronger Families programmes. We have already raised sufficient funds to cover the running costs of these programmes through community fundraising.

Thereafter we plan to apply to a Grant-Making Trust via Suffolk Community Foundation for funding to run the Stronger Families Programme from September 2018 onwards.

Maximum of 300 words

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?

A grant from St Edmundsbury Community Chest will enable 10 Trainees to receive training to become accredited Stronger Families Facilitators.

Thereafter, we anticipate that a minimum of 30 children and their mothers will benefit from the Stronger Families Programme during the self-funded Pilot Project from September 2017 – July 2018, and considerably more in subsequent years.

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?

The impact of domestic abuse can have a profound effect on a child's self-esteem, educational development and ability to manage their own feelings. Once families have begun the long journey of learning how to function independently of the abusing parent, children may begin to act out their feelings in ways that would not have been safe when the perpetrator was in the home. It is a time when the 'big' and perhaps destructive behaviours exhibited by these vulnerable children may be interpreted by the mothers as becoming like those of the perpetrator. What is desperately needed at this stage of the family's journey is the opportunity to rebuild the bridges of communication, in the understanding that the feelings of the child and mother are normal responses in the context of the ordeal they have lived through.

We believe that the 'Stronger Families' programme fulfils the above need, and perfectly reflects the first priority of The Health and Wellbeing Strategy for Suffolk that "every child in Suffolk has the best start in life". The 'Stronger Families' programme will deliver "early intervention and prevention", which is a key feature of the Health and Wellbeing Strategy, as well as promoting a family focus, which the strategy also recommends.

An award from the Community Chest will ensure that Bury St Edmunds Women's Aid Centre has 10 accredited 'Stronger Families' facilitators at its disposal: a hugely important long-term resource to be used for the benefit of vulnerable families from the local community who have been affected by domestic abuse and violence.

Once the facilitators have been trained, we envisage that a minimum of 30 families in the Pilot year and considerably more thereafter will benefit from the Stronger Families Programme.

A recent evaluation of the Stronger Families programme carried out in the London Borough of Sutton, which included feedback from schools, parents and partner agencies, concluded that:

"All five outcomes of the 'Every Child Matters' framework are supported by this programme. It also helps to keep children in regular schooling, contributing towards the future economic wellbeing of those children as they grow up"

The five outcomes referred to above are 1. Be Healthy 2. Stay Safe 3. Enjoy and Achieve 4. Make a Positive Contribution 5. Achieve Economic Wellbeing. We are determined that those outcomes will be equally achievable for programme participants in Bury St Edmunds.

21. What is the total cost of the project?

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.

£ 17,804.26

£5,400.00

22. How much funding are you applying to us for? **£5,400.00**

23. What funds have you raised so far for this project? **Annual Summer Raffle, 2015 - 2,325.55. Bucket Collections - 283.88. Total fundraising: 2,609.43.**

We estimate that £2500 of this amount will be sufficient to cover the running costs of the three 'Stronger Families' courses we will be piloting from September 2017 – July 2018. We will keep a careful record of the expenses incurred for the duration of the Pilot Project, which we will then use to create a Project Budget for future applications to Grant-Making Trusts. The reason that we are unable to present a Budget at this stage is because it is not yet clear (until the Training has taken place) how many individual rooms we will need to hire, and what materials/resources we will need to provide for the various groups.

Item or activity	Cost (£)
<u>Training</u>	
Stronger Families Facilitator Training	4,500.00
<i>Fees for three-day training inclusive of all materials VAT @ 20% (see attached Quote from Awareness Matters Ltd.)</i>	900.00
Staff Hours Contribution: 6 hours x 3 days x 5 members of staff @ differing rates of pay	1,111.51
Volunteer Hours Contribution: 6 hours x 3 days x 5 volunteers @ £7.20 per hour	648.00
<u>Pilot Project</u>	
Room Hire Costs	2,500.00
Printing Costs	
Sessional Materials & snacks	
Supervision (estimate)	
<u>Facilitation</u>	
Staff Hours Contribution: 3 hrs x 36 weeks x 2 members of staff	3,329.78
Volunteer Hours Contribution: 3 hrs x 36 weeks x 4 volunteers @ £7.20 per hour	3,110.40
<u>Crèche</u>	
Staff Hours Contribution: 3 hrs x 36 weeks x 1 Child Worker	926.97
Volunteer Hours Contribution: 3 hrs x 36 weeks x 1 volunteer @ £7.20 per	777.60

Total cost of items listed above: 17,804.26

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

None as yet. However, we intend to apply for funding to a grant-making trust via Suffolk Community Foundation to cover the running costs of the Project from September 2018 onwards, once the self-funded one-year Pilot Project has been successfully completed in July 2018.

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?

St Edmundsbury Borough Council & Forest Heath District Council: **23,389.61**. This amount covers equipment costs, the salaries of two P/T Support Workers and mileage.

Reason for funding

Contract to provide specialist Domestic Violence support for the Councils' joint Satellite Project for victims not eligible to be housed at the Refuge by reason of their gender or the complexity of their additional needs.