

# Community Chest Application Summary 2019/2020

Forest Heath & St Edmundsbury councils

**West Suffolk**  
working together

Local Authority	SEBC
Organisation	Fresh Start – new beginnings
Amount Requested	<b>£11,600</b> (2019-2020) <b>£11,600</b> (2020-2021)
Total Project Cost	£23,200 (£11,600 p.a.)
Match Funding	N/A
Partnerships	N/A

## Overview

The primary purpose is to help children and young people who have been sexually abused to understand what has happened to them and to help them recover from the traumas of sexual abuse. The aim is to reduce trauma and symptoms so that they may be capable of harnessing inner strengths, use the skills and strategies taught to them and to recover.

The primary benefactors are children aged 0-21 who live in the St Edmundsbury area of the county, along with victims from all other areas of Suffolk. Support is provided to parents of the child affected by giving information, advice and support.

Within this project, following a referral from a professional a full assessment of the child victim's mental, psychological and emotional wellbeing is undertaken. From this exact piece of work the specialist worker would formulate a Therapeutic Treatment Plan which would consist of a number of 1:1 sessions, and group work if deemed appropriate.

The funding would be used to pay the salary costs of our specialist workers. These are trained professionals from a social care background with years of experience and training.

## Outputs

38 people will benefit from the service

8 Therapeutic treatment plans developed

8 children supported with up to 10 1 to 1 sessions

3 children to take part in a group work programme

## Outcomes

Children who have experienced sexual abuse will be able to recover from their experiences and begin to live free from the lingering effects.

Children and young people will reengaged with schooling, friends and family.

Rate of recovery will be measured using the BRIERE checklist.

Parents will learn to understand their child's behaviour as they journey towards recovery.

## Finances

Income for last financial year - £374,000

Expenditure for last financial year - £380,000

**Reserves**

£120,000

**Request breakdown**

Therapeutic treatment plan for 8 children – 8 x £300 - £2,400

8 children each receive 10 one to one sessions - £8000

3 Children taking part in a group work programme - £1,200

The above shows the breakdown of staff time. A grant of £11,600 would contribute towards the annual salary of £30,000, which includes NI contributions of around £1,500 per year and a 1% contribution to a pension scheme.

**Previous Community Chest funding**

FHDC - £8000

**Officer comments**

Not supported by 2 families and communities officers on current information provided.

**Community Chest 2019/2020**  
**Initial Clarification Questions**

<b>Local Authority</b>	SEBC
<b>Organisation</b>	Fresh Start – New Beginnings
<b>Date contacted</b>	04.10.18
<b>Spoke with</b>	Sue Wright

**Queries:**

- Clarify break down of costs - £100 per session. 10 session for 8 children - £8,000 not £6,400 as stated.

**Responses:**

Clarify break down of costs	An error was made on the application form with a calculation. The breakdown should be £100 per session. Each child has 10 session. Work with 8 children. $8 \times £800 = £8000$ This means the total project cost is £23,200 (£11,600 per annum) Requested funding amount has therefore change to £11,600 per annum
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*St Edmundsbury*  
BOROUGH COUNCIL

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**West Suffolk**  
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## 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 01284 757077. 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:  
[families.communities@westsuffolk.gov.uk](mailto:families.communities@westsuffolk.gov.uk).

**Please Note:** This form is for applications to the St Edmundsbury Borough Council Community Chest grants scheme. If you wish to apply to Forest Heath District Council the Forest Heath form can be found on the Community Grants page above. If you wish to apply to both councils, you will need to complete a separate form for each, clearly stating how your activity will benefit the area.

### Privacy Notice

West Suffolk councils is a Data Controller and can be contacted at: West Suffolk House, Western Way, Bury St Edmunds, Suffolk, IP33 3YU. Tel: 01284 763233. The Data Protection Officer is Leah Mickleborough and can be contacted at the same address.

We are collecting your personal information in relation to an application for a grant supplied by West Suffolk councils. The councils administer these grants as a legitimate interest in strengthening, empowering and building resilient communities.

Your data will not be shared with third parties unless to contact other parties (specifically specialist advisors/experts and community referees) who will help the processing of this application or used for Council publicity purposes (i.e. media outlets) in relation to a successful grant, or where we are required or permitted to share data under other legislation (for example the detection and prevention of fraud).

Your data will be kept for six (6) years in line with our retention policy.

You have the right to access your data and to rectify mistakes, erase, restrict, object or move your data in certain circumstances. Automated decision making and

processing is not used during this application. Please contact the Data Protection Officer for further information or go to our website where your rights are explained in more detail. If you would like to receive an explanation of your rights in paper format please contact the Data Protection Officer.

Any complaints regarding your data should be addresses to the Data Protection Officer in the first instance. If the matter is not resolved you can contact the Information Commissioner’s Office at: Wycliff House, Water Lane, Wilmslow, Cheshire, SK9 5AF  
Tel: 0303 123 1113.

For further information on our Data Protection Policies please go to our website: [How we use your information](#) or email: [data.protection@westsuffolk.gov.uk](mailto:data.protection@westsuffolk.gov.uk)

## 1. Contact Details

Organisation/lead partner name	Fresh Start – new beginnings
Organisation address	333 Felixstowe Road Ipswich
Postcode	IP3 9BU

Organisation main email	david@fsnb.org.uk
Organisation main tel.	01473 353355
Organisation website	www.fsnb.org.uk
Organisation Twitter	
Organisation Facebook	

<b>Contact Person 1 (main contact)</b>		<b>Contact person 2</b>	
Name	David Hockley	Name	Sue Wright
Position in organisation	CEO	Position in organisation	Trustee and bid writer
Daytime tel.no	01473 353355	Daytime tel.no	07788410431
Mobile		Mobile	
email	David@fsnb.org.uk	email	Sue.wright11@yahoo.co.uk
Address if different to organisation’s		Address if different to organisation’s	
Postcode		Postcode	

## 2. About your organisation

2.1. Which local authority area(s) does your organisation currently work in?

All Local Authorities in Suffolk

2.2. What type of organisation are you? (please check the relevant box)

Registered charity	<input checked="" type="checkbox"/>	Charity number:1149347
Applying for charitable status	<input type="checkbox"/>	
Company limited by guarantee	<input type="checkbox"/>	Company number:
Community Interest Company	<input type="checkbox"/>	8128922
Part of a larger regional or national charity (Please state which one)	<input type="checkbox"/>	
Constituted Community Group	<input type="checkbox"/>	
Social Enterprise	<input type="checkbox"/>	What type?:
Other (Please specify)	<input type="checkbox"/>	

2.3. How many people are currently involved in your organisation?

Trustees	10	Management Board	
Management team	7	Service users in 2017	300
Full Time paid staff / workers	4	Volunteers and helpers (non-management)	20
Part Time paid staff / workers	10		

When did your organisation start?

Year

2012

2.4. What is the purpose of your organisation?

Please briefly describe why your organisation was set up, its aims and objectives, what activities it carries out and who primarily benefits.

Our primary purpose is to help children and young people who have been sexually abused to understand what has happened to them and to help them to recover from the traumas of sexual abuse. We aim to reduce trauma and symptoms so that they may be capable of harnessing inner strengths, use the skills and strategies taught to them and to recover. To do this we employ specialist sexual abuse workers who are highly trained and professional. Each child victim will have a bespoke Therapeutic Treatment Plan formulated specifically for them. We use a range of psychological processes and methods to help children to recover, ranging from cognitive behavior therapy to mindfulness, and other tried and tested approaches. The primary benefactors are children aged 0-21 who live in the St Edmundsbury area of the county, along with victims from all other areas of Suffolk. We also support the parents of the child or those that care for and about the child by providing information, advice and support so that the family may reform stronger and more supportive. Where necessary we provide group work for parents for a period of 8 weeks, as well as group work for child/young person victims.

Further, we work with children and young people who have been identified as demonstrating unhealthy sexual behavior towards other children. For these young people, mainly girls, we carry out extensive research and look into the background of each so as to develop a Treatment Plan that would enable them to be re-educated so that they do not go on to become perpetrators in the future.

Maximum 300 words

2.5. What was your organisation's total income for last financial year?  
(your branch if part of a larger organisation)

£374,000

2.6. What was your organisation's total expenditure for last financial year?  
(your branch if part of a larger organisation)

£380,000

2.7. Does your organisation have more than six months running costsNo  
(your branch if part of a larger organisation)

2.8. What are your organisation's current unrestricted reserves or savings? £120,000  
(your branch if part of a larger organisation)

### 3. About Your Project

3.1. 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. Please include outputs (what you will deliver).

We would like to support child victims who live in the St Edmundsbury area of Suffolk, to recover from sexual abuse and to offer support to their parents. Following a referral from a professional we would undertake a full assessment of the child victim's mental, psychological and emotional wellbeing. From this exact piece of work the specialist worker would formulate a Therapeutic Treatment Plan which would consist of a number of 1:1 sessions, and group work if deemed appropriate. It could be that a child victim needs up to 60 sessions if they are very traumatized when we start working with them, but generally they receive around 10-15 sessions of 1:1 hour long sessions. There would be 8 children who would be primary benefactors of this work, as well as siblings, parents, and grandparents as secondary benefactors. It might be that siblings need a Service in their own Right.

We want funding to be able to pay the salary costs of our specialist workers. These are trained professionals from a social care background with years of experience and training. It costs this charity £40 to employ a worker for one hour. Each child is allocated time in slots of 2.5 hour sessions and so it costs us £100 for one session with a child victim. We have to allow for preparation, the 1:1 session and evaluation and note writing. The salary costs of our specialist workers is our biggest outlay and without the skills and competencies of our workers this charity could not deliver the excellent work it is regarded for locally and nationally.

We are seeking £10,000 to enable us to provide essential therapeutic treatment services for 8 children and upwards of 30 secondary benefactors.



Maximum 300 words

3.2. How does your project contribute towards the Council's Families and Communities Strategy and Families and Communities Approach? Please refer to guidance and reference both in your answer.

1. **A safe place** – we are supporting parents to have the skills to make sure their family unit is a safe place for their children. Our work is focused on helping parents to provide nurturing, emotional and physical safety. We also teach children how to recognize a perpetrator in the future, how to keep safe when using the internet, what grooming looks like and how to keep their bodies safe, and that they have Rights over what happens to their bodies.
2. **Recognising individuals** – Our work is aimed at restoring self confidence in children, and enabling them to understand and use their own inner strengths and capabilities. We also help children to develop self worth, self respect and to no longer rely on unhealthy coping strategies such as drug taking, or alcohol to help them cope with their lives.
3. **Understanding relationships** – We help all family members to better understand the needs of each and how to accommodate those needs, whether that be physical, mental or emotional. We help families to function well.
4. **Encouraging agency** – Central to our work is the need for us to help children and young people to find and use their inner strengths so that they can reach their potential in life. We are providing the tools and skills needed for each child victim to take control over their own life, and that they will bring about change from their positive actions. We work to ensure children enter into adulthood as healthy people without lingering harmful effects of sexual abuse which would destroy the quality of their lives as they may well struggle with mental health problems, and be a drain on the communities resources.
5. **Developing vision** – We help children to see a future for themselves, by giving them the skills to see a vision into the future. Children are steeped in trauma and confusion when they come to us, and through the skills of our specialist workers we instill in each child and their parent/carers the vision that they are entitled to a life free from sexual abuse, and that they are equal

to anyone else and as such can expect respect. These goals are achieved by children working at a pace they are best suited to, but always with the goal in sight. One of the values of group work for child victims is that they can see how other victims are becoming survivors which gives them hope for their own future lives.

Maximum 300 words

- 3.3. How many people will benefit from your project (on a weekly, monthly or annual basis) and how? Please include outcomes (how your project will benefit the people who are involved in it) and how you will collect evidence of this.

On an annual basis around 38 people would benefit from this funding. The outcomes would be that children who have been sexually abused will have been able to recover from their experiences and begin to live free from the lingering effects of sexual abuse. They will be able to re-engage with schooling, friends and family members from whom they may have become distanced as they struggled with their experiences. We gather information and evidence that children are recovered from their experiences by using a range of psychological measuring tools to include the BRIERE trauma analysis checklist, which is used 3 times during the time a child is receiving services with us. The rate of recovery is determined by the lowering levels of trauma recorded on the BRIERE checklist, and so a measure of our success in enabling the child to recover.

We also use a range of tried and tested measurement tools, as well as witnessing the outcomes of our work through the children themselves. We regard their smiles, talk of their futures and growing confidence as evidence of good outcomes. When a child discloses sexual abuse a family can fall apart, and we endeavor to re-build that family for the benefit of all. We teach parents how to understand their child's behaviours as they journey towards recovery, and how to come to terms with what has happened, and that life will never be the same. What makes this charity unique is that we treat the whole family and not just the child, and there is no other charity in this region working in this way. Ultimately the outcomes we achieve are that families are re-united as a healthy unit of related people who nurture each other and in turn flourish.

Maximum 300 words

- 3.4. Are you working with any other organisations/groups on this project? No

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

none

Maximum 150 words

3.5. What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user /community consultation and research you have carried out.

The number of referrals received by us tells us there is a definite need for this work. Since October 2012 we have offered a therapeutic treatment service to over 1200 children, and the numbers are growing quickly. We receive 60% of our referrals from Children's Services. We are supported by the Police Crime Commissioner who funds some of our work, and we have good relationships with other agencies, to include the SARS. Child sexual abuse is at epidemic proportions and it is reported by the Children's Commissioner that 450,000 children in this country have been sexually abused, and that 1:6 children have been involved in varying forms of sexual abuse. It is reported that in Suffolk there are 32,000 children with mental health problems, some of those are from the St Edmundsbury area, and it may well be some are victims of sexual abuse. We receive requests for help from families almost on a daily basis, and if there were not a dire need this would not be the case.

Suffolk Police recently reported that rape of under 10 year old boys was up by 30% in 2017, but equally reporting of sexual abuse is up, which demonstrates that children are more than ever being believed and offered support, such as our services.

Maximum 200 words

3.6. How has the project been developed out of the community's desire to improve the lives of local people? What role have users and/or the community had in developing this project?

The project was developed as a result of an identified need back in 2012 when the charity was formed to enable the CEO to establish a team of workers to work specifically with children and young people who were disclosing sexual abuse. We listen to the needs of the families we support and tailor our services to meet those needs, so in that way, the community is aiding us to deliver a service that is as best as it can be.

The local communities within Suffolk, to include St Edmundsbury all have shown their desire to improve the lives of local people by their generosity and giving at the many events we hold in an attempt to fund our work. We have an impressive schedule of events which are managed by our fundraising team, and local people

either volunteer, take part or give to us generously. The communities of Suffolk are truly behind us and our work, but we still need funding as our services are specialized.

Maximum 200 words

#### 4. Timescales and sustainability

- 4.1. When will your project start and end? (the period for which you are asking the Council for funding)

Start date

01/6/2019

End date

31/5/2020

- 4.2. If this is an ongoing project, how will it be funded and supported after the end of the grant period?

We will continue to seek funding from all options open to us.

Maximum 150 words

#### 5. Funding request and budget

- 5.1. Which years are you applying for funding for? Please delete as applicable

2019/2020

2020/2021

- 5.2. What is the total cost of the project? (project costs only, not for your whole organisation and not just the funding you are requesting)

£10,000 per annum

5.3. Please provide a full breakdown of the total cost of this project, including VAT if applicable. Please only include direct expenditure for this project.

<b><u>Item</u></b>	<b><u>Amount</u></b>
<p><b>Staff and volunteers</b> (including roles, hourly rates, NI/tax contributions and expenses where applicable)</p> <p>Specialist worker time in formulating the Therapeutic Treatment Plans for 8 children. It costs £300 for each plan in specialist worker time. 8 x £300 = £2400.00</p> <p>We would support 8 children. It costs £100 for one session with a child (2.5 hours at £40 p.h. = £100) x 10 sessions per child. Therefore 8 x £800 = £6,400.</p> <p>It costs £400 for a child victim to take a place on the 10 week group work, as we use two facilitators, and each child will have a follow up session after group work with their dedicated worker. Therefore £1200 would cover the cost of 3 children taking a place on the group work programme.</p> <p>The above is how we use the time of our workers. A grant of £10,000 would provide 1/3<sup>rd</sup> of an annual salary of £30,000, which includes NI contributions of around £1,500 per year and a 1% contribution to a pension scheme.</p>	10,000
<p><b>Overheads</b> (including items such as venue/office costs, utilities, back office services, insurance)</p> <p>No overhead costs asked for we will fund these from donations</p>	
<p><b>Equipment and resources</b></p>	

<b>Other</b>	
<b>Total</b>	<b>£</b>

5.4. Please provide a full breakdown of all other funding you have secured for this project.

<b>Item</b>	<b>Amount</b>
<b>Funding already secured</b> (please detail funders, amounts and funding periods individually)	
none	
<b>Total</b>	<b>£</b>

5.5. What other funders have you applied to for this project but have not yet had a decision from?

Funder	Amount requested	Decision timescale
none	£ £ £	

5.6. Please provide a full breakdown of all in-kind support\* you have secured for this project.

<b>Item</b>	<b>Amount</b>
<b>Volunteer contributions</b> (including estimated hours given and roles)	
<b>Equipment and resources</b> (please itemise)	

<b>Other</b>	
<b>Total</b>	<b>£0</b>

\*In-kind support is assistance and items you would normally expect to pay for, but which you are getting for free, such as volunteer hours or a free venue. You might find it useful to give volunteer hours a value, such as the minimum wage, or higher if you have volunteers with particular expertise it would be expensive to pay for.

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

**2019/20**        **2020/21**   

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

<b>Funding Source</b>	<b>Amount (£)</b>	<b>Reason for funding</b>
<b>Forest Heath DC</b>	8,000	To support our work.
<b>Total:</b>		