

Community Chest Application Summary 2019/2020

Forest Heath & St Edmundsbury councils

West Suffolk
working together

Local Authority	SEBC
Organisation	Survivors in Transition
Amount Requested	£13,590 (2019-2020) £13,590 (2020-2021)
Total Project Cost	£45,300
Match Funding	Post code community trust £10,000 – Pending Adams Community Trust £2,000 – Pending Forest Heath Community Chest £18,120 - Pending
Partnerships	Fresh Start New Beginnings; Ormiston M Power Project; Icen; Sexual Assault Referral Centre; Police; NSFT Suffolk Wellbeing Service; Turning Point (drug and alcohol services); GPs

Overview

Survivors in Transition (SiT) supports adults (18+) who have experienced any form of sexual abuse, exploitation or violence in their childhood, from throughout Suffolk. SiT aims to break the cycle of abuse by empowering adult survivors of childhood sexual abuse. SiT the only organisation in Suffolk who provides this support. On average 2 referrals are received per day for support. Clients are contacted with 3 days and undertake a robust assessment to establish what intervention/s would be suitable.

SiT currently have 34 clients waiting for a service with a St Edmundsbury postcode. In 2017 SiT worked with 145 clients with a St Edmundsbury postcode.

SiT are seeking funding to assist them to employ another Child Sexual Abuse (CSA) support worker who will oversee referrals, take assessments, offer on line or face to face support, plus run targeted, therapeutic group programmes for clients. At present there is a waiting list of clients.

Outputs

- 1 group programme every 6 weeks during term time (for up to six survivors) – total 7 groups per year (42 survivors)
- individual support for 36 survivors
- those on the waiting list will receive welfare calls at least bi – weekly

Outcomes

- stabilise and improve wellbeing and self esteem of survivors and then support them to become volunteers and offer peer support groups and networks across their community creating a pathway
- We provide a safe, supportive environment to build self-esteem and independence through a range of effective interventions to ensure every survivor who accesses our service lives healthier and happier lives.
- Reduce isolation of clients.

Finances

Income for last financial year - £228,887

Expenditure for last financial year - £192,357

Reserves

£4000

Request breakdown

60% of staffing costs for a full time CSA support worker for two year - £27,180

Previous Community Chest funding

N/A

Officer comments

Supported by 1 families and communities officer with conditions.

Community Chest 2019/2020

Initial Clarification Questions

Local Authority	SEBC	
Organisation	Survivors in Transition	
Date contacted	04.10.18	09.10.19
Spoke with	Fiona Ellis	Sue Ling

Queries:

- Confirm start date of project – Grant would not be awarded until April 2019 and cannot be used to fund retrospective projects.
- Clarify total costs of project £45,300
- Match funding - £30,120

Response:

Confirm Start date	Project to start April 2019
Clarify Total costs	Year 1 and year 2 costs are shown but they are a breakdown of the total cost for the worker in St Edmundbury. 60% of the £45300.
Match Funding	Requested funding is more than the total cost of the project because this funding has not been just been confirmed. If additional funding is granted it will be used to support other projects at the organisation.



St Edmundsbury
BOROUGH COUNCIL

Forest Heath & St Edmundsbury councils
West Suffolk
working together

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.

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

1. Contact Details

Organisation/lead partner name	Survivors in Transition (SIT)
Organisation address	84 Fore Street Ipswich Suffolk
Postcode	IP4 1LB

Organisation main email	Fiona@survivorsintransition.co.uk
Organisation main tel.	01473 232499
Organisation website	http://www.survivorsintransition.co.uk
Organisation Twitter	
Organisation Facebook	

Contact Person 1 (main contact)		Contact person 2	
Name	Ms Fiona Ellis	Name	Mrs Sue Ling
Position in organisation	CEO	Position in organisation	Project Manager
Daytime tel.no	01473 232499	Daytime tel.no	01473 232499
Mobile	07849840170	Mobile	07943852696
email	Fiona@survivorsintransition.co.uk	email	Sue.ling@survivorsintransition.co.u
Address if different to organisation’s		Address if different to organisation’s	

Postcode		Postcode	
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2. About your organisation

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

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

Registered charity	<input type="checkbox"/>	Charity number: 1159782 (CIO)
Applying for charitable status	<input type="checkbox"/>	
Company limited by guarantee	<input type="checkbox"/>	Company number:
Community Interest Company	<input type="checkbox"/>	
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	7	Management Board	
Management team	3	Service users	1285
Full Time paid staff / workers	3	Volunteers and helpers (non-management)	32
Part Time paid staff / workers	2		

When did your organisation start?

Year

2009

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.

Survivors in Transition (SiT) supports adults (18+) who have experienced any form of sexual abuse, exploitation or violence in their childhood, from throughout Suffolk. We aim to break the cycle of abuse by empowering adult survivors of childhood sexual abuse. SiT was formed in 2009 to address the lack of specialist support available for survivors of Childhood Sexual Abuse in Suffolk. We are the only organisation in Suffolk who provide this support. 4 years ago we moved into our own rented premises in central Ipswich which enables us to deliver a broad range of individual, group, outreach and therapeutic services and cope better with ever increasing demand.

We currently offer the following to individuals who have self referred (40%) or been referred by professionals. On average we receive 2 referrals per day for support. Clients are contacted with 3 days and we undertake a robust assessment to establish what intervention/s would be suitable:

1:1 counselling and therapy

Online and phone support

Pre counselling programme ("Hold Fast" developed by SiT for survivors to prepare for formal counselling and increase self esteem, identify and provide any additional support)

Targeted, facilitated group sessions

Evolve – closed, facilitated group for female survivors who have been referred

First Steps - open session for male and female survivors attending for the first time to reduce anxiety

Art therapy group session for women by referral

Facilitated men's group session

Peer support groups and sessions

Legal advice in partnership with local solicitors Gotelee, pre trial counselling and support giving Police statements and throughout investigation

Individual support plans (combination of practical support and therapy)

Information, advice and guidance including referrals to partner organisations such as drug and alcohol support, domestic abuse, police, eating disorders support, self harming support and CV writing, employment and education support.

Maximum 300 words

- 2.5. What was your organisation's total income for last financial year? (your branch if part of a larger organisation)
- 2.6. What was your organisation's total expenditure for last financial year? (your branch if part of a larger organisation)
- 2.7. Does your organisation have more than six months running costs? (your branch if part of a larger organisation) Yes
- 2.8. What are your organisation's current unrestricted reserves or savings? (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).

Geographic Expansion

We are seeking funding from St Edmundsbury Community Chest to assist us to employ another Child Sexual Abuse (CSA) support worker who will oversee referrals, take

assessments, offer on line or face to face support, plus run targeted, therapeutic group programmes for clients

At present we have a waiting list of clients, which will only get bigger due to more people knowing about our services. Therefore by employing another support worker on a full time basis, or two part time support workers, we will be able to reduce this bottle neck and reduce the time for assessments. This will inevitably help improve our clients self-esteem and general well-being. The support worker will run 1 group programme every 6 weeks during term time (for up to six survivors) – total 7 groups per year (42 survivors) and individual support for 36 survivors.

We will ensure those on the waiting list are actively triaged according to need. Make sure those on the waiting list receive welfare calls at least bi – weekly. Scope longer term tracking of survivors who access our services

Map those into employment/education

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.

We believe our proposal is a positive fit with West Suffolk's Families and Communities strategy as we aim to firstly stabilise and improve wellbeing and self esteem of survivors and then support them to become volunteers and offer peer support groups and networks across their community creating a pathway that is not dependant or draining of services whilst challenging stigma and raising awareness of sexual abuse in the community.

A Safe Place: We provide a safe, supportive environment to build self-esteem and independence through a range of effective interventions to ensure every survivor who accesses our service lives healthier and happier lives.

Recognising Individuals: We lead by example, recognising that every adult survivor of childhood sexual abuse deserves to be listened to, believed, respected and understood.

We never forget everyone is an **individual** and should be treated as such.

Understanding Relationships: We are inclusive and reach out to anyone who needs us, and we treat everyone with honesty and respect.

Encouraging Agency: We help our clients become more self confident, and move forward with their lives.

Developing Vision: We are always seeking to improve and advance the methods and models we use to support survivors.

SiT has a duty to ensure that it is able to meet its charitable objectives in the most effective way possible. In order to do this, our strategy is based on a number of factors.

- changes in the wider environment in which SiT operates
- opportunities for growth and collaborative working that are or become available
- and, the SiT's own strengths and weaknesses.

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.

We currently have 34 clients waiting for a service with a St Eds postcode, which is in itself the best indicator of need. In 2017 we worked with 145 clients with a St Eds postcode. We believe this number will increase if survivors could access and know about a service in their local area, we have consulted with 10 of those on waiting lists via phone, referrers such as Suffolk Wellbeing service, Linkworkers and counsellors in the area who are unanimously of the view that bringing the service to survivors will ease anxiety, reduce travel pressure and ultimately improve client engagement and improve life outcomes. Of the 10 clients we spoke to on our waiting list 7 are extremely isolated with little contact or support and 3 has not left the house months, 2 had recently had suicide attempts and 8 of them were experiencing acute anxiety or depression. Of the current waiting list 50% have been assessed as requiring specialist 1:1 counselling / therapy and although we operate an online /phone counselling service this is not appropriate for all clients, although we are offering check in calls for the time being. Prevalence of sexual abuse can be difficult to determine but most recently a new module of questions included in the Crime Survey for England and Wales (CSEW) between 1 April 2015 and 31 March 2016 asked adult respondents aged 16 to 59 whether they had experienced a range of abuse while a child. The survey showed that 7% of adults aged 16 to 59 had experienced sexual assault in childhood. To put this in perspective approximately 6.4% people in England have diabetes, and 6.0% have asthma (source: <http://fingertips.phe.org.uk/>). This means that over 6,000 adults in St Eds may have been affected and will likely be experiencing negative health and social consequences directly related to their experience

Maximum 300 words

3.4. Are you working with any other organisations/groups on this project? Yes

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

We will be delivering the project but due to the complex nature of the effects of childhood sexual abuse we work in collaboration with a number of local organisations as follows:

- Fresh Start New Beginnings (work with under 18 abuse victims of CSA, tell us that 70% of the parents they come in contact with have also been sexually abused)
- Ormiston M Power Project (Parents whose children have been taken into care, tell us over 90% of the parents they work with have been sexually abused)
- Icenl (family support and addiction)

The following organisations are primarily used as part of a mutual referral system:

- GPs (40% of our users tell us the GP is their first point of disclosure,
- Sexual Assault Referral Centre / Police – we receive 30% of our referrals from ISVAs or Police / Victim Support
- NSFT Suffolk Wellbeing Service (who aren't able to provide specialist support for sexual abuse)
- Drug and alcohol services Turning Point

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.

Prevalence of sexual abuse can be difficult to determine but most recently a new module of questions included in the Crime Survey for England and Wales (CSEW) between 1 April 2015 and 31 March 2016 asked adult respondents aged 16 to 59 whether they had experienced a range of abuse while a child. The survey showed that 8.9% of adults aged 16 to 59 had experienced sexual assault in childhood. To put this in perspective approximately 6.4% people in England have diabetes, and 6.0% have asthma (source: <http://fingertips.phe.org.uk/>). This means that over 6,000 adults in Bury St Edmunds may have been affected and will likely be experiencing negative health and social consequences directly related to their experience. We currently have 34 clients waiting for a service with a Bury St Edmunds postcode, which is in itself the best indicator of need. In 2017 we worked with 145 clients with a Bury St Edmunds postcode. We believe this number will increase if survivors could access and know about a service in their local area, we have consulted with 10 of those on waiting lists via phone, referrers such as Suffolk Wellbeing service, Linkworkers and counsellors in the area who are unanimously of the view that bringing the service to survivors will ease anxiety, reduce travel pressure and ultimately improve client engagement and improve life outcomes

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?

As people become more aware of the charity, we are getting more clients wanting to use our service and at present we are currently processing 2/3 referrals per day, which takes time away from the counselling and the groups side of our work. The work will be exactly the same as the work we do in Ipswich, however we will be able to move our help and support to other parts of Suffolk (initially the Bury St Edmunds areas) and therefore we will be able to reach clients who are unable to get to Ipswich on a regular basis. We will also be in the position to employ someone who lives in the Bury St Edmunds area and therefore save on mileage/travel costs. People ring or come into our offices on a daily basis. To date we have 98 clients who are either waiting for an initial assessment or waiting to be put on counselling. A percentage of these people are from the Bury St Edmunds area. We conducted a national survey of adult survivors in 2015 with University of Suffolk. 28% of respondents were from Suffolk and therefore we feel confident applying the results locally. We are using this research to ensure we meet the identified needs of local survivors more effectively. 'I have received support from a lot of

services but never felt listened to' Findings mirrored what we hear anecdotally. Because we are an existing project we have a wealth of service user evaluations, case studies and feedback from key stakeholders. These feedback mechanisms evidence the efficacy, high demand for and value of our service.

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 End date

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

We hope to be able to evaluate the project on a yearly basis and apply to other sources of grant funding to continue offering specialist therapeutic services and counselling.

We also hope to expand our services throughout Suffolk, allowing us to reach clients who are unable to get to Ipswich

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)

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.

<u>Item</u>	<u>Amount</u>
Applying for both St Edmundsbury and Forest Heath one full time CSA Support Worker (40% Forest Heath, 60% St Edmundsbury)	£45300
Cost per year:	
Year 1	
Outreach costs	
outreach worker 22.5 hours p/w @ £10ph (full cost) = £225 x 52 weeks	11700
NI, Pension costs £600	600
recruitment costing £600	600
management £1800	1080
Year 2	
Develop and implement peer support group – volunteer costs & materials	900
Outreach worker costs 22.5 hours per week @ £10 = £225 x 52 = £11700	11700
NI, Pension costs	600
Overheads (including items such as venue/office costs, utilities, back office services, insurance)	
Equipment and resources	
Other	
Total	£27180 over two years

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

<u>Item</u>	<u>Amount</u>
Funding already secured (please detail funders, amounts and funding periods individually)	
Total	£

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
Post code community trust	£10,000	November 2018
Adams Community Trust	£2,000	October 2018
Forest Heath Community Chest	£18120	December 2018

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

<u>Item</u>	<u>Amount</u>
Volunteer contributions (including estimated hours given and roles)	
6 hours per week @ £7.98 per hour	£2489
Equipment and resources (please itemise)	
Conference room supplied by Suffolk Fire & Rescue	£7800
Other	
Total	£10289

*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?

Funding Source	Amount (£)	Reason for funding
St Edmundsbury	£11560	Pilot individual and groups sessions for Survivors of Sexual Abuse
Total:	11560	

Thank you for completing Part A of the form. Please continue to part B.

