

The Edith M Ellis 1985 Charitable Trust

Trauma Foundation South West

#2JX3FQWMM1 submitted on 6 December 2022

1.1 Please summarise what you are seeking from us

Trauma Foundation South West (TFSW) has provided long-term and often lifesaving psychotherapy and counselling to more than 940 refugees and asylum seekers. Due to unprecedented demand following Covid and world conflicts forcing people to flee to the UK, we have had to close our waiting list. We are seeking funding to open to referrals again. We respectfully request £3000 from the The Edith M Ellis Trust to be used directly in our charitable activities.

1.2 Tell us more about your project, the impact it will have on those it aims to help, and why you consider the proposed approach to be innovative

Asylum seekers and refugees have multiple needs stemming from the extreme trauma they suffered in their country of origin, on often-perilous journeys, and in the UK, negotiating a complex, harsh asylum system and often hostility. Our clients are deeply traumatised by war, persecution, torture, physical hardship and multiple losses - of homeland, family, career, community and culture. Such extreme trauma often results in a range of mental health difficulties and disorders such as post-traumatic stress disorder (PTSD), clinical depression, anxiety states, psychosomatic disorders and sometimes psychotic states.

Psychotherapeutic Support -

We provide vital free, long-term 1-1 and group psychotherapy and counselling to asylum seekers and refugees coming to Bristol/Southwest.

Our work is delivered by highly trained and skilled therapists and supervisors and we also help clients outside sessions by writing letters of support or liaising with other refugee organisations about their needs. We see clients in our St Pauls Learning Centre therapy room, online, and by phone (since Covid-19). While many clients prefer in-person support, our blended way of working has increased accessibility for many clients, particularly those with agoraphobia or physical disabilities which make travelling to therapy difficult or impossible. More than half our clients need interpreters. We receive referrals from GPs, social services and refugee charities.

Our specialist and uniquely open-ended psychotherapy/counselling helps people rebuild mentally through being heard, believed and supported. We deliver our work to 25-30 clients per year with a waiting list of 35 (and despite this being closed we receive an average of two enquiries a week for referrals).

Training and supervision -

In a predominantly under-resourced sector, we also hold a vital and unique proactive role in supporting the refugee sector's mental health and wellbeing. We provide supervision and training on avoiding vicarious trauma and self-care to the staff/volunteers of refugee charities, local authorities, and housing associations as well as people who host or sponsor refugees, such as those in the Homes for Ukraine scheme. We are currently supporting 18 organisations (directly reaching 363 staff and indirectly an estimated 3,400 service users)

Working with traumatised people can be insidiously traumatising itself and can lead people to have PTSD symptoms.

Our support for refugee sector staff/volunteers and hosts of refugee sponsorship schemes such as Homes for Ukraine helps prevent vicarious trauma and burn out and allows people to continue providing vital practical or other support to refugees.

1.3 Which grant-giving categories does your project fulfil?

E - Work with forced migrants, including internally displaced people

1.3e Work with forced migrants, including internally displaced people

We support forced migrants with their mental health along with offering training and supervision for staff and volunteers in the refugee sector.

For the first time, thousands of asylum seekers are being dispersed to councils in the Southwest, where there is limited experience to support them. Many staff/volunteers are new to refugee work and need support to prevent burnout.

1.4 Which country is the project based in?

United Kingdom (GB)

1.5 Will the project continue after initial funding has ended?

Yes

1.5b Please give details of how you plan to continue after initial funding has ended

From 2022-25 we plan to increase our income and reduce our ongoing need for core funding by; 1. Increasing our earned income from supervision and training work for agency staff and volunteers, 2. Subsidising our therapeutic work with asylum seekers and refugees who need free services through funded therapeutic work via local authorities and other agencies in the Southwest and 3. Building our individual donor base through improved communications, social media and demonstration of impact.

1.6 How will the project be monitored and evaluated?

The project will be monitored & evaluated through gentle, person-centred assessments with clients at the start, at three-month intervals, and at the end of therapy. Our highly trained and experienced psychotherapists and counsellors will input their observations of clients' progress. We will also note any spontaneous feedback from clients to add to the overall picture of the positive changes made.

We evaluate all training by sending online evaluations to participants and reviewing their responses.

2.1 Expenditure

EXPENDITURE ITEM	AMOUNT	NOTES
Salaries (3 x part time employees)	£50,371	
Rent/rates - therapy room	£4,500	
Expenses staff	£250	
Training	£150	
Insurance	£500	
IT, Office, Bookkeeping	£2,500	
Group Therapy	£12,000	
Therapists	£30,000	
Interpreters	£10,000	
Assessments	£1,000	
POS	£14,300	
TOTALS	£125,571	

2.2 Income

INCOME SOURCE	TARGET AMOUNT	AMOUNT RAISED	NOTES
Equator Trust	£40,000	£0	Recurring grant
Agency Work	£23,000	£0	
Regular Donations	£5,000	£0	
Annual Donation	£10,000	£10,000	(Ex Therapist)
Other	£500	£0	crowdfunder, SM donations, website sales, room sub-rental St Pauls, small trusts
Other Trust & Foundation Grants	£40,000	£0	
TOTALS	£118,500	£10,000	

2.3 What is the total amount (in £ sterling) your organisation is requesting from The Edith M Ellis Trust?

£3,000

2.4 Has your organisation made an application to The Edith M Ellis Trust before?

Yes

2.4b Please provide the date of the previous application

2014

2.4c Was this previous application successful?

Yes

2.4d How much did you receive?

£2,000

2.4e When did you receive the grant?

November 2014

2.5 Please state your organisation's annual turnover (in £ sterling)

£83,580

2.6 Do you wish to upload your audited accounts or financial statement?

No

2.7 Please tell us where payment should be made if your application is successful

Trauma Foundation South West

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3.1 Your name

Katie Hope

3.2 Your contact telephone number

07742789480

3.3 Your position within the organisation

Head of Operations

3.4 Your email address

katie.hope@tfs.co.uk

3.5 Organisation name

Trauma Foundation South West

3.6 Please state the status of your organisation

Registered Charity

3.7 Please summarise what your organisation does

We provide vital free, long-term 1-1 and group psychotherapy and counselling to asylum seekers, destitute asylum seekers and settled refugees coming to Bristol/Southwest. We also support the refugee sector's mental health and wellbeing. We provide supervision and training on avoiding vicarious trauma and self-care to the staff/volunteers of refugee charities, local authorities, and housing associations as well as people who host or sponsor refugees, such as in the Homes for Ukraine scheme.

3.8 UK correspondence address for organisation

St Paul's Learning Centre
94 Grosvenor Road
St Pauls
Bristol
BS2 8XJ

3.9 UK telephone number

07742789480

3.10 UK charity number (if applicable)

1146885

3.11 Year established

2002

3.12 Website (if applicable)

<https://www.tfs.co.uk/>

3.13 Social media accounts (if applicable)

<http://www.facebook.com/TraumaFoundationSouthWest>

<http://www.twitter.com/@traumafsw>

<https://www.linkedin.com/company/trauma-foundation-south-west/>

4.1 How did you hear about The Edith M Ellis Trust?

Previous application to The Edith M Ellis Trust