

The Edith M Ellis 1985 Charitable Trust

Therapy 4 Healing - T4H

#D4HJ6PQWX3 submitted on 29 September 2021

1.1 Please summarise what you are seeking from us

T4H is a BAMER led organisation offering mental health support. We provide person-centred therapies and accredited psychological support. This includes sexual abuse, domestic abuse, PTSD, childhood trauma, violence, torture, displacement, modern slavery and protracted mental illnesses. We are seeking funding to support those in our community who are forced migrants and experiencing both displacement and dispersal.

1.2 Tell us more about your project and the impact it will have

Asylum Seekers receive therapy weekly, bi-weekly or monthly depending on their complexity of need to fully explore their experiences and support their mental health recovery. T4H works holistically and undertakes family work and individual work. Through other funds we support physical needs that arise through disability or long-term conditions.

Where appropriate we combine counselling therapies with non-exploitative therapeutic touch such as massage and reflexology to help reduce the impact of serious mental illness. In some cases physical therapies can be more beneficial than talking therapy.

80 x 1-2-1 mental health and wellbeing sessions for vulnerable adult asylum seekers, refugees and migrants

Due to our track record we have secured counsellors who are committed to our vision and forgo private practice and work at the community rate - keeping this bid value for money. All have worked through Covid19 and are capable of offering support via a variety of mediums.

All our BACP Accredited Counsellors have formal supervision in place. All therapists are insured and members of the relevant body. As much of our proposal takes place in community centres we have the extra support needed for our team. They never work alone in a venue with any of our beneficiaries.

Our pilot will offer mental health and wellbeing sessions in venues that asylum seekers already attend. Food banks, clothing banks, donation hubs and specialist asylum seeker organisations that T4H already work with. On 01.09.21 it was agreed that the Salvation Army we currently work in Central Lewisham will become the hub for recently arrived Afghans. T4H will become their mental health and wellbeing support organisation. This support will be hugely buoyed by securing this grant.

This project pilots our mental health and wellbeing clinic in asylum seeker hostels. It is unlikely using hotels will diminish either so this grant enables us to take our pop-up mental health and wellbeing clinic into hotels as well.

All T4H projects have an Equality Impact Assessment. This includes the venues used and the services delivered

We have therapists of various genders. Asylum seekers can choose the gender of their therapist.

We have factored in translation costs into our budget.

We have treated people living with disabilities for over 12 years and can make adaptations to services as required.

We have vast and personal experience of cognitive differences. We understand the impact of reduced and interrupted schooling and frequent displacement and how this will impact an asylum seeker's ability to engage with our services.

Several asylum seeker volunteers support our work and offer insight to the services we offer so that they are co-produced.

Outcomes

To keep asylum seekers mentally healthy and improve their mental and emotional wellbeing by delivering therapy sessions face-to-face or online/telephone.

To offer a dedicated, focussed opportunity to our asylum seeker community to benefit from mental health support, to receive a warm, kind service and know that they are valued and welcome.

To improve asylum seekers physical, mental & emotional wellbeing and keep them hopeful and supported.

To contribute to the reduction in suicide and serious mental illness in the asylum seeker community.

To provide evidence of the success of running holistic services from food banks and asylum seeker dedicated services so the asylum seekers practical needs and mental health and wellbeing needs can be met in the same physical space.

To provide evidence that the grassroots frontline service delivery sector is well connected, supportive of one another and can champion and support asylum seekers across the UK even when sudden dispersal occurs.

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

Lewisham and Croydon are Boroughs of Sanctuary and are committed to supporting forced migrants, asylum seekers, refugees and internally displaced people - many asylum seekers who may be migrants, or ultimately refugees are further displaced on arrival to the UK via the dispersal process. Often being moved with no notice across the UK.

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

We work in partnership with The Trussel Trust to offer therapies at the food banks. We have secured further funding from L&Q to continue this work and continue to bid streams of funding. As we are a non-statutory organisation we are able to support people who have No Recourse to Public Funds.

1.6 How will the project be monitored and evaluated?

We undertake the Warwick Edinburgh Mental Wellbeing Scale at the first and last session to evidence improved mental and emotional health.

We take case studies and measure some activity against the Social Value scale.

We undertake questionnaires, record attendance at sessions and monitor engagement at sessions.

We take testimonials from beneficiaries and therapists to capture the journeys people have been on to realising their potential regardless of the obstacles and hurdles they often face.

2.1 Expenditure

EXPENDITURE ITEM	AMOUNT	NOTES
80 x 1-2-1 Health & Wellbeing Sessions @ £50 per session	£4,000	
Office Overheads @ 10%	£500	
Equipment, PPE, Deep Cleaning, Outreach	£500	
TOTALS	£5,000	

2.2 Income

INCOME SOURCE	TARGET AMOUNT	AMOUNT RAISED	NOTES
Government Grants	£10,300	£9,300	
2021 Bids	£348,816	£139,070	
	£0	£0	
TOTALS	£359,116	£148,370	

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

£5,000

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

No

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

£148,881

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

Yes

2.6b Upload File

<https://theedithmellischaritabletrust.org/assets/uploads/2021/09/2020-T4H-Accounts.pdf>

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

Therapy 4 Healing

28223168

30-92-45

3.1 Your name

Naomi Louise

3.2 Your contact telephone number

07818265428

3.3 Your position within the organisation

CEO

3.4 Your email address

ceo@t4h.org.uk

3.5 Organisation name

Therpay 4 Healing - T4H

3.6 Please state the status of your organisation

Social Enterprise

3.7 Please summarise what your organisation does

T4H is a proud black and women led health and wellbeing charitable organisation based in SE London. 12 years ago T4H was born from a passion to 'service the community'. We get care where care is needed through funding and collaborating with partners. We get services to those in need, whether they can afford or not. T4H improves the quality of people's health and wellbeing through therapy.

3.8 UK correspondence address for organisation

120 Stanstead Road

London

SE23 1BX

3.9 UK telephone number

02086178820

3.10 UK charity number (if applicable)**3.11 Year established**

2009

3.12 Website (if applicable)

<https://www.t4h.org.uk>

3.13 Social media accounts (if applicable)

<https://www.instagram.com/therapy4healing/>

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

Directory of Social Change/Funds Online