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| Organisation Name | | Reference code |
| BeLifted Now CIC | | 2024-05-YWG09 |
| Organisation Address | | |
| 170 All Souls Avenue, London,NW10 3AB London NW10 3AB | | |
| Website Address | | |
| 170 All Souls Avenue, London,NW10 3AB | | |
| Type of organisation? (tick all that apply and complete relevant details) | | |
| Charity | Registered Charity Number | Date Registered |
| No | | |
| Community Interest Company | Registered Companies House Number | Date Registered |
| Yes | 10835418 | 2017 |
| Social Enterprise | Social Enterprise Mark Awarded Yes/No | Date Awarded |
| No | | |
| Grant Summary | | |
| The purpose of this grant is to provide support and interventions for young girls and women at risk of or involved in the criminal justice system, with the aim of reducing reoffending behaviours or preventing first convictions. | | |
| Please describe the specific needs of the young women and girls you work with that this project will address | | |
| <p>The young women and girls we work with face a myriad of complex challenges, each stemming from their unique backgrounds and life experiences. Many of these individuals have been subjected to severe psychological trauma, abuse, and violence within their homes. The effects of such experiences can be profound, leading to a range of mental health issues including anxiety, depression, and post-traumatic stress disorder.</p> <p>Moreover, a significant number of these young women have experienced neglect, leaving them with deep emotional scars and a profound sense of worthlessness. This neglect has not only affected their emotional well-being but has also contributed to low self-esteem and a lack of confidence in their abilities.</p> <p>For those attending Pupil Referral Units, the challenges are further compounded by their educational experiences. Having been expelled from mainstream schools, they often find themselves struggling to adapt to a new educational environment. This transition can be incredibly challenging, leading to feelings of isolation, frustration, and a sense of academic failure.</p> <p>Additionally, many of these young women come from socially and economically deprived backgrounds, where opportunities for positive growth and development are severely limited. Growing up in environments characterised by poverty, crime, and substance abuse, they face numerous barriers to success, including limited access to quality education, healthcare, and support services.</p> <p>Furthermore, a significant number of the young women and girls we work with are either already caught up in the criminal justice system or are highly vulnerable and at risk of becoming involved.</p> | | |

Many have been exposed to environments where criminal behaviour is normalised, and they may face pressure to engage in illegal activities themselves. This violent behaviour has become normal because of what they have been exposed to, which may include - but not limited to:

1. Home Environment: In households where domestic violence is prevalent, women and young girls may witness or experience violence firsthand. Growing up in such an environment can normalise violent behaviour and perpetuate cycles of abuse.
2. Community Environment: In some communities, violence may be normalised due to factors such as gang activity, drug abuse, or high crime rates. Young girls may be exposed to violence in their neighbourhoods, schools, or social circles, making it seem like a normal part of life.
3. Peer Groups: In some cases, peer groups or social circles may normalise violent behaviour, particularly among young people. Pressure to conform to social norms within these groups can lead to participation in violent behaviour or the acceptance of violence as a means of resolving conflicts.
4. Media and Entertainment: Exposure to violent media, including movies, television shows, video games, and music, can desensitise women and young girls to violence and normalise aggressive behaviour.
5. Institutional Environments: In some cases, institutional environments such as schools, youth detention centres, or correctional facilities may perpetuate or tolerate violence. Women and young girls within these environments may be exposed to violence from peers or authority figures, leading to the normalisation of aggressive behaviour.

Overall, exposure to environments where violence is normalised can have profound and long-lasting effects on women and young girls, contributing to a range of negative outcomes including trauma, low self-esteem, and involvement in criminal behaviour. Moreover, those who have already entered the criminal justice system often struggle to break free from the cycle of offending due to a lack of support and opportunities for rehabilitation.

What are the key outcomes that you will be seeking to achieve for young women and girls either at risk of offending or who are already caught up in the criminal justice system?

The key outcomes we aim to achieve for young women and girls either at risk of offending or who are already caught up in the criminal justice system are multifaceted and comprehensive, addressing their complex needs and circumstances.

1. Reduced Recidivism: Our primary objective is to reduce recidivism rates among young women and girls who are already involved in the criminal justice system. By providing them with tailored support, resources, and opportunities for rehabilitation, we aim to break the cycle of offending and help them make positive changes in their lives.
2. Prevention of First Convictions: For young women and girls who are at risk of entering the criminal justice system, our goal is to prevent first convictions altogether. By addressing the underlying factors that contribute to their risk of offending, such as trauma, abuse, neglect, and lack of opportunities, we aim to provide them with the support and resources they need to make positive choices and avoid involvement in criminal behaviour.
3. Improved Mental Health and Well-being: Many young women and girls involved in or at risk of offending struggle with mental health issues such as anxiety, depression, and post-traumatic stress disorder. Our aim is to improve their mental health and well-being by providing trauma-informed care, counseling, and therapeutic interventions to help them heal from past traumas and develop healthy coping mechanisms.
4. Increased Self-esteem and Confidence: Low self-esteem and confidence are common among young women and girls involved in or at risk of offending. Our goal is to help them build their self-esteem and confidence by providing them with

opportunities for personal growth, skill development, and positive reinforcement.

5. Educational Attainment and Employment: Many young women and girls involved in or at risk of offending have limited access to education and employment opportunities. Our aim is to support them in achieving their educational and career goals by providing educational support, vocational training, and mentoring to help them develop the skills and qualifications they need to succeed.

6. Positive Relationships and Support Networks: Building positive relationships and support networks is essential for young women and girls involved in or at risk of offending. Our goal is to help them build strong, supportive relationships with family, friends, mentors, and community members who can provide them with the encouragement, guidance, and support they need to make positive changes in their lives.

Overall, our aim is to empower young women and girls involved in or at risk of offending to overcome the challenges they face, make positive changes in their lives, and build brighter futures for themselves. Through our tailored support, resources, and interventions, we believe that we can help them break free from the cycle of offending, achieve their goals, and become active, productive members of their communities.

What are the key activities you will undertake with this funding to achieve this?

With this funding we will deploy a two pronged approach. We plan to target young girls at risk of or who already offended and we plan to target women already in the criminal justice system.

A. Partnership with Pupil Referral Unit in Barnet: We will collaborate with a Pupil Referral Unit in Barnet to deliver targeted support and interventions to young women and girls aged 11-16 years old. This will include on-site counselling, workshops, and mentoring sessions tailored to the needs of the students.

B. Working in Local Women's Prison: We will also work in a local prison, delivering support and interventions to young women aged 18-30 years old who are involved in the criminal justice system. This will include group therapy sessions, reintegration support, and assistance with accessing education and training.

Through these activities, we aim to empower young women and girls to overcome the challenges they face, make positive changes in their lives, and build brighter futures.

1. Trauma-Informed Support and Counselling: We will provide trauma-informed support and counselling to help young women and girls heal from past traumas and develop healthy coping mechanisms. This will include one-on-one counselling sessions, group therapy, and workshops focused on trauma recovery and emotional well-being.

2. Mental Health and Well-being: We will deliver workshops and seminars focused on mental health and well-being, covering topics such as stress management, anxiety reduction, and building resilience. These workshops will provide young women and girls with practical strategies for managing their mental health and improving their overall well-being.

3. Self-esteem and Confidence Building Activities: We will facilitate activities and programs aimed at building self-esteem and confidence among young women and girls. This will include self-esteem workshops, confidence-building exercises, and opportunities for personal development and growth.

4. Educational Support and Mentoring: We will provide educational support and mentoring to help young women and girls achieve their academic goals and aspirations. This will include tutoring, homework assistance, study skills workshops, and mentoring sessions focused on academic success and career planning.

5. Vocational Training and Employment Support: We will offer vocational training and employment support to help young women and girls gain the skills and qualifications they need to succeed in the workforce. This will include job readiness training, resume building workshops, and support with job searching and applications.

6. Positive Relationships and Support: We will help young women and girls build positive relationships and support networks by providing opportunities for socialisation,

community engagement, and peer support. This will include group activities, team-building exercises, and community events aimed at fostering positive relationships and connections.

Does your proposed project already exist or is this a new piece of work?

Our proposed project is a new initiative that builds upon our existing work in pupil referral units, albeit under a different capacity. While we have previously provided support and interventions to young people in pupil referral units, this project represents a significant expansion of our efforts to specifically target young women and girls at risk of offending or already involved in the criminal justice system.

With this funding, we will be able to implement a comprehensive program of support and interventions specifically tailored to the needs of young women and girls aged 11-16 years old in pupil referral units in Barnet, as well as those aged 18-30 years old in a local prison.

This funding will enable us to provide trauma-informed support and counselling, mental health and well-being workshops, self-esteem and confidence-building activities, educational support and mentoring, vocational training and employment support, and opportunities for building positive relationships and support networks.

While our previous work in pupil referral units has focused on providing general support and interventions to young people, this funding will allow us to specifically target the unique needs and challenges faced by young women and girls at risk of offending or already involved in the criminal justice system.

By focusing our efforts on this specific cohort, we believe that we can make a significant impact in reducing reoffending behaviours, preventing first convictions, and supporting young women and girls to build brighter futures for themselves. This funding will allow us to expand our current work in pupil referral units but also start a new initiative - which we have been trying to do for sometime, in a local women's prison.

What expertise and track record do you have to be able to deliver this work successfully?

Me and our dedicated team are trained in Cognitive Behavioural Therapy (CBT), and other evidence-based therapeutic approaches. You can view some of our impact and work on the following links:

<https://www.thirdsector.co.uk/third-sector-podcast-maximising-online-fundraising-potential/fundraising/article/>

<https://shows.acast.com/61517939d72d490013a1158c/65cf3523c44445001672fe07>

<https://youtu.be/55a>

We have a proven track record of providing effective support and interventions to women and young girls, helping them to overcome trauma, build self-esteem and confidence, and develop the necessary skills to navigate their challenges and build brighter futures for themselves.

Our expertise linked to gender and trauma informed approaches is as follows:

1. Gender-specific Support Groups: Providing support groups specifically tailored to the needs of women and girls, where they can discuss issues such as trauma, abuse, and violence in a safe and supportive environment.
2. Trauma-Informed Counselling: Utilising therapeutic approaches such as Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR), and Trauma-Focused Cognitive Behavioural Therapy (TF-CBT) to help individuals process and heal from traumatic experiences.
3. Gender-sensitive Case Management: Ensuring that case management services take into account the unique needs and experiences of women and girls, including issues such as childcare, housing, and financial stability.
4. Safety Planning: Helping women and girls develop safety plans to address and mitigate the risks of further trauma or violence in their lives.
5. Empowerment-based Approaches: Empowering women and girls to take control of

- their lives and make positive changes through education, skill-building, and advocacy.
6. Culturally Competent Care: Recognising and respecting the cultural backgrounds and identities of women and girls, and providing care that is sensitive to their cultural needs and preferences.
 7. Trauma-informed Education: Providing education and training to staff and volunteers on trauma-informed care principles, including understanding the impact of trauma on individuals and how to create safe and supportive environments.
 8. Holistic Support Services: Offering a range of support services that address the physical, emotional, and practical needs of women and girls, including access to healthcare, housing, education, employment, and legal support. We have a dedicated debt and welfare team to help women about to be released to get assistance with debt, benefits and welfare support.
 9. Peer Support Programs: Facilitating peer support programs where women and girls can connect with others who have had similar experiences, providing a sense of community and belonging.
 10. Community Partnerships: Collaborating with community organisations, healthcare providers, law enforcement, and other stakeholders to ensure that women and girls have access to a comprehensive network of support service.

Explain how the grant will be spent

The grant will be allocated to support our comprehensive program aimed at providing tailored support and interventions to young women and girls aged 11-16 years old in a Pupil Referral Unit (PRU) in Barnet, as well as those aged 18-30 years old in a local prison. Here is a breakdown of how the grant will be spent:

1. Staffing: A significant portion of the grant will be allocated to staffing costs, including salaries for support workers, counsellors, and mentors. These staff members will deliver a range of support services, including trauma-informed counselling, educational support, vocational training, and employment support.
2. Training and Development: A portion of the grant will be allocated to training and development activities for staff members. This will include training in trauma-informed approaches, gender-specific support, and evidence-based therapeutic interventions such as Cognitive Behavioral Therapy (CBT) and 3. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).
4. Program Delivery: The grant will also be used to fund the delivery of our program of support and interventions to young women and girls in the PRU and local prison. This will include the provision of trauma-informed counseling, mental health and well-being workshops, self-esteem and confidence-building activities, educational support and mentoring, vocational training, and employment support.
5. Resources and Materials: A portion of the grant will be allocated to resources and materials needed to deliver our program effectively. This may include educational materials, workbooks, art supplies, and other resources to support our therapeutic interventions and activities.
6. Transportation and Travel: The grant will also cover transportation and travel costs associated with delivering our program in the PRU and local prison. This may include travel expenses for staff members, as well as transportation costs for service users attending off-site activities and appointments.
7. Evaluation and Monitoring: A portion of the grant will be allocated to evaluation and monitoring activities to assess the impact and effectiveness of our program. This may include the development and implementation of evaluation tools, data collection and analysis, and reporting on outcomes and achievements.

Overall, the grant will enable us to deliver a comprehensive program of support and interventions to young women and girls at risk of offending or already involved in the criminal justice system. By providing tailored support, resources, and opportunities for growth and development, we aim to empower these young women and girls to

overcome the challenges they face and build brighter futures for themselves.

Who will be responsible for overseeing and delivering this work?

The successful delivery of this project will be overseen by a dedicated team of experienced professionals with expertise in gender-specific support, trauma-informed approaches, and working with vulnerable populations.

1. Project Manager: Jenny McCall, our highly skilled Project Manager, will be responsible for overseeing all aspects of the project, including planning, implementation, and monitoring. With 10 years of experience in project management and a background in social work CBT, business and marketing, journalism and communication, Jenny McCall is well-equipped to ensure the successful delivery of our program.

2. Support Team: Our support team consists of trained professionals who will be responsible for delivering the various components of our program. This includes:

3. Counsellors: Trained in trauma-informed approaches and evidence-based therapeutic interventions such as Cognitive Behavioural Therapy (CBT) and Trauma-Focused Cognitive Behavioural Therapy (TF-CBT), our counsellors will provide one-on-one counselling and group therapy sessions to young women and girls.

4. Mentors: Our team of mentors will provide educational support, mentoring, and guidance to help young women and girls achieve their academic and career goals.

Support Workers: Our support workers will deliver a range of support services, including educational support, vocational training, and employment support, as well as facilitating group activities and workshops.

5. Training and Development Coordinator: Responsible for organising training and development activities for staff members, the Training and Development Coordinator will ensure that our team is equipped with the skills and knowledge needed to deliver effective support and interventions.

6. Evaluation and Monitoring Officer: The Evaluation and Monitoring Officer will be responsible for assessing the impact and effectiveness of our program. This includes developing and implementing evaluation tools, collecting and analysing data, and reporting on outcomes and achievements.

How do you plan to continue this work once the grant ends?

Once the grant ends, we plan to continue our work through a combination of sustainable funding sources, strategic partnerships, and ongoing community support. Here's how we plan to sustain our work:

1. Diversifying Funding Sources: We will actively seek out additional funding opportunities from a variety of sources, including government grants, private foundations, corporate sponsors, and individual donors. By diversifying our funding sources, we can reduce our reliance on any single funding stream and ensure the long-term sustainability of our program.

2. Strategic Partnerships: We will continue to build and strengthen strategic partnerships with other organisations, community groups, and government agencies that share our mission and values. These partnerships will allow us to leverage additional resources, expand our reach, and maximise the impact of our work.

3. Fee-for-Service Model: We will explore the possibility of implementing a fee-for-service model for certain aspects of our program, such as vocational training and employment support. By charging a fee for these services, we can generate revenue to help offset the costs of delivering our program.

4. Community Fundraising Events: We will organise and participate in community fundraising events, such as charity walks, runs, and auctions, to raise awareness of our program and generate financial support from the local community.

5. Volunteer Support: We will continue to rely on the support of volunteers to help deliver our program. 6. Volunteers play a crucial role in our organisation, providing valuable support and assistance to our staff and service users.

6. Social Enterprise Initiatives: We will explore the possibility of developing social

enterprise initiatives, such as a social enterprise café or thrift store, to generate revenue to support our program.

7. Grant Writing and Fundraising: We will continue to invest in grant writing and fundraising efforts to secure additional funding for our program. This will involve identifying new funding opportunities, developing grant proposals, and cultivating relationships with potential funders.

Overall, our goal is to create a sustainable funding model that allows us to continue our important work supporting young women and girls at risk of offending or already involved in the criminal justice system. By diversifying our funding sources, building strategic partnerships, and engaging with the community, we are confident that we can continue to make a positive impact in the lives of the young women and girls we serve.

Does your organisation only work with women and girls?

Yes, our organisation primarily focuses on providing support and services to women and girls. Here's an overview of the work we do with women and girls:

Book Club for Young People: We run a book club for young girls, providing them with a safe and supportive space to explore literature, develop critical thinking skills, and build confidence.

Debt and Welfare Surgery: We offer a debt and welfare surgery for women and their families, providing them with advice, support, and assistance to help them manage their finances and access the support they need.

Fitness Group for Women: In partnership with real estate firm Brent Cross Town, we run a fitness group for women, providing them with the opportunity to participate in regular exercise sessions, improve their physical health, and build a supportive community.

Fitness Group for Young Girls: We also run a fitness group specifically for young girls, helping them develop healthy habits, improve their physical fitness, and build confidence and self-esteem.

Mother and Daughter After School Groups: We run two mother and daughter after-school groups, one at Rhyl Primary School in Camden and the other at Saracens High School in Barnet. These groups provide mothers and daughters with the opportunity to spend quality time together, build strong relationships, and participate in activities and workshops focused on personal development and empowerment.

Overall, our organisation is committed to supporting the holistic well-being and empowerment of women and girls, providing them with the resources, opportunities, and support they need to thrive.

Does your organisation have existing knowledge and expertise working across the criminal justice system?

1. Direct Experience: We have previously worked with young women and girls who have been involved with the criminal justice system or are at risk of entering it. Through our programs and interventions, we have provided support, guidance, and resources to help these young people navigate the challenges they face and make positive choices for their futures.
2. Tailored Support: Our organisation is committed to providing tailored support to meet the specific needs of young people who have experienced the criminal justice system. We understand the unique challenges and barriers they face, and we are dedicated to providing them with the support, resources, and opportunities they need to turn their lives around.
3. Holistic Approach: Our programs take a holistic approach to supporting young people, addressing not only their immediate needs but also the underlying issues that may have led to their involvement with the criminal justice system. This includes providing support with education, employment, housing, mental health, and family relationships.
4. Partnerships: We work closely with partner organisations, including probation

services, youth offending teams, and other agencies within the criminal justice system, to ensure that young people receive the support and guidance they need. These partnerships allow us to provide a coordinated and holistic approach to supporting young people who have experienced the criminal justice system.

5. Trustee Expertise: We benefit from the expertise of volunteers and trustees who have firsthand experience within the criminal justice system. These individuals provide valuable insight and guidance, ensuring that our programs are effective and responsive to the needs of young people who have experienced the criminal justice system. Overall, our organization has extensive knowledge and expertise working across the criminal justice system, and we are committed to continuing to provide high-quality support and resources to young people who have experienced the system or are at risk of entering it. Through our programs and interventions, we aim to empower young people to make positive choices for their futures and break the cycle of offending.

Will you be receiving funding from any other sources for this project?

Yes

Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.

Yes

Reason why not all staff have DBS checks.

Total funding requested in this application (£10,000 to £80,000 with a maximum of £40,000 in one year)

£80000

Proposed grant start date

11/1/2024

Proposed grant duration in months

24

How much funding is required each year?

Year 1

£40000

Year 2

£40000

What was your organisation's expenditure in the most recent financial year?

£80381

What was your organisation's annual income in the most recent financial year?

£66000

What value of unrestricted reserves did your organisation have at the end of the most recent financial year?

£30000