

Organisation Name		Reference code
The New Futures Project		2024-10-YWG50
Organisation Address		
71 London Rd Leicester Leicestershire LE2 0PE Leicestershire		
Website Address		
www.new-futures.org.uk		
<b>How did you hear about the Triangle Trust?</b>		
previously aware.		
<b>Please describe your organisation's purpose in one or two sentences.</b>		
To support women and girls who have experienced or are at risk of abuse, trauma and exploitation.		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1118047	2003
Community Interest Company	Registered Companies House Number	Date Registered
No	4886192	Char
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No		
<b>Grant Summary</b>		
To provide an extra caseworker for our Transitions project enabling the project to work alongside an additional 20-30 young women and girls, providing a combination of practical and therapeutic support to address and manage the causative factors causing them to be more vulnerable to sexual exploitation and subsequent involvement in the CJS.		
<b>Please describe the specific needs of the young women and girls you work with that this project will address</b>		
<p>Our client group are typically aged 15 to 21 years, have lived in residential or foster care or lived with parents who are chaotic and unsafe.</p> <p>Whilst living in care young people are frequently angry at having been removed from home; find it difficult to adapt to new routines and expectations; are subject to peer pressure resulting in drug use and exploitation and report bullying by residential staff and other residents.</p> <p>If living at home, the young people may have had periods of being taken into care; have siblings placed in care; have parents involved in drug use, criminal activity including prostitution and drug dealing and who have served time in prison.</p> <p>Childhood sexual abuse within the family home is common, often occurring at a young age, continuing for many years, and perpetrated by a family member or family friend.</p> <p>Many young people have experienced physical and emotional abuse from parents or step parents and have witnessed domestic violence.</p> <p>Many are not in education and have difficulty attending school. There is a strong correlation between childhood sexual exploitation and learning difficulties and many of the young people we work with have poor presentation and difficulties with personal</p>		

hygiene making them a target for physical and online bullying.

On line grooming is becoming more sophisticated with young people being targeted through social media including gaming and dating/friendship sites. Young people are persuaded to send naked or sexual photographs which are used to intimidate and control them into taking part in sexual activities. Many young people are persuaded to meet on line 'friends' leading to sexual assault and/or rape.

Many young people are involved in controlling and exploitative relationships with older 'partners' who 'share' them with friends and acquaintances. 'Grooming' perpetrators are skilled at creating dependence by isolating them from friends and family and sources of professional help.

Many perpetrators of sexual exploitation are involved in drug dealing, street robbery and knife and gun crime which the young people are then exposed to.

Many young people use alcohol or cannabis and more risky street drugs such as heroin, cocaine and crack cocaine or Mamba or other 'legal highs' facilitated by 'boyfriends' or sometimes parents.

The transition period, just before their eighteenth birthday is particularly difficult as they are then transferred to adult services which means support previously available ends. Young people are then placed in supported housing or a hostel and find it very difficult to cope with managing their lives, living alone and trying to maintain relationships with family.

"Sexual Exploitation the Journey into Adulthood: It does not stop because you turn 18" (2018) identifies a need for better transitional arrangements between adult and children's services for young people involved in CSE and states "There is a need to provide accessible, responsive and flexible therapeutic support to engage young adults potentially preventing an escalation in need which causes further individual distress and places additional demands on services."

All of the above places these young people at increased risk of involvement in criminal activity, frequently encouraged and facilitated by older perpetrators. Many of the young women we work with have become involved in 'gang culture' and are being pressured into County Lines activities such as shop lifting and drug and fire arms dealing as well as being sexually exploited by gang members. Our work is designed to support young people by addressing the causative factors which increase their likelihood of entering into criminal activity and to support them to achieve their full potential.

**What are the key outcomes 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 Outcomes we expect to meet within each year with this funding are

1) Young women are supported at a time of crisis, trauma or abuse and helped to move on positively with their lives, avoiding entry into the criminal justice system.

More specifically young women will:-

Have reduced vulnerability to factors increasing risk of criminal involvement

Have improved self-awareness

Re engage with education or engage in further education, employment or volunteering

Have improved basic maths, English and computer skills.

Have secure appropriate long term accommodation

Receive the correct benefits such as Universal Credit

Have reduced / controlled dependency on drug and/or alcohol

Show reduced risk of involvement in Child Sexual Exploitation.

Not become involved in prostitution or sex work

Demonstrate increased understanding of grooming, exploitation and abuse

Achieve independence and autonomy

Not be subject to exploitation

Have improved physical / mental Health

2) There is an improvement in how young women feel about themselves e.g. improved confidence, self-esteem, resilience or well-being.

Young women will:-

Have reduced/no suicidal thoughts

Have reduced/no instances of self-harm

Feel happier

Feel less isolated

Feel more positive about themselves

Have improved confidence

3) Young women will have improved mental health and/or ability to cope.

Young women will:-

Improved ability to recognise abusive and exploitative behaviour

Have awareness of how their personal history makes them more vulnerable and at risk of exploitation and abuse

Have improved awareness of risky situations

Feel confident about the future.

The individual initial assessment will reveal which, if not all, of the above outcomes will apply to each young woman and will be measurable using outcome star, core YP, CSE assessments, personal testimony and analysis of the case notes.

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

The CSE interventions work we do with young women is continually developing and includes raising awareness of on-line grooming, helping young women to understand safe and appropriate relationships, to identify and manage risk and to build self-esteem.

Through our Transitions programme we provide intensive support through a combination of case work support and psychodynamic counselling ensuring that young women receive practical and therapeutic support addressing lifestyle difficulties alongside historic trauma.

The work begins with two extensive assessments being completed by both the psychodynamic counsellor and the social work case manager. The young person is encouraged and supported to prioritise the support identified as helpful and a plan is drawn up with the young person taking the lead on how and at what pace the work will take place. Regular meetings are held to establish how the work is progressing and identifying other agencies and professionals who may be able to contribute to the work required. In this way the work is co-produced, with the young person fully involved with the provision of their therapy and support work.

This more intensive support involves more regular contact by the caseworker who is often in touch with each young person daily with face-to-face meetings typically being held two or three times a week. Support from the case worker is provided following a model of 'good parenting' with the caseworker being proactive and supportive. The support worker addresses practical issues, including support with drug use, housing, re engagement with education and/or employment and benefits.

Alongside the support work, the young women receive once or twice weekly psychodynamic psychotherapy sessions during which they are able to address the early trauma they have all experienced. The counselling provided is psychodynamic, specifically attachment focused. As most of the young people have experienced neglect and abuse at an early age, the main issue the counselling is concerned with addressing is the early attachment issues and the impact of the trauma on their development and relationships.

In addition to early trauma, difficulties addressed by psychotherapy have included issues around identity including young women identifying as transgender; eating disorders including bulimia and anorexia and work addressing the violence the young women have experienced and witnessed. We have supported young people to

<p>understand and address the feelings behind their suicidal thoughts and self-harm. We have worked with young women who are pregnant, some who have had terminations and some who have given birth. Work with the young women who have given birth is focused on helping them to achieve secure attachment with their own child despite the poor attachment they have experienced. We have addressed the impact of incest with some young women who have had children, helping them to acknowledge and break the generational abuse within their family.</p>
<p><b>Does your proposed project already exist or is this a new piece of work? If this project is already operating, please describe to us how you will use this as an opportunity to build on what you have achieved to date. If this is a new piece of work, please explain what this funding will enable you to do differently.</b></p>
<p>The Service Manager will directly support this role under the guidance and support of the director.</p>
<p><b>What expertise and track record do you have to be able to deliver this work successfully? Please specifically mention your expertise linked to gender and trauma informed approaches.</b></p>
<p>We have delivered successful projects for the Diana Princess of Wales Memorial Fund, Children in Need, The Henry Smith Charity, Comic Relief, Tudor Trust, Lloyds Foundation, the Samworth Foundation, The Badouin Foundation, Getting Help In Neighbourhoods, Weavers' and the National Lottery working specifically with young people at risk of CSE. There are currently five members of the Management Committee: all women who have lived experience of issues relevant to the client group. all hold or have held positions in social work, mental health or community support work. Management committee members receive regular training from our local voluntary support group.</p> <p>Our staff team is led by our CEO who has a personal history of childhood sexual exploitation and subsequent involvement in sex work. She has 24 yrs experience of working with the client group and is qualified social worker and psychodynamic psychotherapist. Our staff team are experienced and skilled professionals with many years' experience of this work. We are supported by a team of social work students and counselling students on placement from local universities and by a dedicated team of volunteers. We have over thirty volunteers consisting of women and young people who have previous experience of prostitution, CSE and the associated lifestyle who have graduated from our support programme. This group of volunteers having achieved a successful exit from their previous lifestyle, have lived experience and an increased awareness of causative factors and vulnerabilities and how these can be addressed. This group of women and young people form the core group which is involved in delivering services and advising the management committee on the future development and direction. The Transitions Programme was produced through consultation with this group of service users. In addition to the core group, we involve young women in the delivery of the service through working alongside them to ensure their support plan is co-produced with the young people taking the lead in prioritising the support they need. Young people are encouraged to feed into wider service delivery through suggestion boxes, feedback to staff and the management committee through focus groups and questionnaires. To date we have worked with over 2000 young people either through group or individual sessions supporting many of these to achieve a successful and sustained exit from exploitation. Our Transitions programme has been very successful already and we have achieved a 100% success rate with all young people supported re-engaging with education/employment, becoming securely housed and engaging with counselling.</p>
<p><b>Please explain how the grant will be spent</b></p>
<p>We are seeking funding to extend our Transitions programme by employing an additional caseworker. This will enable us to provide intensive practical and therapeutic</p>

support to a further 20 to 25 young women per year.
<b>Who will be responsible for overseeing and delivering this work?</b>
The Service Manager will directly support this role under the guidance and support of the director.
<b>How do you plan to continue this work once the grant ends?</b>
<p>This is a very intensive programme of work and our concern is that many funders may think it is expensive to fund.</p> <p>Between the case worker and the counsellor, we spend up to six hours doing face to face support and six hours of group support per young person every week plus time spent texting and through social media. This support lasts for a year and sometimes longer. It is intensive and expensive but in the three years the project has been running every young person we have supported through the Transitions Programme has engaged with education and/or employment, has become securely housed and has become engaged with the counselling process. None have become involved in prostitution as adults.</p> <p>It is hard to put a price on our results. How do you put a price on keeping a child safe? However effectively intervening to reduce the likelihood of sexually abused and exploited young people entering into prostitution/sex work and the associated lifestyle of drug/alcohol use, homelessness, criminal activity, domestic violence, inadequate parenting, poor physical health and increased mental ill health does result in a significant reduction in public spending.</p> <p>The Department for Education reports the cost of a young person placed in a children's home as £210,000 per year. In our experience, success is limited and often young people are not kept safe.</p> <p>The total cost of running the Transitions Programme is currently approximately £250,000 per year. This enables us to support 50 young people with a 100% success rate. This means the programme costs around £5000 per young person per year, and going by previous results, safety is assured.</p> <p>The New Futures Project is working alongside the National Lottery and the Lloyds Foundation to develop the projects sustainability. The organisations most pressing areas for development are to gain additional funding, to lessen our reliance on grant funding and to gain recognition for the quality of our work. We would like to build on this by approaching the local community to gain financial support for the charity and the women we support. In addition to raising the profile of the charity and highlighting the need for our work, we are hoping that these will eventually provide an alternative income source and lessen our reliance on grant funding. Additionally, we want to build on the commercial activities of the charity. The organisation is now accredited through CPCAB to deliver counselling training courses and we are anxious to build on this success by developing and delivering further CPCAB accredited courses up to and including levels four and five which will also provide the charity with an inhouse team of student counsellors to work with our clients along with a low cost online counselling programme. Both are currently being delivered. We expect by 2027, most of the cost of our Transitions programme will be met through trading income, enabling it to continue beyond the lifetime of grant cycles.</p>
<b>Are 80% of your beneficiaries women and girls? Please provide a breakdown of your beneficiary numbers for the last two years.</b>
<p>Some of the young people we work with are male, non-binary or trans. Currently we have four boys, 2 non-binary and one trans out of 245 active clients. So, at any one time this equates to less than 5%. We believe the main strength of our organisation is the efficacy of our service delivery model. We operate with a small staff team who work closely with a team of social work and counselling students and volunteers to maximise the reach of the charity whilst ensuring our practice is safe and effective. We work with over 500+ women and young girls every year. We currently have approx. 270 active cases and 50 people on a waiting list for services (mostly counselling) and we are in</p>

weekly contact with all of these clients. We are passionate about promoting values of equity, diversity and inclusion for all who come into contact with our charity. Given that the people we work with are from some of the most marginalised and discriminated against communities, these values are at the forefront of everything we do. Our staff team includes people from BAME communities, LGBTQIA+ and lived experience of many of the issues we work with. We do an enormous amount of advocacy work for clients and have consistently challenged oppressive practice on behalf of our clients who have no voice. We are aware of the impact on our clients of multiple disadvantages e.g. female, ethnic minority, sex worker and the devastating impact that can have. Since the pandemic we have seen an increase in women accessing our service who do not have English as a second language. For this reason we have invested in Language Line so that we can better support them. We are fortunate that we always have volunteers who speak a variety of languages and we utilise this wherever possible. One of our trustees is black African with lived experience of being trafficked. We supported her in court to overturn the decision to deport. Our drop-in is accessible to all women, regardless of background and characteristics. Many clients come to us simply by walking into the building and asking for support. There is always room for improvement and we strive daily to make those improvements. In recent times we have put substantial effort into our website and social media. This is a good way for us to address some of these societal and systemic issues and hopefully redress the balance with positive images and stories. We have received positive feedback about these developments. We welcome any feedback on improvements we can make in line with these values and provide opportunities for everyone involved with the project to be able to do this.

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

Over the 20 years of our existence we have supported hundreds of clients with prison visits, court appearances, probation, appointments, etc. If we are not experts by qualifications then we are experts in the lives of our clients. This project is designed to intervene to prevent young women and girls becoming involved in the CJS. However, despite their age some of the young women we support have already been drawn into criminal activity. Some of our older clients have been in and out of prison repeatedly over many years with no improvement in outcomes. There is no doubt they have been let down by the 'system', often reaching back into childhood. Locally we have been at the forefront of raising some of these issues e.g. with probation. Recently there has been some movement with probation coming together under one roof and the formation in Leicester of a women only probation team. We have started to work more closely with this team and New Dawn New Day who host the team. This has built on our longer standing work with Turning Point, police (sex worker liaison officer) and sexual health. By employing an additional caseworker to work with the young women and girls our aim is to prevent involvement in the CJS but the project does have the necessary expertise to support clients who need to engage with probation etc., so they can have a trusted worker work alongside them to achieve agreed upon objectives. The main aims will be safety, reduce offending, divert from prison, maintain tenancies, re-connect with families, etc.

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

No. We will seek continuation funding at the earliest available opportunity and we are currently undertaking to become less reliant on grant funding.

**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.**

<b>Total funding requested in this application (£10,000 to £80,000 with a maximum of £40,000 in one year)</b>	
£76000	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
11/1/2024	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£38000	£38000
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£370000	£380000
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£30000	