

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Age UK Hillingdon	
If your organisation is part of a larger organisation, what is its name? Age UK	
In which London Borough is your organisation based? Hillingdon	
Contact person: Mr Julian Lloyd	Position: Chief Executive Officer
Website: http://www.ageukhillingdon.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1051711
When was your organisation established? 08/12/1995	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Older Londoners
Which of the programme outcome(s) does your application aim to achieve? People living with Alzheimer's and other forms of dementia having a better quality of life Carers aged 65 years and over better able to access support, advice and respite
Please describe the purpose of your funding request in one sentence. Cognitive Stimulation Therapy (CST) programmes, supporting people with recent diagnosis of mild/moderate dementia, and their carers, to improve and maintain their cognitive ability and relationships.
When will the funding be required? 03/09/2018
How much funding are you requesting? Year 1: £39,285 Year 2: £37,375 Year 3: £38,117 Total: £114,777

Aims of your organisation:

Our mission is to promote and support the relief of older people living in the borough of Hillingdon, to make life better for everyone.

We aim to: 1. Increase the number of older people benefitting from our services. 2. Reduce isolation for older people and particularly for those living alone. 3. Improve the quality of life for older people as evidenced by people reporting they are better able to: Look after themselves; look after their home; keep safe; feel ok generally; keep in touch with people and with life; manage their money. 4. Increase our contribution to Hillingdon life through close and effective partnership working with all agencies so that older people are respected, cared for, and enabled to maintain independence. We have a long track record of reaching our communities with services that value diversity and work to ensure everyone is able to contribute, whether as volunteers, or partners in planning and consultations, creating a positive older age for all.

Main activities of your organisation:

Services include:

- 1) Information and advice services, with a help line; 3 advice/drop in centres; online information; will-writing; factsheets and an 'approved services' directory; in 2016/17 we dealt with 9895 enquiries.
- 2) Money Matters: we supported claims of over 1.5million in benefit/allowance entitlements.
- 3) Housing Options - support to downsize.
- 4) Befriending Service: Volunteers supported 503 people; reducing loneliness and promoting independence with telephone, visiting and practical 'Good Neighbour' support.
- 5) 10 clubs and groups for socialising, cultural exchange, keep fit.
- 6) Hospital support/discharge: Take Home and Settle, providing 3 days support after discharge to 1,202 patients (2016/17); Home from Hospital, 6 weeks practical support - 678 people supported; Pathway hospital support at A&E for 6788 vulnerable older people coming to hospital alone; Falls Prevention.
- 7) Help at Home: Chargeable domestic support to remain independent at home.
- 8) H4ALL: Leading Hillingdon's collaborative wellbeing service, providing Wellbeing Officers at GP surgeries- signposting, activating, supporting and monitoring patient's own health maintenance.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
23	64	8	223

Property occupied by your organisation

Is the main property owned, leased or rented by your organisation?	If leased/rented, how long is the outstanding agreement?
Leased	4 years

Summary of grant request

Need:

In Hillingdon, there is no structured support available for people who receive a diagnosis of mild to moderate dementia, where their disease is not advanced enough to qualify for Health and Social Care.

They and their carers are very fearful of what may lie ahead. Carers feel helpless - many are older carers who worry that they themselves may develop dementia. Consultation with the boroughs BAME population highlighted demand for positive actions that could be taken to alleviate or slow down the condition. Our Home Care and Sitting Services note how vital caring relationships deteriorate when memory and communication begin to break down.

There are 1,888 patients diagnosed with dementia on GP registers in Hillingdon in 2016/17 (QOF records), 0.6% of the GP register population - above the London average for GP observed prevalence. H4All Wellbeing Officers have 400 people on referral list but nothing dementia specific to offer.

Prevalence estimates suggest that actual figures of those living with dementia are higher - at 2,910 for people aged 65+ in Hillingdon (2017) and rising to 3,580 in 2025 - a projected increase of 23%. For those aged 85+, the increase is estimated at 30.6%.

NICE and Social Care Institute for Excellence guidance (2006) recommends that people with mild to moderate dementia should be given the opportunity to take part in a Cognitive Stimulation Therapy (CST) programme.

Objectives/Delivery:

-Three-year provision of structured programmes of group-based CST across Hillingdon, to support and improve the cognitive ability of 300 older people with recent diagnosis of mild to moderate dementia; improving their quality of life and that of 300 of their carers.

-Training to carers in CST and MCST to support the upkeep of loved ones' abilities for as long as possible; sharing and passing this on to 120 other carers.

-Training to 4 staff and 12 volunteers of Age UK Hillingdon (AUKH) to aid awareness of dementia; promote benefits of the programme, and support the continued low cost delivery of 6 carer-led CST and MCST groups after project ends.

One PT (28 hours per week) CST post, trains volunteers/staff, and establishes/delivers 10 CST programmes each year (2 running concurrently); 8 weeks each, 2 sessions per week. 10 people and their carers attend each programme.

8th week session delivers training in MCST for carers, and reflective and evaluation time for everyone.

Further CST training to carers and volunteers support ongoing carer-led groups.

Right organisation:

Through our lead of H4All, our Wellbeing officers at GPs across Hillingdon, AUKH are in best position to reach and motivate people at the earliest stages of dementia, with a sensitive/supportive referral to CST at diagnosis that puts in place good structures of behaviours for the future.

We have - full endorsement of council/CCG, this work fitting with a new 'Grassy Meadow' dementia hub planned.

- proven ability/links/venues to deliver support 'cross borough' to reach people where transport is an issue.

- excellent partnership working to support shared learning, referrals, promotion and awareness (eg.Hillingdon Dementia Alliance,Hillingdon Carers).

Meeting outcomes:

The grant will improve and maintain communication and cognitive abilities of 300 people

Continues overleaf

Continued from previous

with diagnosis of dementia so supporting 300 carers/caring relationships and life enhancing learning/socialisation.

Principles:

Involvement: CST is an evidenced based programme that can and will be delivered by trained Peer Carers as initiated in this project. We chair Hillingdon's Older Peoples Assembly engaging 150/250 in regular consultations.

Diversity: Our established work with BME communities means we are trusted as their 'go to' organisation in Hillingdon.

Carbon Footprint: We recycle in our charity shops/offices, endeavour to keep heating and other costs to a minimum, but want to do more.

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

Investors in People 2016-19; Advice Quality Standard Certification 2017-20; Age UK Information and Advice Quality Assured 2017/2020; Uxbridge College Employer Champion 2016. Home From Hospital and I&A volunteers won Hillingdon Volunteer Awards 2014 and 2017.

Outputs and outcomes

What are the main activities or outputs you want to deliver? Please include no more than 5. By activities or outputs we mean the services, products or facilities you plan to deliver. If you plan to deliver work over more than one year you should include activities over the full grant period requested. Try to be specific.

Over 3 years: 30 programmes of CST, supporting 10 people with mild to moderate dementia (and their carers) on each programme. Each programme is 45 minutes per session twice a week over 7 weeks involving: 'Reality Orientation' plus a different focus each week e.g. news discussion; music; word games; practical activities.

30 training sessions in Maintenance CST (includes 75 additional activities manual and DVD), supporting a minimum of 120 carers. These are delivered as the 8th week sessions, are longer and provide opportunity also for reflection, end of intervention monitoring and evaluation of the programme.

Recruitment and training of 12 volunteers in CST and MCST. Volunteers will be drawn from both our general pool and new project beneficiaries (carers) as the project progresses. We anticipate many will be early retirees. All volunteers will receive mandatory Age UK Induction and regular appraisals and updates.

Continues overleaf

Continued from previous

Train 4 Age UK staff in CST and MCST, particularly within our Advice and Information service so that they can promote the service through this channel. Staff and CST Trainer also deliver dementia/CST promotional and awareness work to community/borough partners e.g. Dementia Alliance, Dementia Cafe's, Library groups, BME groups.

Set up and support (with trained volunteers and Age UK Staff), 6 carer led CST and MCST groups reaching minimum of 60 new carers and 60 new people they care for with dementia, with strengthened partnership work and robust referral mechanisms established by the project.

What main differences or outcomes do you hope the activities you have described above will achieve? Please include no more than 5. By differences or outcomes we mean the changes, benefits, learning or other effects that result from the work your project would deliver. These might be for individuals, families, communities or the environment.

285 older people with recent diagnosis of mild to moderate dementia report an improvement in the quality of their daily life, including having improved self-esteem and confidence. Intervention at this earliest point helps people while still best able, to put in place practical modes of behaviour to support extended Independence.

267 older people with mild to moderate dementia show improved cognitive abilities by the end of the programme, measured through CST monitoring system. Measurements include improved: Mood, communication, interest and enjoyment.

558 people with mild to moderate dementia and their carers report an improvement in their relationships, with carers reporting that people cared for are more willing to join in conversations and day to day activities. New social relationships are formed in the groups to replace those lost as life changes.

300 carers aged over 65 report feeling less helpless, and more in control, because they have access to and knowledge of structured activities with which to support their loved ones. 120 train and 12 are empowered to contribute to delivery of CST/MST groups in social, fun, and creative settings.

New CST skills are embedded in Hillingdon through training of 4 Age UK Staff, 12 volunteers, and 120 carers, able to continue CST/MCST delivery. More people are aware of the support available for people with dementia and their carers and are able to access CST and access it sooner.

Do you plan to continue the activity beyond the period for which you are requesting funding? If so, how do you intend to sustain it? If not, what is your exit strategy?

Yes:

Full evaluation will provide evidence to NHS/Accountable Care Partnership and stakeholders to support statutory buy-in of model, e.g. as social prescription through H4ALL pathway.

Training in Maintenance CST (MCST) to carers will enable them to continue supporting their own loved ones.

Development of 6 volunteer supported CST/MCST Peer Carer groups, and training to existing staff, will support continued delivery.

Who will benefit?

About your beneficiaries

How many people will benefit directly from the grant per year?

200

In which Greater London borough(s) or areas of London will your beneficiaries live?

Hillingdon (100%)

What age group(s) will benefit?

65-74

75 and over

What gender will beneficiaries be?

All

What will the ethnic grouping(s) of the beneficiaries be?

A range of ethnic groups

White (including English/ Welsh/ Scottish/ Northern Irish/ British; Irish; Any other White background)

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

11-20%

Funding required for the project

What is the total cost of the proposed activity/project?

Expenditure heading	Year 1	Year 2	Year 3	Total
Direct Staff Salary, NI,pension: CST Trainer post and line management	25,141	25,392	25,646	76,179
Recruitment and training for staff (Manuals +external CST leadership)	1,310	562	563	2,435
Staff Travel (.45 per mile 30 miles a week x46 weeks)	621	621	621	1,863
Volunteer expenses (travel and mandatory Age UK training)	1,280	1,290	1,299	3,869
General sessional activity expenses (Includes Townfield kitchen/garden update needs in year one) and venue hire	5,500	4,628	4,657	14,785
Evaluation processes and final report	500	500	1,000	2,000
Staff Overhead Salaries Including match funding for H4All Wellbeing Officer	3,852	3,891	3,929	11,672
Other overheads:Accomodation, utilities, post, phone,stationery,	1,300	1,318	1,237	3,855
Capital: lap top for CST trainer post	600	0	0	600
TOTAL:	40,104	38,202	38,952	117,258

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Match funding of H4All Wellbeing Officer time to support referral processes	819	827	835	2,481
TOTAL:	819	827	835	2,481

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
n/a	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Direct Staff Salary, NI, Pension: CST Trainer post and line management	25,141	25,392	25,646	76,179
Recruitment and training for staff (Manuals and external CST Leadership)	1,310	562	563	2,435
Travel (.45p per mile 30 miles a week x 46 weeks)	621	621	621	1,863
Volunteer expenses (travel and mandatory Age UK training)	1,280	1,290	1,299	3,869
General sessional activity expenses (Includes Townfield kitchen/garden update needs in year one)	5,500	4,628	4,657	14,785
Evaluation processes and final report	500	500	1,000	2,000
Staff Overhead Salaries (Senior and Admin support)	3,033	3,064	3,094	9,191
Other overheads:Accomodation, utillties, post, phone,stationery,	1,300	1,318	1,237	3,855
Capital: lap top for CST trainer post	600	0	0	600
TOTAL:	39,285	37,375	38,117	114,777

Finance details

Please complete using your most recent audited or Independently examined accounts.

Financial year ended:	Month: March	Year: 2017
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Income received from:	£
Voluntary income	28,289
Activities for generating funds	163,017
Investment income	1,913
Income from charitable activities	1,524,087
Other sources	120,004
Total Income:	1,837,310

Expenditure:	£
Charitable activities	1,884,484
Governance costs	31,036
Cost of generating funds	15,125
Other	280,073
Total Expenditure:	2,210,718
Net (deficit)/surplus:	-373,408
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	-373,408

Asset position at year end	£
Fixed assets	94,229
Investments	1
Net current assets	580,700
Long-term liabilities	126,681
*Total Assets (A):	548,248

Reserves at year end	£
Restricted funds	5,399
Endowment Funds	382,955
Unrestricted funds	159,894
*Total Reserves (B):	548,248

*** Please note that total Assets (A) and Total Reserves (B) should be the same.**

Statutory funding

For your most recent financial year, what % of your income was from statutory sources?
81-90%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:

N/A

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	707,635	687,629	651,359
London Councils	0	0	0
Health Authorities	344,108	437,114	468,984
Central Government departments	0	0	0
Other statutory bodies	18,002	15,488	12,104

Previous grants received

Please list the grants received by your organisation from charitable trusts and foundations (other than City Bridge Trust) during the last THREE years. List source, years and annual amounts. Please include the 5 largest only.

Name of Funder	Year 3 £	Year 2 £	Most recent £
Compassion In Dying	16,686	31,400	14,360
Age UK	124,068	4,150	28,812
EAC First Stop	0	30,000	0
Hillingdon Community Trust	51,519	15,581	0
Donald Forrester Trust	2,500	5,000	5,000

Declaration

I confirm that, to the best of my knowledge, all the information I have provided in this application form is correct. I fully understand that City Bridge Trust has zero tolerance towards fraud and will seek to prosecute and recover funds in every instance.

Please confirm: Yes Full Name: **Julian Lloyd**

Role within **Chief Executive Officer**
Organisation: