

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Live Music Now!	
If your organisation is part of a larger organisation, what is its name? Interactive musical performances/workshops for children denied access to live music	
In which London Borough is your organisation based? Islington	
Contact person: Mrs Nina Swann	Position: Director
Website: http://livemusicnow.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 273596
When was your organisation established? 05/01/1977	

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 Fewer older Londoners aged over 75 years with depression and more reporting improved well-being		
Please describe the purpose of your funding request in one sentence. A three-year project developing the provision of regular music activities in residential care homes in London, empowering care staff and improving wellbeing of residents		
When will the funding be required? 05/11/2018		
How much funding are you requesting?		
Year 1: £28,938	Year 2: £29,222	Year 3: £30,253
Total: £88,413		

Alms of your organisation:

1. To advance the education of the public and promote their health and wellbeing, by providing high quality interactive music performances, in particular among those members of the public who would otherwise be deprived of the benefit of performances of live music and other performing arts.
2. To advance the musical education of musicians at the outset of their careers as performing artists by providing them with support, specialist training and the opportunities to perform and work in public.

Main activities of your organisation:

Our activities focus on bringing music to those who cannot readily access it for themselves, concentrating on older people living with dementia and children with special educational needs. We work with the wellbeing sector in residential care homes, day centres, hospitals and hospices and with special schools and families. We offer interactive concerts, creative workshops, composition, improvisation and singing activities through both short and long term projects. Consultation and partnership working is crucial so that our work meets the needs of our participants and delivers long-term beneficial outcomes for them.

We train young professional musicians to develop their skills in engaging people in meaningful music-making, encouraging them to be reflective, flexible and inspirational. Our musicians are of the highest calibre and cover all music genres and backgrounds. Our progressive training framework is evidence-based and has been developed with guidance from education, health and academic experts.

Each year we deliver over 500 music sessions in London and the South East.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	2	8	0

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	Rolling monthly contract

Summary of grant request

Music has tangible, evidence-based benefits for people with dementia, such as helping to minimise the behavioural and psychological symptoms of dementia, tackling depression and anxiety, and, importantly, helping to improve quality of life.

Through our proposed project 'Bringing Music to Life in London', Live Music Now (LMN) aims to do three things. We want to improve the wellbeing of over 450 older people living in care homes throughout London by bringing high quality music-making to them, celebrating their creativity and giving them a voice. We want to empower care home staff to use music as part of their daily care and raise the profile of the benefits of music for older people to care homes currently without any music provision, with the aim of establishing new programmes. Finally we want to develop the skills of both musicians and care staff so they are confident in using music with older people living with dementia, developing an accessible resource for sharing across the project and beyond.

Live Music Now is at the forefront of the Arts In Health movement both strategically and at grass roots level. Over the last 41 years, based on our experience of working with older people and the latest research and evidence, we can say with confidence that we know our work has greater impact when we build deeper relationships with our participants through longer-term projects. We also recognise that to bring significant change and long-term positive benefits to the older people we work with, we need to engage and empower care staff to use music in their everyday care for their residents. Ownership of music-making activity by staff and residents alike is key to the sustainability of this work and to systemic change in the approach to care of older people.

We have developed two models for long term music residencies, working in care homes: 'A Choir in Every Care Home', which aims to change the musical culture of care homes through encouraging staff to lead singing with residents, and 'Composing With Care', which aims to championing the creativity of older people and give them a voice through music.

Each residency comprises 12 weekly workshops in a care home with LMN musicians, planned in consultation with staff and residents, accompanied by training for care staff and musicians, and culminating in a sharing or performance at the home.

In 'Bringing Music to Life in London' we will roll out these two models to 13 care homes in London, reaching over 450 older people over three years. Eight of these care homes will be new to LMN, and will have no regular music provision pre-project.

Initially we plan to work with homes where there we have an existing relationship, encouraging them to take their music activity to the next level. We will then reach out to new homes, those with no regular music provision, with the offer of introductory workshops and begin to build a relationship, with a view to them hosting a residency in years Two and Three.

We will build in follow-up 'booster' workshops post-residency to ensure that the music programme is established, and staff are continuing to be confident in their newly developed skills.

We will closely monitor the impact of our activity throughout the life of the project to make sure we are on target to achieve our outcomes. We will consult with the staff and residents in the settings to ensure that they understand and have a sense of being involved in how the impact of the work is measured in order to increase the likelihood of good data returns.

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? **Yes**

What Quality Marks does your organisation currently hold?

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.

Music Residencies in 13 Care Homes: Thirteen 12-week residencies (156 half-day workshops) in thirteen care homes over three years, using a pair of LMN musicians from folk, world, classical, jazz or rock/pop traditions, using singing, improvisation, performance and composition with older people and care staff

16 Training Sessions: 13 half-day training sessions for care staff on using singing and music in everyday care, supported by weekly mentoring and shadowing opportunities built into each residency. 3 x half-day Dementia training sessions for LMN musicians. Accreditation for over 25 care staff through Open Awards Badge of Excellence.

24 introductory workshops in 8 new care homes and 16 follow-up visits post activity: Three half-day taster concerts/workshops in each of 8 new care homes with little or no existing regular music activity; 2 follow up visits to each of the 8 newly established programmes post residency

1 public-facing seminar in Creativity & Wellbeing Week (in Year Three) to share best practice and advocate the benefits of music for older people to the care and music sectors, presented by musicians, care staff and older people, and to showcase the music created by older people in the residencies

Resources: An accessible toolkit created by care staff for care staff, with guidance from LMN. This will be available in hard copies to be shared with project participants and downloadable from LMN website to share with the wider sector.

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.

For older people in care homes:

People living with Alzheimer's and other forms of dementia having a better quality of life (indicated by improved wellbeing and sense of self through increasing participation, levels of social interaction, connecting with the wider community)

For care staff:

Care staff develop a new understanding of the role and importance of music in a care setting and an increased intention/willingness to use music on a regular basis

For the care home sector in London:

A greater number of care homes in London with meaningful, regular music provision for their residents.

For the professional musician:

Increased knowledge, skills and confidence to effectively engage with older people in care settings and a greater understanding of dementia and how to use music as a tool for communication;

For the 'Music in Health' sector:

An increased expert and able workforce of musicians and care staff with greater confidence, skills and expertise as a legacy for future music-making activity

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. Previously when seeking to continue project work we have had success with a mix of trusts and foundations (both small and large) and earned income such as project commissions from individual care settings and residential home chains.

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?

Camden (25%)

Islington (25%)

Haringey (20%)

Merton (20%)

London-wide (10%)

What age group(s) will benefit?

25-44

45-64

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

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

51-60%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Musicians Fees and Expenses	15,080	16,920	16,640	48,640
Trainers Fees and Expenses	4,300	4,300	4,800	13,400
Project Resources (CDs, accessible apps etc)	625	625	750	2,000
Staff Accreditation	485	135	180	800
Filming and Photography	1,250	1,550	950	3,750
Resource Development/Advocacy Seminar	2,000	0	1,740	3,740
Project Management and contribution to overheads	4,700	4,700	4,700	14,100
Evaluation	1,000	1,000	1,000	3,000
Contingency (5%)	1,472	1,462	1,538	4,472

TOTAL:	30,912	30,692	32,298	93,902
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Care home contribution to accreditation and donation	725	725	790	2,240
Mayfield Valley Arts Trust for musicians training	750	750	750	2,250
In-kind support from Seminar Host (Nightingale House)	0	0	500	500
Resource Development from LMN staff	500	0	0	500

TOTAL:	1,975	1,475	2,040	5,490
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	0	0	0	0
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Musicians Fees and Expenses	15,080	16,920	16,640	48,640
Trainers Fees and Expenses	3,550	3,550	4,050	11,150
Project Resources (CDs, accessible apps, instruments etc)	625	625	750	2,000
Staff Accreditation	350	0	0	350
Filming and Photography	1,250	1,550	950	3,750
Resource Development/Advocacy Seminar	1,500	0	1,240	2,740

Project Management and contribution to overheads	4,700	4,700	4,700	14,100
Evaluation	1,000	1,000	1,000	3,000
Contingency	883	877	923	2,683
TOTAL:	28,938	29,222	30,253	88,413

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	693,200
Activities for generating funds	16,732
Investment Income	30
Income from charitable activities	136,382
Other sources	3,250
Total Income:	849,594

Expenditure:	£
Charitable activities	881,113
Governance costs	5,014
Cost of generating funds	1,023
Other	0
Total Expenditure:	887,150
Net (deficit)/surplus:	-37,556
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-37,556

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	261,964
Long-term liabilities	0
*Total Assets (A):	261,964

Reserves at year end	£
Restricted funds	210,459
Endowment Funds	0
Unrestricted funds	51,505
*Total Reserves (B):	261,964

*** 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? 1-10%

Organisational changes

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

None.

Please note:

Figures stated in section L are taken from the audited accounts for the National LMN organisation. A SOFA financial breakdown which shows income and expenditure for the South East Branch can be provided.

The figures given in Section O refer to LMN South East branch and not to the national organisation

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	0	0	0
London Councils	0	0	0
Health Authorities	11,000	11,000	13,200
Central Government departments	0	0	0
Other statutory bodies	0	0	0

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 £
Foundation for Youth Music	5,674	16,024	9,923
Chancellor, using funds from LIBOR	0	0	37,500
Brook Trust	11,000	11,000	0
John Lyons Charly	24,000	0	0
Adrian Swire Charitable Trust	7,500	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: **Nina Swann**

Role within **LMN SE Director**
Organisation: