

The City Bridge Trust

Bridging Divides: Application for a grant



About your organisation

Organisation Details

Name of your organisation: Akademi South Asian Dance UK	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Camden	
Contact person: Mr Tim Foxon	Position: Administrative Director
Website: http://www.akademi.co.uk	Social Media Accounts: Twitter: @akademi Facebook: /akademi.southasian.dance Instagram: akademi dance
What Quality Marks does your organisation currently hold? n/a	

Legal Status

Legal status of organisation: Registered Charity			
Charity Number: 1107249	Company Number: 05294528	CIC Number:	Bencom Number:
When was your organisation established? 01/01/1979			
Aims of your organisation: Our charitable objectives are to advance the education of the public in the understanding, appreciation and development of the of art dance generally, and in particular, Indian dance, mime and music, both percussion and vocal. Our mission is to inspire audiences and change lives by creating and nurturing excellence in classical, contemporary, popular and participatory South Asian dance. Our strategic aims: 1) Learning and Participation: To deliver meaningful, evidence-based interventions using participatory dance and movement to achieve positive outcomes for education, skills, health, wellbeing, and social cohesion.			

Main activities of your organisation:

Akademi works across Learning & Participation, Artist Development and Performance.

We build audiences for South Asian dance by creating and presenting high-quality performances in a range of settings - from theatres to shopping centres and parks. Our productions place South Asian dance in a contemporary British context. We develop artists through tailored programmes of support, offering mentoring, advice and opportunities to create new work, develop specialist skills and build sustainable careers. We deliver dance and movement workshops in the community, with a particular focus at present on older adults, hospital patients, and children and young people with Special Educational Needs.

Your Staff & Volunteers

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
4	5	12	0

Do you have a Safeguarding policy? **Yes**

Are the following people in your organisation subject to DBS checks?

Paid Staff
Yes

Volunteers
Yes

Trustees / Management Committee Members
No

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	1 year

Environmental Impact**What action have you taken in the past year to progress environmentally sustainability principles and practice?**

Our touring activity is planned to ensure maximum efficiency. Our productions required no physical set, and in the past year all props/costumes/equipment were transported by the company in suitcases. For day-to-day business, we use Skype and other digital tools to reduce the need for staff to travel. Travel budgets are carefully controlled to encourage staff to think about the value of making trips outside London. We reviewed our IT Infrastructure and in 2018 will be adopting greater use of cloud services, reducing our onsite hardware/energy footprint. Ageing PCs are being replaced with refurbished models, with obsolete electronic equipment disposed via WEEE-compliant means. We made a clear effort to reuse and conserve office supplies and materials. Offsite storage enables us to make most efficient use of our minimal office space. In the office, desk monitors and computers are switched off at night and paper, card and plastics are recycled.

Finance Details

Organisation Finances

	Year of most recent audited / examined accounts	Current financial year forecast	Next financial year budget
End of financial year date	31/03/2017	31/03/2018	31/03/2019
Grants & donations:	£392,284	£455,578	£387,790
Earned income:	£57,593	£173,503	£120,215
Other income:	£5,884	£14,047	£20,225
Total income:	455,761	£643,128	£528,230
Charitable activity costs:	£407,781	£666,102	£601,158
Cost of raising funds:	£35,335	£39,493	£35,000
Other costs:	£0	£0	£0
Total expenditure:	£443,116	£705,596	£636,158
Free unrestricted reserves held at year end:	£295,626	£271,455	£236,281

What is your organisation's reserves policy?

Akademi reviewed its reserves policy in May 2018, taking into account current operating costs and risks associated with income required to deliver our business plan objectives. Trustees have assessed that a reserves target equivalent to six months' core operating costs (approximately £25,000 per month) is prudent in the current financial climate, and this is backed by a review of income risks for 2018-19. The free reserves target has therefore been revised to £150,000. Trustees have also designated a number of funds (standing at £118k at 31/3/18) to invest in initiatives to build the charity's long-term sustainability.

For your most recent financial year, what % of your income was from statutory sources?
31-40%

Organisational changes

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

N/A

Grant Request

Under which of City Bridge Trust's programmes are you applying?
Connecting the Capital

Which of the programme outcome(s) does your application aim to achieve?
Connecting the Capital\Londoners experiencing Inequality or disadvantage have greater wellbeing and Independence through improved access to arts, sports and other community facilities and services

Please describe the purpose of your funding request in one sentence.
Dance Well is a programme of dance and movement activities based on South Asian dance forms to improve physical, mental and social wellbeing of older adults.

When will the funding be required? **03/12/2018**

Is this request to continue work that is currently funded or has been funded in the last year by:

City Bridge Trust?
No

Another funder? (if so which)
Big Lottery

How much funding are you requesting?

Year 1:	Year 2:	Year 3:	Year 4:	Year 5:
£35,000	£35,000	£35,000	£0	£0

Total Requested: £105,000

You and your grant request

What, specifically, are you applying for (your project)?

Akademi is proposing a three-year initiative working intensively with older adults across London. 'Dance Well' targets older adults with long-term health conditions, those living in isolation, and those who lack access to group activities due to physical or cognitive impairment. Our unique, comprehensively-tested interventions bring diverse and disadvantaged communities together through specialised, rehabilitative, relaxing, dance workshops.

Sessions take place in hospitals and community hubs and are delivered by professional South Asian dance artists, using forms inspired by Kathak, Bharatanatyam and Bollywood.

Participants learn effective tools to increase and sustain wellbeing levels, balance, strength, and coordination, with take-away workbooks outlining exercises to be safely practiced at home. In hospitals, creative workshops vary between group activities and 1:1 movement at patients' bedsides, dependent on the needs of ward residents. Dance artists use mudras (illustrative hand-gestures), storytelling and rhythm to encourage movement that compliments, extends and embeds work of physiotherapists and occupational therapists.

What are the changes you hope to achieve?

We expect noticeable improvements in strength, co-ordination, dynamic and static balance and enhanced social engagement.

Throughout the workshops series we anticipate participants' levels of anxiety and stress will reduce. Those with long-term health conditions - heart disease or chronic obstructive pulmonary disease, will meet the Public Health England guidelines for physical activity, aiding their cardio-respiratory fitness.

These activities will make a visceral difference to participants' physical, mental health and wellbeing, but also lives of relatives, carers and clinical staff.

We want contribute to achieving shorter hospital stays; smoother, gentler transitions to home with a stronger body and increased self-belief; confidence in participants' physical capabilities and self-management of long-term health conditions.

We hope participants will encompass creative exercise into new daily routines, supporting themselves to better wellness through a shared involvement and interest in maintaining something they can do pro-actively to secure their longer-term well-being, resilience and self-care.

How do you know there's a need for this work?

Levels of physical activity decline with age with only 30% of older adults aged 75+ meeting Public Health England guidelines (BHF, 2015). This is accompanied by increased risk of falls due to muscle atrophy and impaired balance.

Alongside this, of those eligible for cardiac rehabilitation only 50% uptake this in UK (BHF, 2016) demonstrating that alternative routes to physical activity are urgently required. Older people need tools to resist poor health and self-manage chronic conditions using well-taught, practical, impactful sequences. Target participants are reluctant to participate in gym-based or seated exercise and are seeking alternative, creative routes to physical activity.

Highly-specialised, rehabilitative interventions, developed collaboratively and trialled under rigorous scrutiny from clinicians, demonstrated strong attendance, retention/adherence patterns.

Participants continually request workshop continuations. ?From taster session day one?I knew I wanted to come every week. Wish it to continue for us.?

How will the work be delivered - specifically, what will you do?

The proposed programme annually consists of 24 weekly workshops at four partner organisations alongside 24 weekly sessions at NHS hospitals.

Delivery will be devised in collaboration with occupational therapists, specialist nurses and physiotherapy. On dementia and delirium wards the needs might be focused around reducing anxiety and reclusion; on other wards a focus on mobilising towards discharge dates using targeted creative interventions.

Sessions are delivered by professional dance artists who have been trained to deliver specialised workshops sited within community and health settings. Dance artists will be supported by assistant dance artists, offering variation, alternative ways of accessing movement based on ability differentiations, side-by-side support; modelling/mirroring; and an assistant to ensure participants' safety and enjoyment.

For workshops taking place in hospitals we'll work closely with physiotherapy/occupational therapy teams to integrate specific creative exercises recommended by clinical teams that illuminate and enhance their work towards rehabilitation of inpatients.

Why are you the right organisation to do this work?

Akademi has a wealth of experience in community and hospital settings, creating well-bonded partnerships. We're currently working across six NHS Foundation Trusts; and featuring in high-profile arts and health events (e.g. Aesop 2018 Conference and London Arts-in-Health Forum)

Critically, in April 2018 Akademi was awarded ethical approval from Health Research Authority to carry out a research project within Harefield Hospital, allowing us to collect physiological and psychological data pre- and post-dance intervention. This builds not only the evidence base available on benefits of dance interventions but establishes Akademi's standing, expertise and ability to scale-up and quickly reach more patients, with this validation.

Trusted and recommended by health specialists: "Therapy teams should utilise external agencies such as Akademi to enhance service delivery" (Occupational Therapy Team, Royal London Hospital Older People's Services)

Akademi has a strong programme of dance exercises, artist training and digital resources and a team of specialist, trained practitioners.

How does your work complement and not duplicate other services within your area?

Akademi offers specific nuances of South Asian dance, encompassing mudras (hand-gestures) to maintain articulation of joints, particularly fingers, wrists and ankles which may be difficult or painful in those with arthritis.

Workshops incorporate rhythms from South Asian dance styles, enhancing co-ordination and cognitive function. The joy of learning an entirely new dance style at a later age increases self-confidence and self-efficacy.

Others working in this field utilise contemporary dance or ballet as basis for movement. Whilst these workshops have their own place, Akademi provides a culturally-unique programme; an opportunity to experience distinctive movement qualities and explore the accompanying language such as Sanskrit names for hand-gestures and bholas (vocalisation of pulses and footwork beats); pleasurable repetitions of recitations/chants that accompany Kathak and Bharatanatyam rhythms, supporting mindfulness and mental clarity. Dance Well has distinctive, simple vocabulary; hand movements, gentle extensions, beautifully-creative visualisations, narratives and comforting unifying rhythms when performed in wellness settings.

How will this proposal meet the Programme Outcome(s) under which you are applying?

Dance Well workshops will increase levels of engagement in physical activity and access to the arts through dance and movement workshops. Participation in these workshops will increase levels of wellbeing and independence as they foster creativity, building relationships and social interaction. The long-term effects of the Dance Well workshops will create sustainable activities for older adults to access, enhancing long term physical fitness levels.

How will you ensure that your project will hear and represent the views and needs of disadvantaged people and/or diverse communities?

Most of our participants are disadvantaged either through social-economic background, language barriers, physical mobility or cognitive decline. Feedback will be collected on a weekly basis from participants to ensure the workshops reflect their needs and challenge them to reach their own, individually-set goals. Specifically-trained volunteers and project staff will use alternative methods to ensure learner voices are properly captured. These include translation using Hindi and Bengali; direct scribing side-by-side; digital feedback tools via iPad; and "I love dancing because..." fillable mini-posters that instantly encapsulate learners' feedback in the moment.

We will continue our practice of bringing participants to speak of their experiences at high-level conferences, such as Aesop's Arts and Health conference at Barbican, April 2018.

Akademi will also advocate strongly to wider arts and health communities, and policy-makers on behalf of these participants to ensure more provision is available for those who are isolated or disadvantaged in the community.

How does your project engage and empower individuals and/or communities to come together on this issue? Will you be working with people who are particularly excluded?

DanceWell takes dance to those normally excluded from participating in creative experiences, including those bedbound or with restricted mobility. Many individuals also lack access to the arts therefore workshops provide not only physical activity, expressive responses and enhance frame-of-mind but also chances to enjoy the arts in an intimate, individualised setting.

Sessions work around a person-centred approach, with participants invited to contribute suggestions of movements, sound and stories/narrative to group activities. Participants are drawn into completely new experiences they value highly: "very beneficial slow movements for my arthritis and spiritually lifting": "have experienced nothing like this"... "means so much to me"... "Friday is my happiest day" (hospital participants, 2017).

We provide opportunities for individuals to lead the group and to improvise creative movement together, as a group or as pairs. We celebrate and encourage autonomy, with participants controlling the direction the session takes according to their health that day, mood and creativity.

Is the focus of your project meeting an already identifiable need (acute or otherwise) or are there elements which are preventative and/or incorporate early action?

In 2006-07 physical inactivity cost the NHS an estimated £0.9 billion and is the leading cause of long-term health conditions such as coronary heart disease, Type II diabetes, cancer. Levels of adherence to 'traditional' physical activity such as gym membership and seated exercises classes are suboptimal.

Dance provides a creative, nurturing enjoyable alternative, informed by dance science evidence. By increasing levels of physical activity through dance classes, it may be possible to delay the onset of such diseases and increase overall levels of physical and mental health and wellbeing.

Loneliness has been shown to increase the likelihood of mortality by 26% (Holt-Lunstad, 2015), and with 1.2 million chronically-lonely older adults in the UK, increases in social engagement can reduce the health implications of loneliness. Dance Well offers a socially-engaging, collaborative, self-expressive, friendly atmosphere where participants learn new skills, discover their own creativity and build lasting friendships through socially-connected shared experiences.

Who might you need to work closely with in delivering this project - whether before, during or afterwards?

We have established a blueprint for effective partnerships founded on a working understanding, first-hand, from former participants as they encountered and navigated the systems that comprise care services, appointments, operations, waiting lists and therapies.

We know we must be agile and adaptive working with statutory and community services that deal with care, treatment, recovery, rehabilitation of older people. We need to work with community and clinical professionals, draw in observational feedback, use insight from carers and families working with people with dementia and delirium, to represent their needs.

We will partner with Vital Arts and rb&hArts to run workshops older people's wards within NHS hospitals, working closely with nurses, ward staff, physiotherapy and occupational therapy teams.

We will also partner with Camden Carers, Our Three Points, British Heart Foundation, Alzheimer's Society. We recognise the need to work with Ageing Better's services, adult social care teams, and transport services.

Our aim as a funder is to help people move positively between any of the four stages of Surviving, Coping, Adapting and Thriving. For your project at which of these stages will most people begin their journey?

Those participating in Dance Well activities on wards will begin their journey at either Surviving or Coping. During their journey within the hospital we'll help them progress to Adapting by the time of discharge, with uplifting movement, motivation, something to get up for: a release from the monotony of illness. This aids transition back to life at home with a higher degree of confidence in physical abilities and improved self-efficacy.

Those attending community workshops begin their journey at Coping. Throughout the workshop series they progress to Adapting and eventually Thriving, building relationships in the community and gaining control of health and wellbeing with newly-learned knowledge.

We want to move people out of limiting categories/labels and remove the low self-esteem this often leaves as an imprint as they negotiate health and care services. We will provide well-planned physical challenges at the four stages but also build and replenish confidence and self-belief.

Will there be any elements of this project that will help you or your beneficiaries to reduce your environmental footprint?

Akademi's staff and dancers will use public transport and frequently walk to attend workshops. Staff use craft skills and sewing practices to make resources for dance workshops (such as a group giant extendable elastic band) from upcycled or reclaimed fabrics. Akademi runs a pool system for shared resources, such as instruments and costumes, to avoid buying newly-made items. There is an emphasis on reusing scarves or repurposing fabrics that were once costumes, to use in workshops. To reduce paper, Akademi will use simple digital evaluation software loaded onto iPads, allowing older people with poor motor skills or weak grip to swipe into a survey about the effectiveness of sessions. Dance spaces that use natural light will be preferred. Overall, South Asian practitioners model and advocate 'green' principles and are highly considerate towards ecology with clear awareness on for example water wastage or food security issues arising in workshop discussions.

What are the main activities or outputs you want to deliver?

Annually, 24 weekly South Asian dance and movement workshops within four different community settings. A total of 288 workshops over three years, reaching up to 500 individuals.

Annually, 24 weekly South Asian dance and movement inspired sessions within wards (including group and 1:1 bedside activities) in two hospitals. A total of 144 sessions over three years, reaching up to 4000 individuals, plus clinical staff and relatives.

Training, CPD and mentoring for at least 6 South Asian dance artists to deliver workshops in health and community, to build the pool of specialist practitioners to meet demand and build the programme's sustainability.

What 3 main differences or outcomes do you hope the activities you have described above will achieve?

Participants take part in more cultural and exercise activities than prior to engagement in Dance Well.

Participants are better able to self-manage their chronic conditions through incorporating exercise into their daily routine.

Hospital patients and staff report improved levels of wellbeing, social engagement and mental stimulation.

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Project management staff	46,332	47,490	48,678	0	0	142,500
Artist practitioners	20,160	20,664	21,181	0	0	62,005
Project expenses (travel, materials, marketing)	8,018	8,218	8,424	0	0	24,660
Training and dissemination events	1,500	1,500	3,500	0	0	6,500
Evaluation, including filming and publication	4,250	2,781	2,813	0	0	9,844
Contribution to office space, IT, Insurance	6,000	6,150	6,304	0	0	18,454
Contribution to administrative overheads	7,470	7,657	7,848	0	0	22,975
TOTAL:	93,730	94,461	98,747	0	0	286,938

What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Workshop space (in kind)	2,880	2,952	3,026	0	0	8,858
Partner contributions (expected)	1,000	2,500	5,000	0	0	8,500
TOTAL:	3,880	5,452	8,026	0	0	17,358

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Big Lottery	54,850	54,009	55,721	0	0	164,580
TOTAL:	54,850	54,009	55,721	0	0	164,580

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Project Manager (salary and on-costs)	21,384	21,919	22,467	0	0	65,770
Lead artists (x 4)	9,600	9,840	10,086	0	0	29,526
Project expenses (travel, materials, marketing)	1,500	1,500	1,500	0	0	4,500
Practitioner training	500	500	500	0	0	1,500
Contribution to office space, IT, Insurance	2,016	1,241	447	0	0	3,704
TOTAL:	35,000	35,000	35,000	0	0	105,000

Who will benefit?

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

1,500

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

London-wide

Does this project specifically target any groups or communities?

Individuals with long-term health conditions

This project will specifically work with the following age groups:

65-74

This project will specifically work with the following gender groups:

This project will specifically work with the following ethnic groups:

If Other ethnic group, please give details:

This project will specifically work with Deaf and disabled people:

No

This project will specifically work with LGBTQI groups:

No

This project will specifically work with other groups or communities:
Individuals with long-term health conditions

How will you target the groups/communities you have identified? What is your expertise in providing services for these groups?
Partnership working with hospitals and community services.

Are there any groups or communities you think your organisation will find hard to include through this project?
No

If yes, please specify which groups or communities? Where possible using the categories listed above.

If yes, what steps will you take to make your services accessible to and meet the needs of the groups/communities you have identified?

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: **Tim Foxon**

Role within **Administrative Director**
Organisation: