

The City Bridge Trust

Bridging Divides: Application for a grant



About your organisation

Organisation Details

Name of your organisation:

Copleston Centre

If your organisation is part of a larger organisation, what is its name?

Copleston Centre

In which London Borough is your organisation based?

Southwark

Contact person:

Rev Edward Collier

Position:

Chair of Trustees

Website:

<http://www.coplestoncentre.org.uk>

Social Media Accounts:

coplestoncentre

What Quality Marks does your organisation currently hold?

None

Legal Status

Legal status of organisation: **First Contact**

Charity Number:

1116694

Company Number:

05651247

CIC Number:

Bencom Number:

When was your organisation established? **05/09/1978**

Aims of your organisation:

To create a spirit of openness, acceptance and harmony by working with all members of the community, particularly those at risk of social exclusion, through offering opportunities to enhance the physical, mental, emotional and spiritual well-being of groups and individuals.

To work with the community to enable it to develop in a way that improves the quality of life of its members and to enable people to develop their physical, mental and spiritual capacities so that they may grow to full maturity, self respect and dignity as individuals and members of society

Main activities of your organisation:

Our space is multicultural, multi-faith and inclusive in its provision of a wide range of community-focused services and activities. The Centre partners other charitable organisations and locally run groups, such as SDCAS (Asylum Seekers), Copleston Together (lunches for predominantly older residents), Looking at Books (running for 34 years) and an onsite nursery.

Current activities provided on site include: Robes Project (Providing a safe place to sleep and a hot dinner and breakfast for homeless guests), Art Therapy, Art Café, Wednesday Drop-in, Church activities, Copleston Together, Pilates, Counselling Service, Higher Praise Christian Fellowship, Looking at Books, Christ Consolation Church, Salvation Parish Church, Pilates, Southwark Day Centre for Asylum Seekers, ?Stay & Play? Parent & Toddler Group, Talking About Music, Older Peoples Bingo, Future Players Boxercise, Peckham Rye Sings, Begue Begue Drummers, Toddler athletics, Tai Chi for older people, private and community lettings.

Your Staff & Volunteers

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
0	3	10	9

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	23 years

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

New zoned heating system to reduce energy consumption

Support reuse of unwanted clothes and goods through distribution to refugees and asylum seekers, and occasional "pre-loved" sales

Participation in scheme to redistribute unsold food from local outlets to local people in financial hardship

Finance Details

Organisation Finances

	Year of most recent audited / examined accounts	Current financial year forecast	Next financial year budget
End of financial year date	31/12/2017	31/12/2018	
Grants & donations:	£47,402	£35,500	£0
Earned Income:	£60,522	£60,192	£0
Other income:	£38	£30	£0
Total income:	107,963	£95,722	£0
Charitable activity costs:	£69,029	£60,000	£0
Cost of raising funds:	£1,901	£1,500	£0
Other costs:	£61,201	£30,000	£0
Total expenditure:	£132,131	£91,500	£0
Free unrestricted reserves held at year end:	£52,581	£56,803	£0

What is your organisation's reserves policy?

Many charities use a rule of thumb of three months of charitable expenditure (excluding restricted funds) which in the case of the Copleston Centre would be around £13,000 (in unrestricted funds).

In the Management Committee meeting held 21st November 2017 it was agreed that the Reserves Policy would be amended to include sufficient reserve funds to be accumulated over the next three financial years allow full settlement of the Centre's Trust pension liability in the event of Centre closure. As of 31st December 2017 this was noted as £53,384 in the FRS 102 ? SECTION 28 Accounting Disclosures document.

For your most recent financial year, what % of your Income was from statutory sources?
1-10%

Organisational changes

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

None

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. Develop and expand our programme of community based projects with a strong focus on social inclusion for older people, including those with mental health concerns																			
When will the funding be required? 01/10/2018																			
Is this request to continue work that is currently funded or has been funded in the last year by: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> City Bridge Trust? No </td> <td style="width: 50%; vertical-align: top;"> Another funder? (If so which) Catchpole Fund </td> </tr> </table>					City Bridge Trust? No	Another funder? (If so which) Catchpole Fund													
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£38,184	£40,552	£37,862	£0	£0															
Total Requested: £116,598																			

You and your grant request

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

We intend to replicate for over-65s a successful model developed in our award-winning mental health project whereby people engaging in primarily social activities were enabled to access more targeted provision.

Project delivery will be through two complementary volunteer-supported initiatives which build on existing activities:

? Drop-In sessional ?Silver Linings Café?, a ?social front door? operating as a social centre and gateway to advice, talks and information on local activities, healthcare and nutrition, including pathways to volunteering.

? ?Positive Health Matters? programme providing and signposting to activities focused on improving physical and mental wellbeing. We have an exciting portfolio of planned activities and collaborations to add to our current offerings.

? We will signpost to other Centre user groups and external activities/ support, - working closely other local community organisations.

? Led by a 0.5 FTE Coordinator the project will be supported by a Silver Linings Advisory Board.

What are the changes you hope to achieve?

We hope to solve/ mitigate these problems:

Lack of confidence; Low horizons; Limited social interaction/ social isolation; Depression; Lack of engagement with outside world; Lack of physical activity

Our target group:

Older people aged 65 or over living in south Southwark, focusing on two wards: The Lane & Peckham. Self-referral and third-party referral

Anticipated measurable effect:

Improved well-being using EMWAS score; Increased physical activity; Increased social interaction; Users able to access specialist provision

The wider benefits:

Reduced dependence on GP & other services; Improved community cohesion; Early Identification/ accessing specialist services, e.g. dementia

Our goal for long-term change:

A better connected, more resilient community; Happier lives locally; Older people stay well independently for longer

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

Demographic data indicates a growing need for services for Southwark's elderly population, as the number of those aged 65+ increases significantly. Many suffer from social isolation (60% live alone) and Southwark has the sixth highest level of reported mental health issues with its older people dying earlier.

37% of Southwark's VCS organisations report care of the elderly population is going 'not so well' or 'really badly'; and nearly one third that things had 'worsened' over last year.

We met or contacted 19 local VCS organisations (two with signposting responsibilities).

Feedback indicated significant gaps with unmet demand in south Southwark for inclusive well-being projects focused on over-65s and their carers, and also insufficient signposting to existing under-used services.

We conducted original research - a SurveyMonkey survey, a focus group, with informal feedback from Centre users, local residents, volunteers and church members, reiterating these conclusions and helping us prioritise specific activities.

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

? Provide gateway social hub for our activity programme 'Positive Health Matters' and volunteer opportunities

? Primarily focused on social inclusion with community members supported by staff members and volunteers

? Including advice, talks and information on local activities, healthcare and nutrition

? Involvement of service users in managing café and defining user needs - e.g. information, activities, talks

? Signpost to other services (voluntary and statutory sectors) such as Southwark Council local AgeUK, and South London Cares

? Silver Sounds - musical events for older age group, based on popular precedent, Black History month (October 2018)

? Collaborative Marsden Road London Wildlife Garden project (including meal preparation of grown produce)

? Facilitated walking group exploring local area and green spaces

? Commissioned experts to deliver classes: : Dancing, Gentle yoga and Pilates to strengthen muscles, improve posture and balance, Tai chi based on longevity studies from East.

Why are you the right organisation to do this work?

We are the right organisation to deliver this project because we are a multi-purpose local community centre with a long and successful experience of working with the target beneficiaries. This includes over 23 years of experience in enabling meaningful social contact between older people, including those with mental health issues and the wider community. Older people lead projects; are represented on the Trustee Board and in volunteer roles. We value diversity and work effectively in strong partnerships with other Southwark organisations to tackle social exclusion and isolation in the borough's deprived areas and neighbourhoods. We are proud to welcome weekly over 400 people from all backgrounds through our doors. We will be aided by our experience and reputation gained in our award-winning mental health project whereby people engaging in primarily social activities were encouraged and enabled to access more targeted provision.

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

We've undertaken significant consultation with other service providers and signposting agencies. There have been a couple of instances where our planned programme (in response to user consultation) looked likely to duplicate other services. This indicated (1) need to increase visibility of our partner's project, which we undertook to do as part of our own, and (2) proposed activity should not be delivered by us.

We already work closely with user groups within the Centre, other local community organisations and wider older peoples' networks in Southwark, also local referral networks, healthcare providers such as GPs, local NHS and local care networks. Most importantly we work collaboratively with other delivery organisations (e.g. LinkAge Southwark & South London Cares) to ensure complementary delivery and ongoing information-sharing.

Our project fits perfectly into the Council's Older People's Strategy which is based on a series of local/ community based projects signposted out of a central Hub.

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

It will provide older people with opportunities to increase their health, well-being and independence through improved access to arts, activities and other community facilities and services.

Sessional drop-in cafe will act as 'social front door', serving to reduce loneliness and increase independence. The series of talks and advice sessions as well as the signposting to other open activities and specialist provision (e.g. Alzheimers Groups for those with the condition and their carers), will improve access to activities and wellbeing services.

Our portfolio of activities will be stimulating, regular, inclusive, accessible, fun and provided by expert sessional workers to support well-being through increased independence, socialisation and increased physical activity. These include: Readers Group; Musical appreciation; Dancing; Gentle Pilates; Tai chi; MenDers Club & women's equivalent; Silver Sounds; Marsden Road London Wildlife Garden project; Walking group exploring local area, guided walk participation; Arts participation; volunteering opportunities, cafe, ?Green internships?, musical mentoring.

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

Leadership: The project will be supported by a Silver Linings Advisory Board, made up of client-group representatives (many of whom will be financially disadvantaged as well as older), representation from Peckham Citizens and an external representative of a partner organisation focused on the older age group, e.g. LinkAge or AgeUK.

Delivery: Project Co-ordinator will conduct regular feedback sessions with clients, providers, administration staff and volunteers in addition to regular monitoring of data returns.

One of our partner organisations (Peckham Citizens) incubated and hosted by Copleston Centre, is an alliance of local organisations that develop people's capacity to tackle injustice. It is part of the Citizens UK group. We anticipate that the Copleston Silver Linings Project will draw on Peckham Citizens' experience as well as feed into its priorities.

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?

The central tenet of this programme is to engage people through a 'social front door'. That means that we will provide a sessional open access drop-in café, which of itself will be bringing people together. The Project Co-ordinator will monitor participation closely to ensure that it develops into a welcoming, well-attended space for local older people to come together in a relaxed way. This will inform outreach strategies to maximise attendance from housebound older residents. Encouragement to volunteer is planned to enable increased resilience and independence as well as reduce social isolation and improve community cohesion.

The building is wheelchair accessible, with accessible toilets. As part of our wider networks we engage with particularly 'excluded' people, e.g. the Southwark Day Centre for Asylum Seekers (SDCAS) which we host every Tuesday.

Our plans to provide off-site activities (e.g. at Kingswood Estate Community Shop) will support older residents who feel geographically excluded.

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?

We aim to provide a broad range of services that not only meet identifiable needs but also act preventatively.

Some of the preventative outcomes will be directly linked to proposed activities, for example talks about recognising signs of dementia could support early identification and signposting to specialist services. However, a growing body of research indicates the preventative power of increased physical activity in the elderly, as per our planned programme, as these extracts from A Compendium of Factsheets: Wellbeing Across the Lifecourse (DoH, 2014) indicate:

'There is strong evidence that increased physical activity improves the wellbeing of people in general and older people in particular. For older people this can be delivered through community based exercise programmes which can include mixed exercise, strength resistance, aerobic exercise and walking groups. Effective programmes target the least active and are community based'.

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

Stakeholders and partners engaged with:

1. Project development, implementation and delivery

- ? Copleston networks (centre and church)
 - ? Southwark Day Centre for Asylum Seekers
 - ? South London Cares
 - ? Southwark Council Older People's Strategy team
 - ? Peckham Citizens
 - ? Southwark social prescribing group
 - ? Southwark Pensioners Group
 - ? Local Care Network (consortia of local GPs)
 - ? Southwark Giving project
 - ? Southwark Carers
 - ? Community Southwark
 - ? Older People's Group, Southwark (facilitated by AgeUK)
 - ? AgeUK (Lambeth and Southwark)
 - ? Pembroke House
 - ? Time and Talents (north Southwark)
 - ? SAIL project (Safe Active and Independent Living, delivered by care 'navigators' based in GPs practices)
 - ? Silver Sounds
 - ? LinkAge
 - ? Kingswood Estate Community Shop*
 - ? MenDers Club*
 - ? London Wildlife Trust (Marsden Road)*
 - ? URC East Dulwich Grove*
 - ? The Albrighton Estate Community Centre*
- (*off-site venues)

2. Recruitment process for 0.5 Project Co-ordinator (dissemination of role, assistance in interview) LinkAge. AgeUK.

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?

Coping & Adapting.

We believe that engagement with the project will not only help people move positively between these stages but that they will be helped to maintain their stage - e.g. as the users attend the garden project they will become more active and develop friendships. When a mishap happens (e.g. a minor fall) then their recovery time will be shorter as they will feel incentivised to re-engage with the group and maintain activity levels, rather than stay at home.

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

The physical activities (dancing, pilates and tai chi), through encouraging increased physical activity which may reduce dependence on cars or ambulances.

Walking group will encourage greater use of public transport

The Garden project will encourage the growing of local produce

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

A ?Silver Linings Café? - a sessional drop-in café which will provide a ?social front door? or hub operating as a social centre and gateway to providing advice, signposting, and talks on specialist provision (e.g. re Alzheimers), local activities, healthcare and nutrition, including pathways to enable volunteering on this project.

A ?Positive Health Matters? programme that will provide and signpost to engaging activities which will include physical and mental well-being activities.

Activities will be provided by commissioned sessional staff supported by volunteers.

Signposting will be to other relevant local activities, enabled through up-to-date mapping provided by LBS, AgeUK and LinkAge.

Volunteer development - we will provide internal and external volunteer opportunities, managed by the Project Coordinator, and supported by our links with LinkAge and South London Cares. We will learn from their deep experience in developing highly effective volunteer support, including technical aspects such as training in wheelchair handling.

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

Improved well-being using Warwick Edinburgh Mental Wellbeing Scale (WEMWS) score

Increased physical activity

Increased social interaction

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
Recruitment and staffing	25,100	25,092	25,594	0	0	75,786
Marketing	400	400	400	0	0	1,200
Core costs & monitoring	4,203	4,565	4,341	0	0	13,109
Activity direct cost	16,534	20,156	17,416	0	0	54,106
TOTAL:	46,237	50,213	47,751	0	0	144,201

What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Participant contribution	8,052	9,660	9,888	0	0	27,600
TOTAL:	0	0	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
TOTAL:	0	0	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Recruitment and staffing	25,100	25,092	25,593	0	0	75,785
Marketing	400	400	400	0	0	1,200
Core costs & monitoring	4,203	4,565	4,341	0	0	13,109
Activity direct costs	8,482	10,496	7,528	0	0	26,506
TOTAL:	38,185	40,553	37,863	0	0	116,600

Who will benefit?

How many people will directly benefit from the grant per year? 250
In which Greater London borough(s) or areas of London will your beneficiaries live? Southwark
Does this project specifically target any groups or communities?
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:

How will you target the groups/communities you have identified? What is your expertise in providing services for these groups?

The Copleston Centre and Church is trusted by the local community and sister organisations in the field, after working for 40 years with older local residents and their families.

Are there any groups or communities you think your organisation will find hard to include through this project?

Yes - please specify

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

Older people who have become very isolated, including those who are totally housebound

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

This is part of the role of the Project Co-ordinator, who we will support to develop innovative mechanisms to do this, including engaging with statutory services such as GPs

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: **Rev. Edward Collier**

Role within Organisation: **Chair of Trustees**

14952 Revised Budget Request 5.12.18

Funding required for the project (Copleston Centre)

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

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Recruitment & staffing	25,100	25,092	25,594			75,786
Activity Delivery	16,534	20,156	17,416			54,106
Marketing	400	400	400			1,200
Core cost contribution	4,203	4,565	4,341			13,109
TOTAL:	46,237	50,213	47,751			144,201

What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Participant contribution	4,920	5,928	6,048			
TOTAL:	4,920	5,928	6,048			

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
TOTAL:						

We are keen to ensure sustainability of our programmes as well as offering a wide variety of activities at a highly affordable rate (the need for variety being a key demand research finding). We therefore have budgeted that we offer some activities free to all, others at £1 (to half of all participants) and for the other half of participants at a voluntary contribution (budgeted at average £3 - £5 depending on activity).

Annual estimated participant contribution: year 1: £4,920, Year 2: £5,928.00, Year 3: £6,048, total £16,896.00

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Recruitment & staffing	25,100	25,092	25,594			75,786
Activity Delivery	11,614	14,228	11,368			37,210
Marketing	400	400	400			1,200
Core cost contribution	4,203	4,565	4,341			13,109
TOTAL:	41,317	44,285	41,703			127305

