

# The City Bridge Trust

## Bridging Divides: Application for a grant



### About your organisation

#### Organisation Details

Name of your organisation: <b>Covent Garden Dragon Hall Trust</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Camden</b>	
Contact person: <b>Ms Nicole Furre</b>	Position: <b>Director</b>
Website: <b><a href="http://www.dragonhall.org.uk">http://www.dragonhall.org.uk</a></b>	Social Media Accounts: <b>@dragonhall</b>
What Quality Marks does your organisation currently hold? <b>Silver quality mark for youth work in association with UK Youth accredited by City and Guilds</b>	

#### Legal Status

Legal status of organisation: <b>Registered Charity</b>			
Charity Number: <b>1087268</b>	Company Number: <b>03456508</b>	CIC Number:	Bencom Number:
When was your organisation established? <b>07/01/2005</b>			
<b>Aims of your organisation:</b> To promote the benefit of the inhabitants of London - central London, Covent Garden, Holborn, St Giles and Bloomsbury in particular, by associating local authorities, voluntary organisations and such inhabitants in a common effort to provide facilities in the interests of social welfare for recreation and leisure-time occupations with the object of improving the conditions of life for the said inhabitants  To promote any charitable purposes for the benefit of the said inhabitants and in particular the advancement of education and skills (with particular but not exclusive reference to technology and the arts) To educate the public in the geography, history, natural history and architecture of the area and to secure the preservation, protection, development and improvement of buildings or features of historic or public interest in London to enable them to be enjoyed by the public To establish or secure the establishment of community centres and to maintain and			

**Main activities of your organisation:**

Under 5s drop in  
 after school club for ages 8 to 12, 13 to 16 and 16+  
 Technology activities for young people including code clubs and Coder Dojo  
 Activities to combat isolation and loneliness in people over 60 with a particular focus on those 75 and over and carers.  
 Activities to promote community cohesion  
 Councillor and MP surgeries

Dragon Hall also run Soapbox Islington, a youth centre for young people 13+ on contract with LB Islington

**Your Staff & Volunteers**

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
<b>5</b>	<b>11</b>	<b>9</b>	<b>38</b>
Do you have a Safeguarding policy? <b>No</b>			
<b>Are the following people in your organisation subject to DBS checks?</b>			
Paid Staff <b>Yes</b>	Volunteers <b>Yes</b>	Trustees / Management Committee Members <b>No</b>	

**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?
<b>Leased</b>	<b>25 years from 2005</b>

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

We have gone over to LED lighting. We recycle materials and share resources with partner organisations. We are in the process of trying to go 'plastic free'. We pick up 'sell by' food donated by local supermarkets to distribute to parents and older people

## Finance Details

### Organisation Finances

	<b>Year of most recent audited / examined accounts</b>	<b>Current financial year forecast</b>	<b>Next financial year budget</b>
End of financial year date	31/03/2018	31/03/2019	31/03/2020
Grants & donations:	£472,453	£399,290	£410,437
Earned income:	£89,531	£164,000	£136,000
Other income:	£7,340	£9,600	£9,600
<b>Total income:</b>	<b>569,324</b>	<b>£572,892</b>	<b>£556,037</b>
Charitable activity costs:	£426,104	£543,532	£528,073
Cost of raising funds:	£8,000	£8,000	£8,000
Other costs:	£6,000	£6,000	£6,000
<b>Total expenditure:</b>	<b>£440,104</b>	<b>£557,532</b>	<b>£542,073</b>
Free unrestricted reserves held at year end:	£72,524	£79,242	£81,000
<b>What is your organisation's reserves policy?</b>			
The trustees consider it appropriate to aim for operating reserves to keep the charity operating for a period of 4 months in the event of a funding fall-out. this target will be reviewed each year and adjusted if needed. The reserves at the 31st March 2018 were £182,746 (2017 - £53,526)			
For your most recent financial year, what % of your income was from statutory sources? <b>0%</b>			

### 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

<p>Which of the Trust's programmes and priority areas will your application deliver?  <b>Connecting the Capital/Arts, sports, health and/or well-being projects for older people</b></p>				
<p>Which of the programme outcome(s) does your application aim to achieve?</p>				
<p>Please describe the purpose of your funding request in one sentence.  <b>Continuation of 3 year funding for a full time staff member to deliver older people's services to address isolation and loneliness and support health and well being</b></p>				
<p>When will the funding be required? <b>01/07/2019</b></p>				
<p>Is this request to continue work that is currently funded or has been funded in the last year by:</p>				
<p>City Bridge Trust? <b>Yes</b></p>		<p>Another funder? (if so which)</p>		
<p>How much funding are you requesting?</p>				
<p>Year 1: <b>£32,986</b></p>	<p>Year 2: <b>£32,986</b></p>	<p>Year 3: <b>£0</b></p>	<p>Year 4: <b>£0</b></p>	<p>Year 5: <b>£0</b></p>
<p><b>Total Requested: £65,972</b></p>				

### What 3 main differences or outcomes do you want to achieve through your funding proposal?

<p>Increase the number of older people accessing the outdoors and nature and encourage living more active and healthier lives: supported by staff and volunteers, trips and excursions, outdoor mindfulness movement classes, guided meditation techniques and walking groups using local parks and canals</p>
<p>Outreach and connection services for older people: Working with partner organisations such as Community Connectors and Ageing Better Camden connecting older people and their carers with existing befriending services, volunteer support workers and a wide range of activities to reduce isolation and encourage participation</p>
<p>Improved physical and emotional well being through active engagement in creativity and the arts, physical activities and group dance and exercise sessions. With a focus on weekend and evening activities plus activities specifically aimed at men.</p>

### What are the main activities or outputs you will deliver to achieve these differences?

<p>3 six weekly indoor craft sessions on growing food and plants. Monthly horticultural therapy workshops aimed at those with limited mobility to create a 'growing space'. All 1.5 hour sessions for 10 older people per session. 8 supported day trips and excursions to outdoor events, canal, Kew &amp; Royal Parks</p>
<p>15 weekly activities including classes, workshops and opportunities to promote social connections to 500 users per month. Volunteer support to enable older people to take first steps to increase social interactions and feel comfortable in external settings. Working with partners to encourage wider networks to be established</p>
<p>12 week art workshops aimed at those with dementia and carers. Painting drawing and craft making. Monthly creative writing session in Kew gardens, 6 older people per 2 hour session. 8 evening and weekend activities to 100 users per month, 2 activities per month to support and encourage men</p>

## You and your grant request

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

Salary of the Community Development Manger to continue for the next 2 years. The manager has increased the involvement of individual older people from 100 to over 370. January 2019 saw a delivery of 59 activities to a total of 699 users. The demographic covers a wide area - we are based on the borders of Camden and Westminster but see users from other London boroughs including Hackney, Islington, City of London, Lambeth and further afield. We are working in 4 different venues in Camden with involvement from over 15 partner organisations. Without the staff member to co-ordinate and focus the delivery and manage volunteers many of these activities would have to close. The focus is to encourage involvement in the community, including activities with our services for young people to enable inter-generational activities to be established and grown.

### **How will the project described achieve your stated outcomes?**

The project will work with older people over 65 years in Camden and neighbouring areas to increase the number of older people accessing activities. We expect to see a decrease in reported depression amongst older people accessing our activities and services, increase in older people reporting improved physical and mental well-being and improved and emotional wellbeing through active engagement in creativity and the arts. The project will recruit beneficiaries on a rolling basis. Activities will be undertaken to ensure effective delivery and to meet the needs of the specification and participants. All classes and sessions will be delivered by tutors and workers who have an understanding of the capability of older people. We work with existing partners Kew Gardens, Royal Parks, Phoenix Gardens and local City Farms to increase access to the outdoors and nature. Recruitment and selection of volunteers provides one to one support with training from community connectors

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

National studies show that 33% of older people sometimes feel lonely. Camden has 33,000 older people which means 11,000 are facing loneliness in Camden alone. Loneliness is a massive issue for people in later life in the UK. Half of all people aged 75 and over live alone, and 1 in 10 people aged 65 or over say they are always or often feel lonely - just over 1,000,000 people. Half of all older people consider the television their main form of company. There is an expected increase of 16.5% in London of the older population (65+) and in Camden the older population is expected to rise to 29,280 by 2023 - an increase of 15.7% from 2013. At present 11% of the population in Camden is over 65 and 1.5% is over 85.

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

Creativity and art activities - a wide range of activities will be arranged including art and craft classes, creative writing, art appreciation, visits to galleries, theatre and concerts.

Annual exhibitions of users artwork, play reading and singing classes

Physical activities including chair yoga, pilates, line dance, kele ball, monthly tea dance, tai chi, mindful movement.

Living with Nature - wildlife walking, bird watching, city farm visits, dog walking and pet sitting, building bird feeder, co-ordinated walks at Kew Gardens and local parks, canal walks and visits to local open spaces. Mindfulness sessions including using birdsongs, rain, sea sounds etc.

All activities are undertaken in consultation with users including developing activities for the evening and weekends including sessions specifically to involve men and to encourage this

**Why are you the right organisation to do this work?**

We have a track record of working in and for the community and have been developing the older peoples service over the last 3 years with support from City Bridge Trust in the salary of the Development Manager. Dragon Hall Director is also the Chair of the Camden Community Centres Consortium who work together in partnership to provide activities, support, advice and access to services to enable older people to be as independent as they can for as long as they can. Regular consultation and communication with users enables the organisation to be flexible and responsive to emerging needs, working in co-production and co-design with users. Dragon Hall supports residents to make the most of their communities and strive to improve the quality of their lives. We have extensive skills in monitoring and evaluation to evidence and prove what does or does not work.

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

We work in partnership with all of the organisations that deliver services to older people in our area. We have spent the last 3 years bringing all of the organisations together to ensure we complement each other and share resources. Our manager has been instrumental in keeping the older people's services open in Bloomsbury Central Baptist Centre as this was in danger of closure. Working in partnership now means that this service is expanding and new users are joining this well established centre. We deliver in 5 different venues in the area including a new community centre in Kings Cross. We have established partnerships with over 15 other organisations that run activities or support older peoples services and share volunteers and connection services with Age UK Camden, North London Cares, Community Connectors, Holborn Community Association Befriending Service. We also feed into the LB Camden strategic decision making process.

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

Working closely with other organisations and agencies our project is designed to empower older people to reconnect with their communities and each other. Referrals are taken from other organisations such as community Connectors and Age UK, directly from older people themselves and members of the public about any older person who is lonely or socially isolated. Activities are designed and co-produced with older people themselves via forums, talks and discussions. Many older people engage in leading activities or giving talks and workshops on a range of different subjects. Every effort is made to ensure a welcoming and supportive environment, open to all that supports and engages with individuals no matter their background or circumstances. We take a benchmark of participation with all new activities and measure the distance travelled through surveys and case studies. We work in collaboration to enable strategic thinking, widen participation and strengthen our communities.

**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?**

Older people are particularly vulnerable to social isolation and loneliness owing to loss of friends and family, mobility or income. Health issues arising from loneliness and isolation add pressure on health and social care services. By intervening in this issue, we can improve older people's quality of life, while limiting dependence on more costly services. Research evidence is particularly supportive of social group activities with a creative, therapeutic or discussion-based focus. Our project delivers a range of services, incorporating self-help and self-support groups covering friendship, creative and social activities and health promotion. We also provide inter-generation opportunities with older people supporting our after school clubs for ages 8 to 11 and engaging in activities and homework support. Our annual Christmas Lunch was attended by 104 older people supported by 25 community volunteers. We also support older people and their carers who are less able to access services and activities

**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 are meeting an identifiable need - loneliness and isolation - and all of the activities are preventative and incorporate early action. We don't have the capacity to engage with users that have acute health or multiple physical needs or need specific support but aim to assist in signposting to services that are specialists in doing that

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

We work closely with all of the other voluntary organisations that deliver activities and services to older people. We also work with Housing Associations, the Council and referral agencies to identify individuals who are or maybe at risk of isolation and loneliness. We work with the outreach departments of organisations including British Museum, Age UK, Mary Ward Centre, supported housing projects and other older peoples services across Camden and Westminster. We work closely with the older people themselves to identify further potential users that they know who maybe at risk of isolation. We also work with the local GP surgeries and pharmacies to connect to residents who are known to them.

**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?**

Most people who start to come to our services, especially those who have not engaged previously start at the Surviving stage and with the support of volunteers and staff we aim to enable them to connect with other people and to start the process of building friendships and relationships with others and for them to, in turn, help others to connect.

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

We engage users in talks and discussions on the environment and help with individuals attempts to reduce plastics, and to think about the environment in their day to day lives.



## 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
Salary of Community Development worker	32,986	32,986	0	0	0	65,972
Tutor fees, equipment, room hire & management fees	6,000	0	0	0	0	6,000
<b>TOTAL:</b>	<b>38,986</b>	<b>32,986</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>71,972</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Tutor fees, equipment, room hire & management fees from William Shelton Foundation	6,000	0	0	0	0	6,000
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>6,000</b>

### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Salary of Community Development worker	32,986	32,986	0	0	0	65,972
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>65,972</b>

## Who will benefit?

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

**600**

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

**Camden**

**Westminster**

**Islington**

**Lambeth**

**London-wide**

Does this project specifically target any groups or communities?

**Yes - please enter details below**

This project will specifically work with the following age groups:

**65-74/75 and over**

This project will specifically work with the following gender groups:

**Male**

**Female**

**Transgender or other gender identity**

This project will specifically work with the following ethnic groups:

**Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)**

**Black/ African/ Caribbean/ Black British (including African; Caribbean; Any other Black/ African/ Caribbean background)**

**Mixed / Multiple ethnic groups**

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

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?

**We work with all of the other community organisations in our area who deliver to older people. We market to local residents and others in our areas. We have been delivering older peoples services since opening in 2005.**

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: **Nicole**

Role within                      **Furre**  
Organisation: