

The City Bridge Trust

Bridging Divides: Application for a grant



About your organisation

Organisation Details

Name of your organisation: Irish Elderly Advice Network	
If your organisation is part of a larger organisation, what is its name? Irish Elderly Advice Network	
In which London Borough is your organisation based? Camden	
Contact person: Ms Nora Mulready	Position: Head of Culture and Finance
Website: http://Irish Elders Culture Office, part of the Irish Elderly Advice Network	Social Media Accounts: @Irishelderlyadv and https://www.facebook.com/Irish-Elderly-Advice-Network-250720301649445/
What Quality Marks does your organisation currently hold? We are in process of applying for PQASSO	

Legal Status

Legal status of organisation: Registered Charity			
Charity Number: 1115711	Company Number:	CIC Number:	Bencom Number:
When was your organisation established? 01/03/1993			
Aims of your organisation: The Irish Elderly Advice Network objectives are to combat poverty, isolation and distress among elderly Irish people living in London, and to deliver lifelong educational, cultural and heritage opportunities for them. We do this in two ways: Culture and Welfare. Our Cultural work aims to tackle isolation, and enable older people to stay active - mentally and physically - in their older years. Our work gives older people opportunities to participate in the performing arts including choirs, music, theatre, poetry, and literature. Older people are both the performers, and the audience. We support the development of older people's networks around London, tackling isolation using community and culture. Welfare: Our welfare work seeks to access funding, benefits, including disability benefits, and grants for older people, maximising incomes to ensure they live independent, empowered lives. Our Housing Service aims to tackle housing poverty, disrepair and ensure older people can live their later part of their life in comfort, dignity and security.			

Main activities of your organisation:

Culture: We facilitate the participation in, and celebration of, Irish culture to enrich lives of older Irish people in London, tackling isolation and maintaining good physical and mental health. ? The Irish Pensioners? choir, mostly widows and widowers, with a variety of mental and physical health difficulties, gaining strength through singing, learning new songs, harmonies, performance, confidence and friendship. ? Irish Elders Theatre, older people keeping active and invigorated through drama. We produce our own original scripts based on the lives of the older people involved. ? London-wide tour of community venues, bringing Irish arts, theatre and music, performed by older Irish people, to older Irish - and the wider diverse communities of London - across the city. ? Poetry and literary projects ? e.g. last year we recorded a CD of classic Irish poetry, chosen and recited by older Irish people, including a recitation by the Irish Ambassador to Britain. Ongoing cultural events.

Welfare: Advice, advocacy, outreach across London.

Your Staff & Volunteers

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
1	3	13	20
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 Yes	

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?
Rented	10 years, renewed yearly

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

We have made a huge effort to progress environmental sustainable principles in the last year. This has mostly been done by aiming for a paperless office environment. We have traditionally photocopied our paperwork and placed it on file. We now have a cloud based database, to which we can scan documents, and from which we can email letters on behalf of clients. This has reduced our carbon footprint significantly. We are also using email and online methods of communication as standard now, as opposed to the letters and postage we have used in the past. This is saving resources, helping us move towards environmental practices and is saving our organisation money. We also recycle all recyclable materials.

Finance Details

Organisation Finances

	Year of most recent audited / examined accounts	Current financial year forecast	Next financial year budget
End of financial year date	31/03/2018	31/03/2019	
Grants & donations:	£150,576	£170,000	£0
Earned income:	£0	£0	£0
Other income:	£0	£0	£0
Total income:	£150,576	£180,000	£0
Charitable activity costs:	£153,087	£169,500	£0
Cost of raising funds:	£480	£500	£0
Other costs:	£0	£0	£0
Total expenditure:	£153,567	£170,000	£0
Free unrestricted reserves held at year end:	£15,113	£25,000	£0
What is your organisation's reserves policy? 1.5 months reserves.			
For your most recent financial year, what % of your income was from statutory sources? 0%			

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

Which of the Trust's programmes and priority areas will your application deliver?
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.
To support the work using culture - music, dance, literature, theatre - to tackle isolation and loneliness and maintain good physical and mental health in older Irish people across London.

When will the funding be required? **01/12/2018**

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)
Emigrant Support Programme, Irish Government

How much funding are you requesting?

Year 1:	Year 2:	Year 3:	Year 4:	Year 5:
£30,000	£30,000	£30,000	£30,000	£30,000

Total Requested: £150,000

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

Irish Elders Theatre helps older Irish people develop self-confidence and self-esteem, tackles loneliness and isolation in a culturally stimulating and uplifting way, empowers participants to help others and bring others into this type of activity, supports physical movement in older age, supports good mental health and physical health.

The London-wide community tour gives older Irish people a chance to perform to live audiences across London, further helping to build confidence and self-esteem, as well as tackle isolation and loneliness, build friendships and companionship through shared experiences and shared endeavour. Showcasing work encourages more older people to get involved.

The Irish Pensioners Choir will keep people physically and mentally active, tackle loneliness and isolation, and empower people through their own love of music and song.

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

Irish Elders Theatre, for the full 5 year period. Weekly group sessions, rehearsals, involving older people in story and script development, working with professional actors, supporting older people to learn performance skills, confidence, and drama skills. Peer to peer support and support/guidance from staff trained in culture and tackling isolation.

London-wide tour of community venues (annual tour for 5 years): This brings the cultural projects for older people, the plays, music concerts, and the Irish pensioners choir out to the wider community across London in community centres, halls and professional theatres. Weekly rehearsals with a choir leader. Peer support.

Irish Pensioners Choir, for full 5 year period. Bringing older Irish people together to sing, make friends and enjoy life at weekly rehearsals, and regular performances. We will work on songs from the Irish culture and the wider London community. We will connect with diverse community arts groups in London.

You and your grant request

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

A cultural project which uses culture and empowerment to tackle loneliness, isolation and poor mental and physical health in older Irish people throughout London. The project includes 1. Irish Elders Theatre, which gives older people the opportunity to act, perform in front of live audiences, work with professional actors, and to participate in the development of the plays, from ideas, to characters, to scripts, to design of props and costumes. 2. Irish Pensioners Choir, which gives older people the opportunity to sing, make friends, perform, and celebrate and share their culture with younger generations and the wider community here in London. 3. London-wide community tour, where we will take our projects out into community centres, halls, care homes, theatres and other community venues in London. All our work is focused on using culture to empower older people and help them live fulfilled, happy, content and active lives in older age.

How will the project described achieve your stated outcomes?

We hope to empower older Irish people to prevent or overcome loneliness, isolation and poor mental and physical health by engaging them in stimulating cultural and culturally sensitive activity, friendship and activity. We want to use Irish culture and the dynamism of the London-Irish community to bring older people out of their homes, into positive, warm, welcoming, active environments where they thrive. The benefits of physical activity in old age are huge, lowering risk of developing, or helping to cope with, many chronic health conditions, including heart disease, stroke, Type 2 diabetes, obesity and arthritis, for example. It can also reduce risk of depression, dementia and Alzheimer's disease, all of which have been represented in our previous cultural groups. Based on our experience of cultural projects, we hope to achieve improvements in health and well-being, contentment and self-esteem. We will support people facing bereavement, family estrangement and will tackle loneliness.

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

There are approximately 40,000 older Irish people living in London. The Clinton Institute's 2014 study into the Irish diaspora in London concluded that "social isolation among elderly Irish is a concern, with increasing numbers of pensioners living alone and not engaging with local community services." A study conducted by Middlesex University further found that, "The Irish in England are disproportionately old compared to other ethnic groups. This has many consequences. In particular, social isolation needs to be addressed through schemes that provide not just physical care but also emotional support and visiting/ befriending to lonely older people." Since opening our Irish Elders Culture Office in 2015, we have successfully involved 5253 people in our work. We have found a huge enthusiasm for the cultural projects with people participating either by being in the groups or by being in the audiences and many have said the projects changed their lives.

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

1. Irish Elders Theatre will run weekly sessions with older Irish people. We will develop plays based on the memories/life stories of older people so they are involved right from the start of each project. We will run rehearsals, and will work with professional actors to support the older people. 2. A London-wide tour of community venues, bringing older Irish theatre, music and culture to areas and places that would not usually have such experiences. For example, our tour last year included community venues in East, West, South and North London. 3. Give older people the opportunity to perform in proper theatres. 4. The Irish Pensioners' choir, mostly widows and widowers, with a variety of mental and physical health difficulties, singing, learning new songs, performing in public, growing in confidence and friendship. We will also seek opportunities for the choir to perform in care homes, festivals and radio and television.

Why are you the right organisation to do this work?

Founded 25 years ago, IEAN is now the longest running charity dedicated to older Irish people in London. In recognition of our work, the Irish Government has awarded us core funding from its Emigrant Support Programme each year for the last 15 years. Last year our Culture Office engaged with 5253 older Irish people. We record detailed demographic information as well as the various types of deprivation faced by people we support. We have a strong record of using Irish culture to enrich the lives of older Irish people living in London, tackling isolation and helping to maintain good physical and mental health. Our 25th anniversary celebration was attended by former Prime Minister of Ireland and in recognition of the difference made by the Irish Elderly Advice network to the lives of London's older Irish, our Director was given the Distinguished Service Award by the President of Ireland.

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

Using Irish culture is a unique approach to tackling isolation, loneliness and poor physical and mental health in the older Irish population of London. We believe that older people are often given services which are focused on 'getting them out of the house', which are essential but which do not necessarily provide the culturally stimulating, empowering environment in which older people can continue to embrace life and thrive. Our focus on drama, performance, movement, music and song offers older people a way to try new things, find their inner confidence and express themselves through art as they grow older. Our cultural staff are also trained in welfare work and work closely with our welfare services, and other local providers. If someone at shows signs of poor health, or financial difficulties, because of our complementary and collaborative ways of working, we are able to quickly and easily refer for assistance.

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

Since our foundation, our charity has had a democratically elected Board of Trustees who are all older people. This has been key to ensuring our work remains focused on the changing needs of older people. For example, after the Board's highlighting of the increasing need to focus on tackling isolation and loneliness amongst their peers, we developed the idea of tackling these problems using Irish culture and subsequently opened the Irish Elders Culture Office in 2015. Older people will be at the heart of the development of the projects, with regular meetings and feedback sessions, as well as an Advisory Board of older people on each project. The majority of those we support are widows, widowers, live alone, have challenging physical or/and mental health associated with later life. We run entirely accessible projects, which are sensitive to the needs of older people and a string and committed focus on empowerment.

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?

Our innovative approach of using Irish culture to tackle isolation and poor mental and physical health in older people has enabled us to bring together several welfare and cultural organisations, as well as affected individuals. We work with festivals, theatres and community centres to secure performance opportunities, which gives older people we work with a positive experience of performing in front of live audiences, whilst also bringing organisations, usually focused on artistic output alone, into the area using their projects to help tackle isolation, build self-esteem and celebrate older people. We will be working with older people who have been referred via welfare and social services across London, and for example those with memory loss, for which singing, dancing and companionship are greatly beneficial, and those who are identified as at risk of, or suffering from, social isolation and who would benefit from a culturally specific service such as ours.

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?

Our project focus will meet needs at several stages of difficulty for people, and at many places along the journey of when intervention is necessary/helpful. People will come to us who are 'at risk' of isolation, for example after they retire from work and are worried they will lose contact with other people, or following a bereavement of a life-long partner, when we can provide peer support from others in the group who have been through similar, and via our caring and compassionate staff. People will also come to us having become isolated due to ill health, and we can ensure they are collected from home and brought into our accessible projects. We can also help people to tackle depression and anxiety via the companionship and sense of purpose they feel in the groups, and we will help prevent deterioration in mental and physical health via involvement in these projects.

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

We will work with venues, community centres, and other community/faith groups to bring our work further into the London community. We will work with the London Irish Centre (Camden) and Haringey Irish Cultural and Community Centre (Tottenham) where we rehearse with the Irish Pensioners Choir and the Irish Elders Theatre Group. We will also work with Day Centres and Lunch Clubs, including Kilburn Irish Pensioners, St Thomas Moore Thursday Club, Irish Pensioners Forum of East London, and others to ensure people know about our projects and can join. We will also work with Jacqueline Hynes, a professional actor who supports the Irish Elders Theatre and the London-wide community tours. We will continue to build connections with groups. We will also work with Irish Chaplaincy on joint projects. We will also continue to engage with statutory providers of services for older people, such as GPs, social services and the NHS.

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?

Our projects will take people through all four stages, starting at surviving, for example following bereavement. When people first come to our cultural projects, they are often completely isolated, shy, lonely, lacking in confidence, in poor health. They meet new people and start to develop relationships, and to open up to new people. During this time, we notice they begin to change - their mood improves, they laugh more, they volunteer for more or bigger parts in the plays, or start to bring their own skills and experiences out into the groups. It can take time for someone to gain confidence, sometimes months, sometimes weeks. We build effective support into our projects, including mutual support from within the peer groups and professional support. Finally, we see people who may have come to us unable to make eye contact, performing with confidence in plays in front of live theatre audiences.

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

The reduction in the environmental footprint will be in the administrative side of the work, where we are moving to a paperless office. The project itself has a very low environmental footprint and this is something we are very conscious of. The project is based on face to face contact, we use public transport wherever possible and recycle all recyclable resources (e.g. paper).

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 & NICs - Head of the Culture Office	32,060	32,060	32,060	32,060	32,060	160,300
Rent - Irish Elders Culture Office	4,832	4,832	4,832	4,832	4,832	24,160
Venue hire (rehearsals and performance venues)	3,500	3,500	3,500	3,500	3,500	70,000
Travel costs - older people with disabilities	3,000	3,000	3,000	3,000	3,000	15,000
Professional support - musicians and actors	4,108	4,108	4,108	4,108	4,108	20,540
Professional support - sound engineering, lighting, props	2,000	2,000	2,000	2,000	2,000	10,000
Publicity and awareness raising of projects	1,500	1,500	1,500	1,500	1,500	7,500
Stationary, printing and postage	3,000	3,000	3,000	3,000	3,000	15,000
TOTAL:	54,000	54,000	54,000	54,000	54,000	270,000

What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Emigrant Support Programme (Irish government)	5,000	0	0	0	0	5,000
Ireland Fund of Great Britain	9,000	0	0	0	0	9,000
Heritage Lottery Fund	5,000	0	0	0	0	5,000
Electricity Supply Board (Dublin)	5,000	0	0	0	0	5,000
TOTAL:	24,000	0	0	0	0	24,000

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Emigrant Support Programme (Irish government)	5,000	5,000	5,000	5,000	5,000	25,000
Ireland Fund of Great Britain	9,000	9,000	9,000	9,000	9,000	45,000
Heritage Lottery Fund	5,000	5,000	5,000	5,000	5,000	25,000
Electricity Supply Board (Dublin)	5,000	5,000	5,000	5,000	5,000	25,000
TOTAL:	19,500	19,500	19,500	19,500	19,500	120,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Salary and NICs - Head of Culture Office (contribution)	30,000	30,000	30,000	30,000	30,000	150,000
TOTAL:	30,000	30,000	30,000	30,000	30,000	150,000

Who will benefit?

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

5,253

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?

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:

This project will specifically work with the following ethnic groups:

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

If Other ethnic group, please give details:

Irish

This project will specifically work with Deaf and disabled people:

Yes

This project will specifically work with LGBTQI groups:

No

This project will specifically work with other groups or communities:
Isolated older people, including widows, widowers and older people who live alone.

How will you target the groups/communities you have identified? What is your expertise in providing services for these groups?
We have 25 years of experience working with the groups and community we have identified. Our expertise is based on a culturally sensitive, and very well known and trusted service.

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: **Nora Mulready**

Role within **Head of Culture**
Organisation: