

# The City Bridge Trust

## Bridging Divides: Application for a grant



### About your organisation

#### Organisation Details

Name of your organisation: <b>Islington Boat Club (IBC)</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Islington</b>	
Contact person: <b>Ms Sarah Corcoran</b>	Position: <b>Development Officer</b>
Website: <b><a href="http://www.islingtonboatclub.com">http://www.islingtonboatclub.com</a></b>	Social Media Accounts: <b><a href="https://www.facebook.com/IslingtonBoatClub/">https://www.facebook.com/IslingtonBoatClub/</a> - <a href="https://twitter.com/IslingtonBoatCl">https://twitter.com/IslingtonBoatCl</a></b>
What Quality Marks does your organisation currently hold? <b>RYA - Royal Yachting Association</b> <b>RYA SAILability - Royal Yachting Association recognised as a centre that works with people with disabilities</b> <b>London Youth</b>	

#### Legal Status

Legal status of organisation: <b>Registered Charity</b>			
Charity Number: <b>287680</b>	Company Number: <b>01743087</b>	CIC Number:	Bencom Number:
When was your organisation established? <b>28/07/1971</b>			
<b>AIMS of your organisation:</b> Our Mission - To inspire learning, improve health, promote socialisation and strengthen the Islington community by providing a wide range of safe and affordable water-based activities for everyone ? with a focus on young people, the over-50s and people with disabilities.  Although adventurous activities are the medium, IBC is first and foremost a social educational facility, concerned with the social and emotional development of the local community.			

**Main activities of your organisation:**

IBC has four main groups of users.

? All Onboard ? this is a free programme and is aimed at encouraging people with disabilities to participate in watersports which under normal circumstances would be unavailable to them. More details can be found on this later in this application.

? UpperDeckers ? this is a free programme for isolated older people aged 50+ to come along every Tuesday for a paddle and/or cup of tea.

? Youth Group ? this is for young people that have come to IBC or been introduced by a funded project, they meet one night a week and on a Saturday.

? Funded Groups and Projects ? IBC work with schools and local groups to target people that would benefit from the activities on offer at IBC, applying for funding and engaging people at the club in a structured activity.

Canoeing, kayaking, powerboating, sailing, narrowboating, bellboating, mountain biking, martial arts and arts projects are taught as part of the on-site programme.

**Your Staff & Volunteers**

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
<b>0</b>	<b>4</b>	<b>6</b>	<b>30</b>
Do you have a Safeguarding policy? <b>Yes</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>Yes</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>5 years</b>

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

IBC acknowledges the connection between the climate and other environmental crises and the threat of current and future homelessness, disease, food and water shortages and poverty for millions of people around the world, as well as the major damage being caused to our natural eco-systems. We see the impact of environmental pollution on the canal every day and the impact it has on our waterways.

We therefore recognise our responsibility to reduce its carbon and environmental footprints and formally commits itself to being an environmentally responsible charity.

We take the below steps to be more responsible.:

Reducing our Energy carbon footprint by using less Electricity, Water, Transport fuel, Gas.

Reduce total waste production by recycling.

All staff contracts include a clause stating that staff will be expected to help the club to carrying out its aim of being an environmentally responsible organisation.

## 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	31/03/2017	31/03/2018	31/03/2019
Grants & donations:	£180,700	£181,239	£151,847
Earned income:	£37,149	£39,594	£48,853
Other income:	£0	£0	£37,149
<b>Total income:</b>	<b>237,849</b>	<b>£220,604</b>	<b>£237,615</b>
Charitable activity costs:	£267,615	£272,604	£297,615
Cost of raising funds:	£0	£0	£0
Other costs:	£0	£0	£11,850
<b>Total expenditure:</b>	<b>£267,615</b>	<b>£272,604</b>	<b>£309,790</b>
Free unrestricted reserves held at year end:	£50,896	£50,896	£50,896

#### **What is your organisation's reserves policy?**

IBC's policy is to retain reserves, in the form of unrestricted funds, to a level where they equate in value to 9 months expenditure. This should provide a reasonably secure financial base on which to plan future projects and commit to related expenditure, before external funding has been fully secured. At this level IBC would be able to continue the current level of activities in the event of a significant drop in funding. At 31 March 2017, unrestricted funds represented approximately 6 months of activity cost ? the management committee continues to work towards reaching the target of 9 months.

For your most recent financial year, what % f of your income was from statutory sources?  
**11-20%**

#### **Organisational changes**

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

**N/A**

## 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 disabled 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>The provision of a unique inclusive programme called 'All Onboard', providing watersports and outdoor activities for people with disabilities.</b></p>				
<p>When will the funding be required? <b>31/07/2019</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?</p>		<p>Another funder? (if so which)</p>		
<p><b>Yes</b></p>				
<p>How much funding are you requesting?</p>				
<p>Year 1: <b>£27,300</b></p>	<p>Year 2: <b>£27,300</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: £54,600</b></p>				

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

People with mental health and special educational needs, their parents & friends to report a increase in well-being as a result in talking part in the All Onboard Project

Islington boat club to become more widely used by people with disabilities, with a heightened awareness of the services available to them. Providing pathways to taking part in activities within a mainstream setting.

Over 100 people per year with disabilities gaining nationally recognised qualifications; Improving their employability, broadening their horizons and gaining essential skills that are transferable in everyday life.

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

Courses for groups of people with Special Educational Needs - Delivered one day a week for 39 weeks each year. Thursday club for people with Special Educational Needs - Delivered one day a week for 39 weeks each year. Total 78 sessions per year

3 young people aged between 14 and 21 with Special Educational needs to take part in a work experience programme each year, providing enjoyable practical hands on learning experiences through the provision of watersports and on land sporting activities. 3 young people over 35 days each year.

Family/Fun days - beneficiaries who have participated in activity 1 and 2 will be encouraged to bring their families and friends along to celebrate their new found skills and encourage community links. 5 days per year (a min of 25 people per day) Total 125 beneficiaries per year.

## You and your grant request

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

We are requesting another 2 years funding for our All Onboard project to enable IBC to continue to support isolated vulnerable disabled people in Islington and the surrounding areas to develop confidence and self-esteem through the medium of watersports.

We want to continue to extend the opportunities on offer at IBC to a greater number of people with disabilities in Islington and beyond, challenging and developing individual's perception of themselves through new activities where a level playing field exists for all.

The Funding is specifically to cover the cost of the Instructor/coaches fees for an additional two years,

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

Our inclusive activities will reach our outcomes by giving participants the opportunity to try something new in a safe and exciting environment, working on:

- ? Confidence building by pushing boundaries
- ? Towards greater independence
- ? Building self-confidence, increased self-worth
- ? Reinforcing and learning new life skills
- ? Learning new sports activity that can turn into a hobby to participate in regularly
- ? Accessing a multitude of social communication opportunities

Our vision is to provide integrated watersports activities, where people with physical/learning/behavioral difficulties are supported within a 'mainstream' environment alongside their peers. We will also develop specialist sessions tailored to meet individual's specific needs.

The overall benefits of taking part in watersports and outdoor activities are invaluable.

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

With over 31,000 people in Islington identifying themselves as having an impairment or disability (IMD), 47% of them of working age are not economically active, over 2,000 children have special educational needs. The Sport/Physical activity needs assessment for young people says 'Disabled young people have lower participation levels than non-disabled young people in Islington' In Islington over three fifths (61.4%) of disabled people are not playing sport compared to two-fifths (41.6%) of non-disabled people. This project is getting more people with special needs into sport and narrowing this gap.

There are 3 special schools in Islington and have a very high free school meals level of 72%. Many of their young people live in families with extreme social deprivation and often their parents have special educational needs themselves. As a result they lead very unstimulating isolated, limited lives at the weekends and holidays.

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

The adventure has begun at Islington Boat Club. Our vision is to provide watersports and outdoor activities that are accessible to everyone regardless of their ability or disability and those within their families and wider community who support them.

Overall we believe this project will ensure IBC can provide targeted activities relevant to this important section of our local community. It will improve resilience in individuals; support their life skills, to promote mental positive attitudes whilst providing tangible educational attainment. This will create a real incentive for people with special education needs to get involved in healthy activities and become important members/participants of IBC community.

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

We have a proven track record of delivering activities to help break down social barriers and provide opportunities to teach and train people to develop essential life-skills, self-confidence and pride to people with disabilities. There is a major focus on teamwork and personal development and through our existing and future courses and activities we provide the opportunity to build self-esteem, confidence and offer training vital to finding employment. Alongside this we promote a healthy lifestyle and the opportunity for the local community to participate in water activities not usually accessible in this area of London. All of our activities are delivered by fully qualified, experienced and professional NGB trained staff.

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

IBC (Islington Boat Club) is the only watersports provider in the Borough of Islington. It is unique in its offer both on-site at the City Road Basin on the Regents Canal but also, in the great outdoors when it delivers residential activities away from its centre. IBC's high quality activities have been developed and refined over 45 years to address personal and social development through the medium of sport. Originally IBC was seen as a place for children and young people to enjoy boating; as an adventure playground on water but over the years, this has changed; it has developed with the emphasis placed on gaining skills, building confidence, team work and the personal development for people of all abilities, ages and walks of life. We plan to continue to work with special schools, groups and local providers, to complement the services available in the borough.

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

Working with our partners within the community, gaining their regular feedback, along with feedback directly from the beneficiaries and their families we aim to;

- ? Ensure a successful delivery of this project
- ? Delivering workshops with pupils
- ? Creating Focus Groups
- ? Project planning in order to differentiate and meet the needs of participants
- ? Creating tailored calendars of activities in liaison with schools, partners, focus group and beneficiaries

The information learned through the various monitoring methods will feed directly into the project evaluations and will ensure that the views and needs of the beneficiaries are met.

**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?**

Watersports, in particular canoeing is a highly diverse sport which provides something for everyone. Canoeing allows people to enjoy some exercise, share a challenge and gain independence whilst also having lots of fun and getting out in the fresh air. Many people believe that watersports is for the wealthy or the elite - IBC are working hard to break this stigma and show that regardless of our age or ability you can take part and achieve something. People with disabilities can be excluded from sport but watersports can provide a even playing field for less abled members of the community.

**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?**

The fundamental benefits of physical activity are well documented. Regular exercise aids co-ordination, balance and flexibility; it improves concentration, reduces body fat and develops confidence. So, it is vital that every young person has access to high quality physical education (PE) and sport. This includes young people with SEN and disabilities. According to the Summer Term 2017 School Census, there were 4,618 children in Islington schools with a SEND (18.5% of all Islington pupils). 3.6% of children in Islington schools had an Education, Health and Care Plan. Both figures are higher than national, London and statistical neighbours. Providing water sports opportunities to those with special needs is a need that had been identified. We have a waiting list of groups and people wanting to take part in our All Onboard project.

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

We will continue to work with the below groups and individuals to deliver this project.

- ? Samuel Rhodes is a school for children aged 4-18 with Moderate learning disabilities - during for referrals and groups
- ? Susie Summers - Speech and Language and Play Therapist with over 40 years? experience working with people with special needs and learning difficulties - during/ad hoc
- ? Danny Mitchell - Mental Health Social Worker with connections to Assertive Outreach team in Islington Social Services - During for referrals
- ? Sarah Rex - SENCO at Bridge School and Action for Children Children's Centre - During as she is now coordinating the All Onboard programme for IBC.
- ? Students of Bridge Academy who have been attending sessions at Islington Boat Club.
- ? Various schools and groups from Islington and Beyond.

**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?**

The majority of the beneficiaries of this project start at the adapting stage, for example our Thursday afterschool club is based upon ?one set? in Hackney where they deal with a small number of young people with disabilities working with them over a long period of time to progress them to the point where they can integrate into the mainstream youth club. These sessions will be small in numbers working with a core group of ten young people per session, giving them the skills and experience over a long period of time progressing them as far as we possibly can, working toward the Thriving stage.

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

The beneficiaries are encouraged to recycle while at the IBC and encourage to take part in our annual canal clean up, picking up litter from Regent Canal.



## 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
	0	0	0			0
4 Instructors x 3 x 2 hr sessions plus 1 additional hour for setting up and debriefing 39 weeks = 4x7hrsx39 days@£25ph	27,300	27,300	27,300			81,900
Instructor/coaches fees	0	0	0	27,300	27,300	54,600
39 days Heat, lighting, venue & depreciation. Management, development, compliance and overheads	3,810	3,810	3,810			11,430
Operational Overheads	0	0	0	3,810	3,810	7,620
Coordinator - 1 dry land sessional/Minibus driver/canteen/ for those who do not wish to go afloat and compliance reporting £25ph x 8 hrs x 39 days	7,800	7,800	7,800			23,400
Promotion/Publicity costs	0	0	0	3,000	3,000	6,000
10 Peer mentoring and family days = 4 instructor x 6 hour sessions x 10 days @£25PH	6,000	6,000	6,000			18,000
Coordinator	0	0	0	7,800	7,800	15,600
Peer mentoring/family days Heat, lighting, venue & depreciation. Management, development, compliance and overheads	600	600	600			1,800
Volunteer costs	0	0	0	780	780	1,560
Promotional	3,000	3,000	3,000			9,000
School holiday instructor/coaches for peer mentoring days/family days	0	0	0	6,000	6,000	12,000
changing room adaptations to make fit for purpose	39,128	0	0			39,128
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>40,590</b>	<b>40,590</b>	<b>81,180</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
IBC contribution	2,000	2,000	2,000			6,000
Argun Media	0	0	0	2,475	0	2,475
Sportivate	4,068	0	0			4,068
Alchemy Foundation	0	0	0	1,000	0	1,000
IBC continued project fundraising events	3,000	5,000	5,000			13,000
changing room adaptations Sport England and S106	39,128	0	0			39,128
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>3,475</b>	<b>0</b>	<b>3,475</b>

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

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
	0	0	0			0
Sport England	10,000	0	0			10,000
The Bruce Wake Charitable Trust	0	0	0	2,000	0	2,000
Sir Edward Lewis Foundation	5,000	5,000	5,000			15,000
Baily Thomas Charitable Fund	0	0	0	7,680	0	7,680
Henry Smith Charlty	12,142	9,210	9,210			30,562
We have a prospect list of funders which we will continue to apply to	0	0	0			0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>9,680</b>	<b>0</b>	<b>7,680</b>

**How much is requested from the Trust?**

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
4 Instructors 3 x 2 hr sessions plus 1 additional hour for setting up and debriefing /skill card updating 39 weeks =4 x7hrsx39 days@£25ph	27,300	27,300	27,300			81,900
Instructor/coaches fees	0	0	0	27,300	27,300	54,600
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>27,300</b>	<b>27,300</b>	<b>54,600</b>

## 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?

**Islington**

**Hackney**

**Camden**

**City**

Does this project specifically target any groups or communities?

**Yes - please enter details below**

This project will specifically work with the following age groups:

**0-15/16-24**

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:

**Yes**

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?

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: **Sarah Corcoran**

Role within                      **Development Officer**  
Organisation: