

The City Bridge Trust

Bridging Divides: Application for a grant



About your organisation

Organisation Details

Name of your organisation: Sycamore Trust U.K.	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Barking & Dagenham	
Contact person: Ms. Chris Gillbanks	Position: CEO
Website: http://www.sycamoretrust.org.uk	Social Media Accounts:
What Quality Marks does your organisation currently hold? Investors in People - Bronze Standard	

Legal Status

Legal status of organisation: Registered Charity			
Charity Number: 1116697	Company Number: 05759929	CIC Number:	Bencom Number:
When was your organisation established? 28/10/1995			
Aims of your organisation: Sycamore Trust U.K. aims to offer a range of services specifically designed to support families, educate the community and empower Individuals affected by Autism and/or Learning difficulties to flourish and to be valued members of the community.			

Main activities of your organisation:

1. Supporting children and young people with Autism/LD by providing specialised leisure activities, summer programmes and one to one befriending support. We also provide support to parents/carers in order that those young people achieve the best possible outcomes.
2. Supporting Adults with Autism/LD by providing information, and advice, social groups, individual support, travel training and support into employment. We also provide advocacy and parenting support to adults with Learning Difficulties.
3. Supporting the Local Community by providing Autism Awareness training delivered by our Autism Ambassadors (a group of young people affected by Autism and co-ordinated by Adults with Autism).

Your Staff & Volunteers

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
6	23	6	15

Do you have a Safeguarding policy? **No**

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

Paid Staff Yes	Volunteers Yes	Trustees / Management Committee Members Yes
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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	August 2021

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

We continue to encourage our members to request electronic rather than paper correspondence from us . We are developing a plan to archive records electronically where legally possible.

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	31/03/2020
Grants & donations:	£431,495	£458,621	£460,328
Earned income:	£47,329	£60,000	£63,000
Other income:	£2,022	£2,500	£2,500
Total income:	480,846	£538,595	£525,828
Charitable activity costs:	£458,827	£509,698	£499,801
Cost of raising funds:	£0	£10,800	£10,500
Other costs:	£3,450	£13,750	£13,750
Total expenditure:	£462,277	£534,248	£524,051
Free unrestricted reserves held at year end:	£228,540	£232,540	£234,317
<p>What is your organisation's reserves policy? The current reserves policy as per the accounts for year 17-18 is that the organisation aims for a level of reserves that would equate to six months running costs.</p>			
<p>For your most recent financial year, what % of your income was from statutory sources? 21-30%</p>			

Organisational changes

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

The Statutory Funding has reduced but we have been able to replace this with other sources of funding.

Grant Request

Which of the Trust's programmes and priority areas will your application deliver?
Positive Transitions/Children & young people

Which of the programme outcome(s) does your application aim to achieve?
Positive Transitions/Vulnerable and disadvantaged Londoners are more resilient and empowered to make positive choices
Positive Transitions/Londoners experiencing Inequality or disadvantage are supported to become more independent

Please describe the purpose of your funding request in one sentence.
Enabling families affected by Autism/LD to learn about the condition, build confidence, gain new skills and receive support to improve the quality of their lives.

When will the funding be required? **01/07/2019**

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

City Bridge Trust?
Yes

Another funder? (if so which)

How much funding are you requesting?

Year 1:	Year 2:	Year 3:	Year 4:	Year 5:
£51,428	£51,565	£0	£0	£0

Total Requested: £102,993

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

The training will inform families about Autism, building on coping skills and learning new strategies leading to better outcomes for their children

Families experiencing problems will be able to access specialist advice, support and where necessary advocacy to address their issues

Families will be empowered to challenge decisions and become more independent.

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

Autism Awareness training for parents/carers

Information, Advice and Advocacy for parent/carers (including legal advice via the UEL Law Clinic)

Provision of a monthly Peer Support Group for parent/carers

You and your grant request

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

We are applying for the salary of our Family Support Worker, including on-costs, training and travel costs. We are also asking for project revenue and a contribution to overhead and management costs.

How will the project described achieve your stated outcomes?

Families whose child has recently received a diagnosis of Autism will learn more about the condition enabling them to holistically adapt their parenting, coming to terms with their child's diagnosis and work together as a family unit to support their child.

All families affected by Autism will have access to information, advice and support in relation to their identified issues and prevent crisis situations. Families will be empowered to challenge decisions made about their children if they feel them to be inappropriate for their child's needs.

All of these outcomes will have a positive effect on families lives and support will be more child centred which will, in turn enable the children to feel valued, listened to and gain some independence.

Families who are seeking diagnosis for their child will also be empowered to gather appropriate evidence to share with medical professionals, which will provide a more informed outcome.

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

Sycamore Trust have been supporting families affected by Autism for over twenty years. This service has always been oversubscribed as so many families feel unsupported by statutory services after receiving a diagnosis of Autism for their child. City Bridge Trust have funded this programme for the past three years and annual monitoring as show that the quantity and range of the service has exceeded our predictions. The number of children being diagnosed with Autism has increased dramatically over the past ten years and we therefore envisage a rise in the need for our support.

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

The work will be delivered via our Family Support Worker who will provide one to one advice and support to families. She will continue to facilitate a monthly peer support group and provide regular Autism Awareness Training to families. We have, during the course of the current programme, partnered with the Law Faculty at the University of East London who provide a weekly law clinic at our premises specifically designed to our clients with legal issues which are beyond our expertise. This has proved popular and in the first year of operations we were shortlisted and received a commendation for this work by the LawWorks pro bono awards.

Why are you the right organisation to do this work?

Sycamore Trust have been providing support for families affected by Autism for over twenty years. The organisation was first established by parents and although we have evolved over that time, our ethos is still to employ a high percentage of people who are affected, directly and indirectly by Autism to deliver our projects. Additionally all our staff and volunteers are trained to an appropriate level meaning we can offer both personal and professional knowledge to our services. We currently hold an Investors in People Bronze Standard.

We have been delivering this project for the past three years via funding from City Bridge Trust and have achieved our proposed outcomes and found ways to enhance the service.

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

We are the only specialist Autism provider working in the London Borough of Havering, Redbridge and Barking and Dagenham. We work well with local schools providing our knowledge and experience when they are struggling to support Autistic pupils. We can act as an intermediary between schools and parents when there is a dispute and we work with other agencies both statutory and voluntary providing expertise when requested and offer training to professionals in Autism Awareness to support their work.

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

The main activities of the project are based around the support and advocacy for our families. Each piece of support is tailored to meet the individual needs of the families whether this be in supporting parents to attend meetings concerning the welfare of their child, form filling or developing strategies to support the child.

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?

We will be working with parents and carers of children with a diagnosis of Autism. Many of them report that they feel isolated and that the community in general do not understand or empathise with their situation, often accusing them of bad parenting when "melt-down" in public. They feel excluded from mainstream activities as many of their children are unable to cope in these situations.

By providing parent/carers groups it will give them the opportunities to meet likeminded people to share their concerns and experiences knowing that neither their child or their parenting skills will be judged. We will provide a tool kit with strategies for parents to empower them to support their child's needs, keeping families together in an understanding calmer environment. We hope that once parents feel more empowered they will be able to support other families who are new to the service.

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 have for a number of years provided a support project for families affected by autism. This has identified an increasing need for our service.

Due to funding cuts within Local Authorities the diagnosis process for children is being delayed, often families are waiting for over a year for their first appointment to begin their consultations. This can therefore be a very stressful time for the whole family.

Once the child has been diagnosed support for families is very limited. Clinicians often refer to our service as we are the only local source of support.

If we can work with families offering support, advice and training we can alleviate pressure and prevent crisis intervention.

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

We will work with health and social care professionals, schools and other statutory and voluntary sector agencies. This will be initially to publicise the service and obtain referrals. We will then work with the above and any other appropriate agencies that are relevant to the individual families needs in order to secure positive outcomes for that family.

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?

Many of the families who come to us are just surviving because they have not received appropriate support elsewhere. Our project aims to support families through the four stages, achieving positive outcomes for themselves and their child. By the end of their journey with us they will be empowered to parent positively and challenge where they consider decisions are not made in the best interests of their child. Confident to support other parents whose children have been newly diagnosed or families experiencing similar situations.

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

We have struggled to identify any elements that will reduce our environmental impact other than previously stated by encouraging families to accept electronic correspondence. Should we be successful in our application we would value the input of City Bridge Trust's "Eco Assessment" in order to identify ways in which we can improve this.

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
Family Support Worker salary plus on costs	39,242	40,419	0	0	0	79,661
Travel/Transport expenses	786	826	0	0	0	1,612
Training	650	650	0	0	0	1,300
Project Revenue	900	570	0	0	0	1,470
Capital Costs	1,000	0	0	0	0	1,000
Contribution to Overheads	4,250	4,500	0	0	0	8,750
Management Costs	4,600	4,600	0	0	0	9,200
TOTAL:	51,428	51,565	0	0	0	102,993

What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
	0	0	0	0	0	0
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
	0	0	0	0	0	0
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
Family Support Worker salary plus on costs	39,242	40,419	0	0	0	79,661
Travel/Transport expenses	786	826	0	0	0	1,612
Training	650	650	0	0	0	1,300
Project Revenue	900	570	0	0	0	1,470
Capital Costs	1,000	0	0	0	0	1,000
Contribution to Overheads	4,250	4,500	0	0	0	8,750
Management Costs	4,600	4,600	0	0	0	9,200
TOTAL:	51,428	51,565	0	0	0	102,993

Who will benefit?

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

180

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

Barking & Dagenham

Havering

Redbridge

Does this project specifically target any groups or communities?

Yes - please enter details below

This project will specifically work with the following age groups:

16-24/25-44/45-64/65-74

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:

all ethnic groups that are affected by Autism

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:
All families affected by Autism

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

we will target families by advertising, referrals from other professionals and ongoing work. Our expertise is from providing a service to families for over 20 years, keeping up to date with training and both professional and personal experience.

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: **Chris Gillbanks**

Role within **CEO**
Organisation: