

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Camden Cypriot Womens' Organisation	
If your organisation is part of a larger organisation, what is its name? No	
In which London Borough is your organisation based? Camden	
Contact person: Ms. Koula Ioannou	Position: Co-ordinator
Website: http://ccwo.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1026463
When was your organisation established? 01/01/1978	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Older Londoners
Which of the programme outcome(s) does your application aim to achieve? Older Londoners aged 75 years and over living more active and healthier lives Older Londoners having increased awareness of benefits, finance, housing and other rights
Please describe the purpose of your funding request in one sentence. To provide advice, information & advocacy and opportunities for the take up of physical activities for BME women aged 75 years and over.
When will the funding be required? 01/07/2015
How much funding are you requesting? Year 1: £31,162 Year 2: £31,786 Year 3: £32,420 Total: £95,368

Aims of your organisation:

To improve the quality of life of particularly but not exclusively Cypriot / Greek origin women and their families living or working in the London Borough of Camden and the surrounding areas.

Main activities of your organisation:

We provide services and activities for Cypriot and Greek women of all ages and their families including;

- * Advice, information and advocacy.
- * Housebound support project
- * Befriending service
- * Carers project
- * Physical activity classes inc; Keep fit / Relaxation
- * Talks, seminars and workshops on health and topical issues.
- * Organise events, trips and outings
- * Volunteer scheme
- * Lending Library
- * Drop-in

Recently we have been working in partnership with the Somali and Asian women's groups, both of these groups we house in our building to promote participation and social cohesion. We organise joint activities and events.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	2	7	15

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	20 years

Summary of grant request

CCWO will provide the focus for this project that will be run with the other groups housed at our centre. This includes Somali and Asian women's projects, a Camden Carer's project and a mental health project.

CCWO has over 30 years experience and in-depth knowledge of delivering services to the community. We are well respected and have strong working links with similar groups in the area. We are in partnership (ACCIS) with other BAME groups - Asian, Chinese, Irish and Somali. We have been funded for joint work (DWP Benefit Changes 2014).

The Cypriot/Greek community in Camden has a high proportion of older women, many of whom are vulnerable and isolated. They are first generation immigrants are affected by above average incidents of low income and poor housing. CCWO has over 300 members and over 1,000 service users a year. In 2013 our survey revealed that 70% are unable to communicate fluently in spoken English, 15% are illiterate in both written Greek and English, 75% live alone, 80% live in social housing 70% rely exclusively on benefits for income, 45% are disabled. 90% of our members have been housewives with little or no formal education and have never really integrated into British society due to the language barrier.

CCWO will provide advice primarily but not exclusively in Greek. Advocacy is also needed in many cases due to the language barrier and lack of awareness in accessing services. The service is accessible to everyone eligible for the project and we will work closely with Somali and Asian advice workers on matters of common interest. We will refer and signpost clients appropriately to the other advisors in the building. We currently work with a local solicitor who offers pro bono legal advice at our centre twice a month to anyone.

This project will also provide opportunities for older women from the Cypriot/Greek community to join with Somali and Asian women who have similar barriers and life experiences, participating in physical activities that will increase their health and well being. Our aim is to reduce the high levels of depression, isolation and loneliness amongst older women from BAME groups by encouraging them to take part in physical activity that will increase confidence, give them a reason to get up and go out, to be part of a social group, build social networks, become less reliant on GP's and family and to have fun.

This project will be delivered by current, qualified staff from CCWO. Our advice worker is Greek speaking, has over 25 years experience in advice work, is our AQS representative, and is up to date with current legislation. The physical exercise classes will be run by a tutor who has 20 years experience in health promotion, a qualified fitness instructor with in-depth knowledge of fitness for the elderly, and is a qualified Walk Leader.

The project model has been developed from similar existing and successful projects in order to minimise the risks involved with innovation. CCWO has the relevant up to date policies and procedures to ensure high quality delivery, monitoring and evaluation of this project. We anticipate 100 beneficiaries in the first year with at least a 10% increase per year.

Users and members, including management committee and volunteers, are consulted and involved with every aspect of the organisation. We conduct yearly client satisfaction surveys and regular informal meetings that help to determine services and activities, ensuring needs are met. We will monitor project outcomes by involving users from across the various communities.

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

We hold the AQS quality mark for General Advice and Information. We have had this quality mark for over 12 years.

Outputs and outcomes

What are the main activities or outputs you want to deliver? Please include no more than 5. By activities or outputs we mean the services, products or facilities you plan to deliver. If you plan to deliver work over more than one year you should include activities over the full grant period requested. Try to be specific.

Provision per week; Total 1 day (7 hours) 10 - 15 women per class. Work delivered over the full grant period

2 sessions keep fit / mobility classes

1 local group walk session

1 -2 group walks a month to local places of interest and places further a field.

To provide per week; Total 2 days (14 hours) Work to be delivered over the full grant period

4 sessions face to face and telephone advice, information and advocacy on welfare benefits, housing, adult social care and other general matters. Signpost and refer clients to appropriate agencies.

What main differences or outcomes do you hope the activities you have described above will achieve? Please include no more than 5. By differences or outcomes we mean the changes, benefits, learning or other effects that result from the work your project would deliver. These might be for individuals, families, communities or the environment.

Increase physical activity amongst women over the age of 75 in to improve their quality of life.

Raise awareness and access to benefits and other rights.

Increase social integration and combat loneliness and isolation

Increase awareness between cultures and communities

Do you plan to continue the activity beyond the period for which you are requesting funding? If so, how do you intend to sustain it? If not, what is your exit strategy?

Our aim will be to continue providing these services once the funding period is over and as such will look to demonstrate to the community their value, in order to attract funding/sponsorship from local businesses. We will also be applying as a partnership to other trusts and charities to expand and continue this work.

Who will benefit?

About your beneficiaries

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

100

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

Camden (80%)

Brent (10%)

Westminster (5%)

Islington (5%)

What age group(s) will benefit?

75 and over

What gender will beneficiaries be?

Female

What will the ethnic grouping(s) of the beneficiaries be?

A range of ethnic groups

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

31-40%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salaries	82,808	84,464	86,153	253,426
Staff Salaries inc NI	22,749	23,204	23,668	69,621
General Running expenses	7,900	7,900	7,900	23,700
Premises Costs, Rates, Utilities and Cleaning	1,742	1,777	1,812	5,331
Volunteer costs	1,000	1,000	1,000	3,000
Insurance	675	689	702	2,066
Staff Training	1,000	1,000	1,000	3,000
Project Costs - Hospitality, Activities, Equipment	2,300	2,346	2,393	7,039
Office equipment	5,000	0	0	5,000
Office Costs - Stationery, Telephone & ICT	1,116	1,138	1,161	3,415
Recruitment	1,000	0	0	1,000
Accounts, Legal, Audit	2,580	2,632	2,684	7,896
Overheads	27,686	28,493	29,324	85,504
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	31,162	31,786	32,420	95,368

What income has already been raised?

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

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Reaching Communities Fund	94,240	91,045	95,893	282,178
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salaries	22,856	23,313	23,779	69,949
Staff Salaries inc NI	22,749	23,204	23,668	69,621
Overheads	8,306	8,548	8,797	25,651

Premises Costs, Rates, Utilities and Cleaning	1,742	1,777	1,812	5,331
	0	0	0	0
Insurance	675	689	702	2,066
	0	0	0	0
Project Costs - Hospitality, Activities, Equipment	2,300	2,346	2,393	7,039
	0	0	0	0
Office Costs - Stationery, Telephone & ICT	1,116	1,138	1,161	3,415
	0	0	0	0
Accounts, Legal, Audit	2,580	2,632	2,684	7,896
	0	0	0	0
TOTAL:	31,162	31,786	32,420	95,368

Finance details

Please complete using your most recent audited or independently examined accounts.

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	2,474
Activities for generating funds	0
Investment income	27
Income from charitable activities	5,582
Other sources	61,840
Total Income:	69,923

Expenditure:	£
Charitable activities	101,237
Governance costs	4,017
Cost of generating funds	4,000
Other	0
Total Expenditure:	0
Net (deficit)/surplus:	-35,331
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-35,331

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	38,359
Long-term liabilities	0
*Total Assets (A):	38,360

Reserves at year end	£
Restricted funds	2,965
Endowment Funds	0
Unrestricted funds	35,395
*Total Reserves (B):	38,360

* Please note that total Assets (A) and Total Reserves (B) should be the same.

Statutory funding

For your most recent financial year, what % of your income was from statutory sources?
61-70%

Organisational changes

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

CCWO's main core funding ended in December 2014, since then efforts have been made to generate income. An application to the Lottery fund was unsuccessful however income is being generated by room and office hire, the building is now housing other ethnic groups, partnerships have been formed to undertake joint funding bids.

There is a new management board and an updated constitution has been adopted.

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	36,000	45,000	61,750
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	0	0	0

Previous grants received

Please list the grants received by your organisation from charitable trusts and foundations (other than City Bridge Trust) during the last THREE years. List source, years and annual amounts. Please include the 5 largest only.

Name of Funder	2012 £	2013 £	2014 £
None	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0

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: **Mrs Koula Ioannou**

Role within **Manager**
Organisation: