

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Henna Asian Women's Group</b>	
If your organisation is part of a larger organisation, what is its name? <b>N/A</b>	
In which London Borough is your organisation based? <b>Camden</b>	
Contact person: <b>Ms Raj Athwal</b>	Position: <b>Manager</b>
Website: <b>http://www.hennaorg.co.uk</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1105607</b>
When was your organisation established? <b>01/01/1984</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Older Londoners</b>
Which of the programme outcome(s) does your application aim to achieve? <b>Fewer older Londoners aged over 75 years with depression and more reporting improved well-being</b> <b>Carers aged 65 years and over better able to access support, advice and respite</b>
Please describe the purpose of your funding request in one sentence. <b>This service will work coherent with individuals having social independence, through social interaction which in hand will help with decreasing mental and physical illnesses.</b>
When will the funding be required? <b>01/04/2015</b>
How much funding are you requesting? Year 1: <b>£24,525</b> Year 2: <b>£23,980</b> Year 3: <b>£24,493</b>  <b>Total: £72,998</b>

**Aims of your organisation:****Aims and Objectives:**

Henna Asian Women's Group aims "to promote the benefit of Asian women resident or working in Camden, and neighbouring boroughs where appropriate, by advancing education and providing facilities in the interest of social welfare or recreation".

Specifically it aims to:

Increase the inclusion of social isolated Asian women and encourage them to participate in community life.

Develop Asian women and their families to become more aware of educational, health, fitness and work issues and opportunities.

Create opportunities for the Group that will encourage the women to become 'self-helping'.

Maintain and promote a strong cultural and community identity.

**Main activities of your organisation:**

Monday Club has been running for over 30 years - The ladies of Henna come together to relax over a cup of tea and talk to each other. We also have Arts and Craft sessions. We offer a range of exercise classes three times a week and Meditation.

Health and Mental Well Being Information and Awareness Sessions - We hold discussions on health-based topics and cooking sessions.

Life Skills training - We deliver life skills training and Pre-Entry ESOL.

The Befriending service is for the over 60's in Camden and run with the support and help of volunteers.

Advice and Listening Service - Henna offers a confidential and non-judgemental listening service on health and mental well-being in five different languages.

Summer Outings and Celebrating Festivals - To promote community cohesion and overcome isolation we celebrate Eid and Navratri with our members to foster mutual respect and understanding between different communities. Every year we host Coach Trips to different locations.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>2</b>	<b>1</b>	<b>8</b>	<b>10</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>Rented</b>	<b>on going</b>

## Summary of grant request

We researched the needs of older South Asian people in London. The report found that over the last thirty years older people are living longer, leading to a higher proportion being left without partners or other relatives living with them. Contact with friends and neighbours decreases with age. Our research revealed that a large percentage of older BAME women and men do not access statutory or voluntary services due to cultural, linguistic and information barriers.

We want to tackle isolation amongst the older and most vulnerable BAME people by delivering a Befriending service and encouraging them to use mainstream services. The main difference we want to make is to encourage older people to leave their homes and gain confidence so they can access mainstream services and enjoy life once again and not be socially isolated. We will run the service with the help of volunteers who can speak various languages so that we can pair volunteers with clients as many do not speak English and coordinate their visits. We will offer weekly home visits by volunteers, and a regular programme of social activities.

### Project aims:

For those with health constraints: make them more aware of NHS agencies that can support their various needs, address their translation needs, advocate for their health with their GPs.

For those with caring responsibilities: identify key issues that are affecting their day to day well-being and refer them a) Henna's advice, listening or regular programme of activity b) to relevant statutory agencies c) voluntary organisations.

Assist those with financial pressures or with benefits issues.

For our more able bodied members: who may just need reconnecting with to encourage them to come to the centre to participate in the activities here.

We have ran the Befriending service but only to women in Camden due to being funding by the London Borough of Camden. We have found a key difference in the well-being of those participating in this service. For instance, ladies have begun accessing services as varied as physiotherapy, weight management, libraries, cultural and community centres and Henna's own Monday club and yoga classes. We have also provided them with assistance on their welfare and benefits and referred specific clients to organisations such as Age Concern. It is due to this practical experience that we are very keen to run this project for the next three years but expanding it to other Boroughs and also to men. We have built a good reputation with partner organisations and are sensitive to all cultures and able to offer the service in various languages.

We will be providing the service to beneficiaries whom are 75+ and are isolated and need some support and company to gain the independence and confidence to leave their homes or even let the carers go for a mini break. We will complete needs assessment with each beneficiary to make sure they are aware of benefits entitlements and other rights, and help them with these. We will also offer some respite and social clubs for carers and give them something to look forward to and give them a support group.

Four of our Trustees are our older users and are involved in making decisions and running the services. Our beneficiaries come from diverse backgrounds and although our priority is on South Asian Beneficiaries, our door is still open to all that are in need. We value all our volunteers by providing them with CRB checks, support, expenses reimbursed, training and references. We are based in a community Centre and therefore work under their restrictions, however we take every step possible to reduce our carbon footprint.

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

What Quality Marks does your organisation currently hold?

**PQASSO**

### **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.

**Befriending visits to 20 BAME people per year**

**Weekly social activities upto 20 people per year**

**To offer 20 people needs assessment to identify gaps/need for Adult Social Care**

**To offer respite and advice upto 15 carers**

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.

**Older BAME people receive weekly home visits by volunteers whom can speak their mother tongue**

**Older BAME people reconnect with others and start to attend social activities and participate**

**Older BAME people are more aware of NHS agencies that can support their various needs and also be more aware of how to access other mainstream services**

**Carers feel less isolated by receiving better support, advice and respite.**

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?

**We are a user-led organisation, therefore we will research if there is further need for the project before we decide to continue the service. If the need is further there, we will look at how to develop this and seek further funding to offer this support.**

## Who will benefit?

### About your beneficiaries

How many people will benefit directly from the grant per year? <b>35</b>
In which Greater London borough(s) or areas of London will your beneficiaries live? <b>Camden (66%)</b> <b>Brent (11%)</b> <b>Harrow (17%)</b> <b>Westminster (6%)</b>
What age group(s) will benefit? <b>65-74</b> <b>75 and over</b>
What gender will beneficiaries be? <b>All</b>
What will the ethnic grouping(s) of the beneficiaries be? <b>Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)</b>
If Other ethnic group, please give details:
What proportion of the beneficiaries will be disabled people? <b>71-80%</b>

## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2014</b>
-----------------------	------------------------	----------------------

Income received from:	£
Voluntary income	99,926
Activities for generating funds	0
Investment income	6
Income from charitable activities	3,034
Other sources	0
<b>Total Income:</b>	<b>102,966</b>

Expenditure:	£
Charitable activities	88,808
Governance costs	1,401
Cost of generating funds	0
Other	0
<b>Total Expenditure:</b>	<b>90,209</b>
<b>Net (deficit)/surplus:</b>	<b>12,757</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>0</b>

Asset position at year end	£
Fixed assets	373
Investments	0
Net current assets	59,880
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>60,253</b>

Reserves at year end	£
Restricted funds	18,391
Endowment Funds	0
Unrestricted funds	41,862
<b>*Total Reserves (B):</b>	<b>60,253</b>

\* 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? 0%
--

### Organisational changes

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

N/A

### 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	17,502	25,859	24,529
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 £
Big Lottery	68,081	71,670	57,997
LloydsTSB	692	7,608	8,400
Peoples Health Trust	0	0	9,000
The Hampstead Wells & Campden Trust	0	2,000	0
Santander	5,546	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: **Raj Kaur Athwal**

Role within                      **Manager**  
Organisation:

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary	20,305	20,710	21,123	62,138
Recruitment	1,000	500	500	2,000
Outreach (Leaflets, postage, etc)	200	200	200	600
Telephone Befriending calls	120	120	120	360
Staff & Volunteer Training	1,000	500	500	2,000
Volunteer Travel	800	800	800	2,400
CRB Checks	200	150	150	500
Social clubs and pampering for carers	600	700	800	2,100
Room hire	300	300	300	900
<b>TOTAL:</b>	<b>24,525</b>	<b>23,980</b>	<b>24,493</b>	<b>72,998</b>

**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
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

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

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
<b>TOTAL:</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	Total
Salary	20,305	20,710	21,123	62,138
Recruitment	1,000	500	500	2,000
Outreach (Leaflets, postage, etc)	200	200	200	600
Telephone Befriending calls	120	120	120	360
Staff & Volunteer Training	1,000	500	500	2,000
Volunteer Travel	800	800	800	2,400
CRB Checks	200	150	150	500
Social clubs and pampering for carers	600	700	800	2,100
Room hire	300	300	300	900
<b>TOTAL:</b>	<b>24,525</b>	<b>23,980</b>	<b>24,493</b>	<b>72,998</b>