

**MEETING: 20/03/2017**

**Ref: 13658**

**ASSESSMENT CATEGORY - Making London More Inclusive**

**Arthritis Care**

**Amount requested: £154,535**

**Amount recommended: £129,000**

**Adv: Julia Mirkin**

**Base: Islington**

**Benefit: London-wide**

**The Charity**

Arthritis is an incurable auto-immune condition, which means the body's own immune system attacks healthy body tissue, usually in the joints. Severe pain, stiffness and swelling is experienced, having a life-changing impact on individuals and families. Arthritis Care (AC) aims to inform, empower and support people with arthritis, helping them to manage their pain; reduce isolation and promote independent living. Services include a young people and families' service; and a dedicated help-line. In 2015, 25,000 individuals were supported by AC: 8,000 people contacted AC's helpline; and 400 young people received direct support.

**The Application**

AC proposes to implement its support model for young people living with juvenile arthritis and their families by working in partnership with rheumatology departments, facilitating peer support, offering a programme of workshops and one-to-one care.

**The Recommendation**

AC has over 20 years' experience of supporting young people with arthritis. It holds the Helplines Association accreditation and the NHS England Information Standard.

As the application requests a contribution to residential weekends, which it is not your policy to fund, these costs have been deducted from the requested amount.

***£129,000 over three years (£38,500; £43,000; £47,500) towards one FTE Young People & Families Coordinator, London-based programme costs including, workshops, family events, volunteer costs, and a contribution to overheads.***

**Funding History**

Meeting Date	Decision
17/11/2011	£97,000 over three years towards the costs of information points in libraries, signposting people to resources about their condition.
02/11/2006	£30,000 over three years towards supporting volunteers to help elderly people to manage their condition.

**Background and detail of proposal**

Symptoms of arthritis include severe stiffness and pain, making daily tasks difficult or impossible. Symptoms are aggravated by growth or stress, and treatments are extremely powerful with cancer treatments often being used or powerful steroids that cause weight-gain or other side-effects. The particular challenges faced by young people with Arthritis include; missed schooling; isolation (the rarity of juvenile arthritis means sufferers infrequently meet each other); poor mental health and reduced employment prospects. Arthritis sufferers are twice as likely to be unemployed in adulthood compared with the rest of the population.

AC has been delivering successful peer support services for juvenile arthritis sufferers in Northern Ireland for 20 years. Working collaboratively with Paediatric and Adolescent Rheumatology clinics, AC provides vital social and emotional support that complements and enhances young people's medical treatment. AC aims to

improve young peoples' confidence and communication skills, enabling them to negotiate as they transition to adult services and to independent living. Beneficiaries in Northern Ireland have reported a 40% increase in confidence and a 35% increase in optimism as a result of engaging with the programme.

The service has been slower to implement in London as services have, until recently, been more fragmented: treatment for children up to the age of eleven was, historically, offered by Great Ormond Street hospital, from which patients were transferred to UCLH. This transition was often strongly resisted and, as with later transitions to university or to adult services, can disrupt treatment. Approximately 1,000 young people are living with juvenile arthritis in London. In February 2016, AC consulted with young arthritis sufferers, parents and siblings. Feedback indicated there was demand for opportunities to meet other young Arthritis sufferers to address feelings of loneliness and to receive peer support.

Two Project Co-ordinators were appointed in March 2016. The consultation exercises and AC's experience of delivering work in Northern Ireland has supported the development of the activity programme; a group of peer support volunteers have been identified, who will offer support and become role models to other young arthritis sufferers. AC proposes to offer 1-2-1 contact support at clinic days (and further support by phone and email) for young people receiving treatment at the new clinic at Evelina London Children's Hospital, and University College London Hospitals (UCLH). A programme of events and workshops for young people and their families also forms part of this proposal, offering a valuable networking element.

### Financial Information

Over the last five years, a large proportion (c. £2m on average) of income derives from legacies which are unpredictable. 2016 legacy income included £450k from a single legacy receipt, which contributed to the surplus shown. The charity plans to reinvest the 2016 surplus in 2017, specifically focusing on fundraising with a view to diversifying income streams (including the provision of new services and attracting support from Trusts and Foundations) and to reduce its reliance on legacy income in the medium to long term. Reserves are deemed to be held at a satisfactory level.

Year end as at 31 December	2015 Audited Accounts £	2016 Draft Accounts £	2017 Forecast £
<b>Income &amp; expenditure:</b>			
Income	4,692,000	5,555,084	4,600,000
- % of Income confirmed	n/a	n/a	43%
Expenditure	(4,927,000)	(5,046,728)	(5,103,670)
Total surplus/(deficit)*	<b>(235,000)</b>	<b>508,356</b>	<b>(503,670)</b>
Split between:			
- Restricted surplus/(deficit)	(309,000)	27,400	0
- Unrestricted surplus/(deficit)	74,000	480,956	(503,670)
	<b>(235,000)</b>	<b>508,356</b>	<b>(503,670)</b>
Operating expenditure (unrestricted funds)	3,877,000	4,050,628	3,900,829
<b>Free unrestricted reserves:</b>			
Free unrestricted reserves held at year end	2,759,000	3,239,956	2,736,286
No of months of operating expenditure	8.5	9.6	8.4
Reserves policy target	2,440,000	2,440,000	2,440,000
No of months of operating expenditure	7.6	7.2	7.5
Free reserves over/(under) target	319,000	799,956	296,286

\* Actuarial gains on defined benefit pension scheme of £273k excluded for 2015