

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Ability Bow	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Tower Hamlets	
Contact person: Ms Victoria Kent	Position: Director
Website: http://www.abilitybow.co.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1115595
When was your organisation established? 26/07/2006	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Making London More Inclusive
Which of the programme outcome(s) does your application aim to achieve? Disabled people actively taking part in the arts or sport Disabled people reporting increased well-being as a result of taking part in the arts or sport
Please describe the purpose of your funding request in one sentence. For staff/running costs for the Positive Steps Getting Fitter and Feeling Better Project, enabling disabled people with mental ill-health to improve physical and mental well-being
When will the funding be required? 02/01/2017
How much funding are you requesting? Year 1: £32,241 Year 2: £32,371 Year 3: £32,371 Total: £96,983

Aims of your organisation:

Ability Bow was set up to enable people with disabilities and long-term health conditions to get stronger, increase confidence and become more independent, through exercise. We provide a unique service, offering specialist support in an accessible facility, but focusing on inclusion and links to mainstream.

We strive to:

- Support people of all abilities to be active and overcome any obstacles to make exercise a part of their everyday lives
- Support people with disabilities and health conditions to take part in regular, supervised exercise sessions in an inclusive and friendly environment
- Be a centre of excellence, particularly for people who have health conditions and people on low incomes, to maximise health and well-being

The building, gym equipment and facilities are fully accessible, our staff are experienced, highly qualified and approachable and we strive to offer affordable membership fees. We work with GP's hospitals, health health practitioners and a range of local voluntary and statutory organisations.

Main activities of your organisation:

We provide:

- Exercise/well-being support at our accessible community gym, with initial 1:1 sessions to meet each individual's 'smart' goals, with the aim of then moving on to group sessions and finally independent exercising. Advanced Instructors factor in time for discussion to encourage/motivate participants to make healthy lifestyle changes. We also build in community-based goals e.g. walking to the shops to meet friends and where possible accompany people to other activity services e.g. cycling, badminton, walking, swimming groups
- Exercise/well-being continuing structured group sessions both at the Ability Bow gym/in other community venues for frail older people, stroke survivors, people with disabilities who also have mental health problems, people with diabetes and other conditions, people with multiple sclerosis, and a women only exercise group targeting local Muslim women
- Open Days/community events to give health and well-being information, offer health checks, run taster exercise classes and demos, have food and diet advice available, with partner agencies and health professionals also in attendance

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
3	7	7	16

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?
Rented	21 years from 25th Jan 2005

Summary of grant request

We are seeking funding for the 'Positive Steps - Getting Fitter and Feeling Better!' project, an exciting programme of continuing exercise and well-being activities to enable people with disabilities and long-term conditions, who also have mental ill-health, to improve both physical and mental well-being. Through weekly exercise sessions in different community venues across Tower Hamlets and Hackney, health and well-being days and workshops, a new social club and support for volunteering, project participants will both increase activity levels, confidence and engagement, and have a greater understanding of how to maintain well-being.

The programme of work will be delivered by the Positive Steps Development Instructor (14 hours) supported by sessional Advanced Instructors (14 hours in Y1; 20 hours from Y2), plus sessional tutors and volunteers. The project will benefit from links with many other groups and agencies through existing project work and partnerships; from additional support for participants through access to other Ability Bow classes and gym facilities; and from additional Instructor support to access mainstream facilities.

Ability Bow has over 10 years experience and a strong track record of delivering projects and services to local communities. Residents in Tower Hamlets and Hackney have high levels of long-term illness, early deaths, anxiety and depression disorders and severe mental illness, all significantly higher than London averages. Mental ill-health is the single biggest category of referrals we receive and can range from depression and anxiety to more severe mental illness. Our current and recent mental health work includes weekly Positive Steps exercise and well-being classes run with local partners, plus a recent health and well-being pilot project, commissioned by Tower Hamlets Clinical Commissioning Group in 2014-15, for people with long-term physical conditions, mental illness and learning disability who were seen to be 'chronically disengaged' from NHS services. In addition to the physical data and well-being measures we were already using, this project enabled us to gain experience of using a number of new mental health evaluation tools e.g. Warwick Edinburgh Mental Wellbeing Scale and the Patient Activation Measure. We know from evaluation and feedback from many different projects that our interventions have made a big difference to participants' physical and mental well-being, which are often inextricably linked.

As a result of the project's work, we expect that service users with mental ill-health will:

- Lead more physically active lives (through increasing participation in continuing weekly exercise classes and health/well-being events/workshops)
- Experience improved mental well-being and increased ability to take control of their lives (through peer and social support, increased self management knowledge and skills)
- Have increased levels of community engagement (through running social activities, volunteering at Ability Bow, becoming mental health champions)

Our project meets the City Bridge Trust's 'Principles of Good Practice':

- Ability Bow involves service users in many ways, as Trustees, class assistants, volunteers, running fundraising programmes/activities. The project seeks to further facilitate the participation and involvement of disabled people with mental ill-health.
- We welcome and actively involve people from all backgrounds and local communities. We work with many different groups of people, from diverse communities and with different disabilities, and we seek to ensure our services are accessible in the widest sense.
- We have a track record of supporting volunteers in all our projects. The 3 year programme of work includes supporting disabled people with mental ill-health to increase involvement.
- We regularly discuss/implement energy saving and environmentally friendly measures in running the building and our wider service e.g. turning off lights, using recycled paper, reviewing heating use, and generally recycling as much material as possible.

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 are working towards PQASSO standards and implementation.

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.

By the end of the project, 680 Positive Steps exercise and fitness sessions for disabled people with mental ill-health take place in accessible venues in Tower Hamlets and Hackney

By the end of the project an outreach programme comprising 6 Health and Well-Being Days and 12 workshops with information, discussion and taster sessions takes place to promote well-being benefits of exercise and fitness

By the end of the project 600 disabled people with mental ill-health participate in Positive Steps exercise and fitness sessions, health and well-being days and workshops

By the end of the project at least 40 sessions of a new social club take place, to provide peer support

Through the life of the project, disabled people with mental ill-health are actively involved in the community, volunteering at Ability Bow, working as class assistants and as mental health champions to support others

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.

Disabled people with mental ill-health increase participation in exercise and fitness activities and report improved strength, mobility and independence

Disabled people with mental ill-health report improved mental well-being and increased ability to take control of their lives

Disabled people with mental-ill-health participating in the programme benefit from peer support and become more socially active

3 service users working as mental health champions support others to improve health and well-being

Through opportunities such as volunteering, helping out at Positive Steps sessions, assisting with events, taking part in Fun Runs, 12 service users increase involvement in Ability Bow's work

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 expect the need for the project to continue. We will evaluate the project to ascertain which aspects have worked well , look at key messages from service users themselves and develop a strategy to take identified work forward. We have good relationships with local partners and will build on these to help identify future funding.

Who will benefit?

About your beneficiaries

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

200

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

Tower Hamlets (70%)

Hackney (30%)

What age group(s) will benefit?

25-44

45-64

65-74

75 and over

What gender will beneficiaries be?

All

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?

91-100%

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A range of ethnic groups

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What proportion of the beneficiaries will be disabled people?

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Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Positive Steps Development Instructor - lead post (14 hrs per week of 28k pro rata, inc of NI & pension)	11,440	11,440	11,440	34,320
Sessional Advanced Instructor hours (Y1 - 14 hrs per wk@£16 per hr; Y2 & 3 - 20hrs per wk)	11,648	16,640	16,640	44,928
Staff training & staff travel	693	843	843	2,379
Tutor costs (therapies and workshops)@ £30 per hr: 26 hrs in Y1; 52 in Y2 & 3	780	1,560	1,560	3,900
Venue costs for events, workshops and social club	1,750	2,600	2,600	6,950
Project printing and publicity	500	500	500	1,500
Volunteer and mentor expenses	200	400	600	1,200
Small office set-up & small equipment costs	1,150	200	0	1,350
Overheads contribution (Director hrs, Operations Manager hrs, rent, utilities etc)	5,080	4,680	4,680	14,440

TOTAL:	33,241	38,863	38,863	110,967
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Fees expected to be raised from the project, once activities commence - to help fund sessional Instructor hours	1,000	1,500	1,500	4,000

TOTAL:	1,000	1,500	1,500	4,000
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Applications to small grant funders for additional Instructor sessional hrs	0	4,992	4,992	9,984

TOTAL:	0	4,992	4,992	9,984
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Positive Steps Development Instructor	11,440	11,440	11,440	34,320
Sessional Advanced Instructor hours	10,648	10,148	10,148	30,944
Staff training & staff travel	693	843	843	2,379
Tutor costs	780	1,560	1,560	3,900
Venue costs for events, workshops and social club	1,750	2,600	2,600	6,950
Project printing and publicity	500	500	500	1,500

Volunteer and mentor expenses	200	400	600	1,200
Small office set-up & small equipment costs	1,150	200	0	1,350
Overheads contribution	5,080	4,680	4,680	14,440
TOTAL:	32,241	32,371	32,371	96,983

Finance details

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

Financial year ended:	Month: March	Year: 2015
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Income received from:	£
Voluntary income	25,507
Activities for generating funds	44,409
Investment income	0
Income from charitable activities	194,410
Other sources	0
Total Income:	264,326

Expenditure:	£
Charitable activities	229,735
Governance costs	2,230
Cost of generating funds	27,224
Other	0
Total Expenditure:	259,189
Net (deficit)/surplus:	5,137
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	5,137

Asset position at year end	£
Fixed assets	11,573
Investments	0
Net current assets	17,534
Long-term liabilities	0
*Total Assets (A):	29,107

Reserves at year end	£
Restricted funds	9,151
Endowment Funds	0
Unrestricted funds	19,956
*Total Reserves (B):	29,107

* 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?
41-50%

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	0	2,500	10,000
London Councils	0	0	0
Health Authorities	105,998	67,148	94,505
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 £
Lloyds Foundation	0	13,088	17,450
Awards for All	0	0	9,950
Sport England	0	9,250	0
Drapers Charitable Trust	0	0	5,000
Sobell Foundation	5,000	4,000	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: **Victoria Kent**

Role within **Director**
Organisation: