

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Arthritis Care	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Islington	
Contact person: Mr Andy Watts	Position: Partnership Fundraising Manager
Website: http://www.arthritiscare.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 206563
When was your organisation established? 18/02/1955	

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? Work supporting young disabled people (aged 16-25) in the transition to adulthood and/or independent living Services helping people with a newly acquired or diagnosed disability to maintain choice and control in their lives
Please describe the purpose of your funding request in one sentence. To fund two Young People and Families Co-ordinators (1.0FTE) providing emotional and practical support to young people living with juvenile idiopathic arthritis and their families
When will the funding be required? 02/01/2017
How much funding are you requesting? Year 1: £42,868 Year 2: £51,513 Year 3: £60,154 Total: £154,535

Aims of your organisation:

Arthritis Care exists to empower people with arthritis through information and support, ensuring their voices are heard and their conditions more effectively managed.

We have five impact goals:

- 1 To increase the number of people with arthritis who are able to manage their pain on a daily basis.
- 2 To improve the health and well-being of people with arthritis and ensure more have the confidence to manage their condition.
- 3 To reduce the physical and emotional isolation felt by many people living with arthritis.
- 4 To ensure more people with arthritis can live an independent life, receiving the support they are entitled to.
- 5 To improve services and ensure the voice of people living with arthritis is heard and acted on.

Main activities of your organisation:

We offer a range of services providing emotional and practical support to people affected by arthritis. These include a young people and families service which supported over 400 young people and families living with juvenile arthritis in 2015. We work collaboratively with Paediatric and Adolescent Rheumatology clinics, providing vital social and emotional support that complements and enhances young people's medical treatment. We also run Living Well with Arthritis services which supported over 8,000 people in 2015. This service includes drop-in events, talks, individual and peer group services.

We also have a dedicated helpline, the only arthritis helpline in the UK to cover all 200 forms of arthritis. This invaluable service provides emotional and practical support and information by phone, letter, email and via our online forum. As well as this, we support a network of 135 volunteer-led branches and groups that help provide vital peer support in communities across the UK.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
43	48	14	871

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	6 years

Summary of grant request

Approximately 1,000 young people are living with juvenile arthritis in London, an auto-immune condition (which means the body's own immune system attacks healthy cells and tissues) that targets the joints, resulting in severe pain, stiffness and swelling that has a life-changing impact on families. Young people face a variety of challenges including pain and fatigue resulting in missed schooling, isolation from not knowing others living with the condition which regularly lead to anxiety and depression and reduced employment prospects.

The two Project Co-ordinators will work collaboratively with the Adolescent Rheumatology teams at the Evelina London Children's Hospital and University College London Hospitals (UCLH) respectively. They will provide a programme of 1-2-1 contact support at clinic days and by phone and email, practical day workshops on topics chosen by the young people, two-night residential weekends and family day/events and parents groups. Our service will be complementary but additional to the rheumatology services by using a peer support model to help young people take control of their condition and make successful transitions to adulthood.

The project aims to increase young people's confidence about their future, increase young people's communication skills to negotiate their needs through transition to adult services and improve their self-esteem and confidence and reduce isolation, pre-empting feelings of anxiety and depression.

We have partnership arrangements in place with both hospitals and our Co-ordinators are working alongside their multi-disciplinary healthcare teams. Arthritis Care has over twenty years' experience of supporting young people and families living with juvenile arthritis. We have developed successful services in Northern Ireland and Scotland that are producing positive outcomes for young people and families living with juvenile arthritis. As part of this service, we have developed a range of effective activities and resources with leadership and input from young people.

Our project provides the emotional and practical support to help young people with juvenile arthritis to better manage their condition across their home, school/work and social lives. We will support a significant number of young people aged 15+ in the crucial transition from adolescent to adult health care.

In March, we ran a Family Day event with young living with juvenile arthritis in London which highlighted the need for increased support around schooling, social life and transition as well as peer support. We will continue to run forums with young people to shape the development of the project and how it is evaluated. We will collect feedback from the young people at every activity and workshop which will help shape services. We recruit and train young adults with experience of arthritis as volunteer peer supporters to co-deliver the programme and who will contribute directly to the project running and development.

We aim to recruit volunteers from diverse backgrounds and as the service becomes more established in each of the two hospitals, we will be actively recruiting young people from the hospital's own patient group to become peer support volunteers. Our procedures explicitly address issues of diversity to ensure we proactively consider issues in advance such as ensuring staff access training in equality issues and use a checklist to ensure activities are inclusive. All volunteers go through a formal recruitment process including an application form and interview to become a volunteer. All volunteers and their Supervisor sign a volunteer agreement outlining rights and responsibilities. Volunteers receive on-going training and support as well as receive expenses. Volunteers are celebrated with thank you cards, certificates and group events. Staff and volunteers are encouraged to travel by public transport where possible. We recycle and order only vegetarian food for training events.

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?

NHS England Information Standard

Helplines Association Accreditation

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.

1,050 1-2-1 support contacts with young people living with juvenile arthritis-face to face, by phone and email over three years. Young people will receive support with strategies to help them maintain choice and control in their lives and successfully transition to adulthood

12 workshops over three years to provide young people with information and skills in self-management, health, education and employment and forums to encourage young people's views. The workshop days will be paired with a social activity

12 two night residential weekends over three years with a mix of workshops and fun activities, many of which young people may have been excluded from previously

6 Family days/events and parent group meetings over three years. The Co-ordinators will support the development of family days/events and parent group meetings to offer peer support and develop family activities.

Training and support for volunteers. Volunteers will participate in mandatory training in child protection and first aid. They will also be offered additional training. They will receive on-going support by telephone and email and an annual group event to celebrate achievements and plan for the year ahead.

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.

At least 65% of young people report 20% increase in levels of confidence about their future

At least 65% of young people report 20% increase in communication skills. Health professionals observe difference in individual patient's presentation.

At least 65% of young people report 20% increase in wellbeing. Health professionals observe difference in individual patient's presentation.

At least 65% of young people report 20% increase in their ability to manage their arthritis. Increased participation in chosen social/recreational activities and improved attendance at school/college/work.

80% of volunteers report and demonstrate increased knowledge, confidence and new skills. Observed levels of volunteers able to take on more responsibility, and lead activities with minimal supervision

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 will maximise funding from national grant-making trusts such as BBC Children in Need as well as local trusts with interests in young people and London. As the service grows, we will encourage parents and siblings to support fundraising for the service as they have in Northern Ireland. We will also continue to fundraise from corporate partnerships and high value individuals.

Who will benefit?

About your beneficiaries

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

240

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

London-wide (100%)

What age group(s) will benefit?

0-15

16-24

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%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
2 x Young People & Families Co-ordinator salaries (0.6 FTE), National Insurance and Pension (1.5% allowance for inflation in years 2 and 3)	35,521	36,054	36,595	108,171
Young People & Families Manager salary (1.0 FTE), National Insurance & Pension (1.5% allowance for inflation in years 2 and 3)	41,573	42,197	42,830	126,599
Other staffing costs (training and travel)	4,800	4,872	4,945	14,617
Workshops/residential weekends/Family events	13,820	27,682	41,253	83,025
Project costs (mobile phones)	1,440	1,462	1,484	4,385
Volunteer costs (training and expenses)	1,260	1,720	2,180	5,160
Project Evaluation (Outcome star)	555	563	572	1,690
Admin and materials	2,850	2,893	2,936	8,679
Overheads	10,182	11,744	13,306	35,233
TOTAL:	112,001	129,187	146,371	387,559

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Grant-making trusts	5,000	0	0	0
Corporates	20,000	0	0	0
TOTAL:	25,000	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
BBC Children in Need	23,798	25,563	25,832	75,193
Pfizer	10,000	0	0	10,000
Abbvie	10,000	10,000	0	10,000
TOTAL:	43,798	35,563	25,832	105,193

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
1.0 FTE - Young People & Families Co-ordinator salaries, National Insurance and Pension (1.5% allowance for inflation in years 2 and 3)	29,601	30,045	30,496	90,142
Other staffing costs (training and travel)	1,600	1,624	1,648	4,872
Workshops/residential weekends/Family events	6,910	13,841	20,762	41,513
Volunteer costs (training and expenses)	860	1,320	1,780	3,960
Overheads	3,897	4,683	5,469	14,049
TOTAL:	42,868	51,513	60,154	154,535

Finance details

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

Financial year ended:	Month: December	Year: 2015
-----------------------	---------------------------	----------------------

Income received from:	£
Voluntary income	3,678,000
Activities for generating funds	113,000
Investment income	57,000
Income from charitable activities	790,000
Other sources	31,000
Total Income:	4,669,000

Expenditure:	£
Charitable activities	4,074,000
Governance costs	0
Cost of generating funds	853,000
Other	0
Total Expenditure:	4,927,000
Net (deficit)/surplus:	-258,000
Other Recognised Gains/(Losses):	296,000
Net Movement in Funds:	38,000

Asset position at year end	£
Fixed assets	51,000
Investments	1,504,000
Net current assets	4,459,000
Long-term liabilities	487,000
*Total Assets (A):	5,527,000

Reserves at year end	£
Restricted funds	912,000
Endowment Funds	0
Unrestricted funds	4,615,000
*Total Reserves (B):	5,527,000

*** 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? 1-10%

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	12,000	13,000	4,500
London Councils	0	0	0
Health Authorities	55,307	63,760	53,727
Central Government departments	0	0	0
Other statutory bodies	0	116,192	187,406

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 £
Madam Betard Bequest Fund	98,864	91,812	71,812
Big Lottery Fund Northern Ireland	91,937	96,987	53,692
Big Lottery Fund Northern Ireland	34,018	80,351	62,866
BBC Children in Need Northern Ireland	24,048	26,460	6,692
BBC Children in Need Scotland	0	6,957	16,234

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: **Andy Watts**

Role within **Partnership Fundraising Manager**
Organisation: