

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Bubble Theatre Company	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Southwark	
Contact person: Mr Jonathan Petherbridge	Position: Creative Director
Website: http://www.londonbubble.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 264359
When was your organisation established? 14/06/1972	

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 Fewer older Londoners aged over 75 years with depression and more reporting improved well-being
Please describe the purpose of your funding request in one sentence. Making a lasting and material difference to the health and wellbeing of isolated people over 75 from diverse backgrounds from North Southwark through creative workshops.
When will the funding be required? 03/04/2017
How much funding are you requesting? Year 1: £20,000 Year 2: £18,000 Year 3: £15,000 Total: £53,000

Aims of your organisation:

The Company is a Registered Charity and its principal object, as detailed in the Memorandum and Articles of Association, continues to be the advancement of the education of the public through the promotion and support of the art of the theatre and music.

Our vision is that all people at every stage of life have access to the benefits of making theatre. We aim to gather evidence of these benefits (to both individuals and communities) and work with, or alongside, other organisations.

Our mission is to make beautiful, beneficial and dynamic theatre with the diverse communities of south-east London.

Underpinning our work is a belief that belonging, generosity, kindness and joy are fundamental to shared theatre-making. This way we establish creative and safe spaces where stories are shared and play rediscovered and valued by participants of all ages. Projects created together bring personal and social wellbeing. And community cohesion is generated and strengthened as a result.

Main activities of your organisation:

We offer a programme which mixes targeted initiatives meeting specific developmental needs, and open projects where people collaborate with people from different backgrounds and generations. These include:

- The Creative Elders Programme - made up of Creative Homes working with residents in sheltered housing schemes, Tea Break Theatre for those with mild to moderate mental health problems which takes place in Bubble's rehearsal studios and The Rotherhithe Shed, primarily targeting isolated older men which takes over our production workshop twice a week.
- Speech Bubbles - targeting children who are encountering communication blocks.
- Young Theatre Makers - working with young people aged 16-24 not in employment, education or training (NEET).
- Inclusive Participatory Workshops - run weekly for a variety of age groups.
- Intergenerational Projects which bring people from 6 to 90+ and backgrounds together to explore subjects of relevance to our participants and community.

During 2015-2016, Bubble ran over 1,500 workshops which led to over 17,000 attendances.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
4	4	13	5

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	2029

Summary of grant request

The Creative Elders Programme (CEP) will support people to maintain their independence, good health and well-being using creative activities to address acute social isolation and lack of physical and emotional stimulation.

The programme is aimed at residents of sheltered housing schemes and isolated older men in Southwark -- the 12th most deprived London Borough and the 41st most deprived local authority in England (ONS). Here 60% of pensioners live in sheltered housing schemes, 33% on or below the poverty line and 50% with life-limiting medical conditions. Currently 40% live alone.

A study by the WRVS suggested that 36% of men over the age of 75 described themselves as either lonely or very lonely compared to 31% of women and a recent report by the (The Emerging Crisis for Older Men, 2014) identified the barriers that many men have in accepting that they need support. The report called for innovative social programmes tailored to suit men's interests and needs.

Social isolation and loneliness impact upon individuals' quality of life and wellbeing, adversely affecting health and increasing their use of health and social care services. A study (Holt-Lundstad, 2010) indicated that older people with adequate social relationships had a 50% greater likelihood of survival compared with those with poor social relationships - a magnitude comparable with quitting smoking.

To counter depression, improve well-being and encourage more active and healthy living over 75, we seek support for two targeted programmes:

- Creative Homes (CH) workshops run regularly within sheltered housing incorporating multi-sensory, interactive and social, activities
- The Rotherhithe Shed (RS) - an open workshop for older, potentially isolated, men (mainly), run twice weekly, fostering social contact through sharing practical, making and maintenance skills.

These activities emerged from consultations with older people conducted in 2014. Elders took part in a group project planning workshop in early 2014. Later in 2014 a group of older men, including some who, interestingly, had chosen not to participate in the Creative Homes project, helped develop the Shed proposal suggesting activities and strategies for recruiting older male participants who are otherwise reluctant to engage in community activities.

An evidence review of Men's Shed initiatives (LiLaC) and Age UK (2013) points to significant direct and indirect positive impacts on men's physical and mental health, and social and emotional wellbeing.

Both initiatives have been piloted and evaluated, and in 2015 application to the Big Lottery raised 85% of funding for 3 years (2015-2018). This application is for approximately 15% of the costs for years two and three, and for a fourth year (2018-19) when we will collate evidence and arguments to diversify funding. An advisory group of participants and partners will continue to shape the project throughout.

The activities, delivered by skilled facilitators assisted by supported volunteers, involve target isolated elderly people from diverse cultural backgrounds living in the Bermondsey and Rotherhithe areas of North Southwark - 98 in year one, rising to 168 in year 3. Participants are over 75 years of age and currently approximately half are physically frail or have some degree of physical or sensory impairment, or are living with a debilitating long-term health condition. Most live alone, having lost their partners and few have family nearby.

London Bubble has extensive experience in successfully delivering projects of a comparable scale and ambition to that of our planned Creative Elders project. The company has long-standing relationships with local organisations and families, and a track record of delivering projects that meet proven need with evidenced outcomes.

Carbon use is monitored (in 2013 we replaced old heating and insulation), and we welcome and support over 50 volunteers each year.

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 a Gold, London Youth, Quality Mark and 2 projects have achieved Project Oracle Standard 2. ('A project validated at Standard 2 measures relevant outcomes in an appropriate way, and has provided findings that indicate that the project has a demonstrable effect on those outcomes').

One project is undergoing a Randomised Control Trial (conducted by UEL) and an independent cost benefit analysis (conducted by Ernst and Young).

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.

Creative Homes (CH) workshops delivered fortnightly within sheltered housing settings. 5 Creative Homes in year 1, 7 in year 2 and 8 in year 3. Incorporating multi-sensory, interactive and social, activities. Involving a minimum of 48 people 75+ in year 1, 70 in year 2 and 88 in year 3.

The Rotherhithe Shed (RS) - an open workshop for older, potentially isolated men (mainly), open twice a week, as a drop-in service, fostering social contact through sharing practical, making and maintenance skills. Involving a minimum of 50, 75+ members in year 1, 65 year 2 and 80 in year 3.

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 people have improved confidence and skills, enabling them to gain or maintain their independence. Measured through well-being snapshots, session logs, check in & check out records, feedback and participation in events.- 69 in year 1, 109 in year 2, 142 in year 3.

Older people experience increased social connections and friendships leading to reduced isolation and improved mental wellbeing. Indicated through participants reporting feeling more connected with their communities and report feelings less lonely and isolated through well-being snapshots - 48 in year 1, 55 in year 2, 75 in year 3

Participants report feeling confident to lead more independent lives - 55 in year 1, 100 in year 2, 140 in year 3. Measured through well-being snapshots, session logs, check in & check out records, feedback and participation in events.

Older people engage in regular, stimulating activities leading to improved health and well-being. Indicated through taking part in mild to moderate physical activities and increased (or continuing) strength and mobility - 48 in year 1, 77 in year 2, 109 in year 3. Measured through well-being snapshots and session logs.

Older people undertake new roles as project ambassador or volunteers, recorded in project logs and through photographic evidence. 31 in year 1, 57 in year 2, 72 in year 3.

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 building the evidence base of the efficacy of the project aiming to continue the activity through a mix of income from commissioned activities (30%), support from sheltered housing providers (30%) and funding from Trusts and Foundations(40%). This mix has been achieved by two other projects carefully developed by the company over several years.

Who will benefit?

About your beneficiaries

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

130

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

Southwark (89%)

Lewisham (3%)

Lambeth (3%)

Greenwich (2%)

London-wide (3%)

What age group(s) will benefit?

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?

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
Project Co-ordinator	30,795	31,989	32,300	95,084
Project facilitator	30,795	31,989	32,300	95,084
Project director, Sessional support workers and specialist artist/facilitators	26,165	28,292	29,600	84,057
Materials and general running costs	7,000	7,300	7,600	21,900
Transport and access costs	3,000	3,600	3,800	10,400
Volunteer expenses and staff and vol.training	3,600	3,800	4,100	11,500
Data collection, evaluator, documentation	5,500	5,500	3,700	14,700
Communication, finance, governance	6,300	6,500	6,700	19,500
Accommodation	6,012	6,300	6,600	18,912

TOTAL:	119,167	125,270	126,700	371,137
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Big Lottery	90,185	97,508	0	0
Fees and Commissions	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	94,185	97,508	0	191,693
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Funding is being discussed with Hyde Housing	0	0	34,000	34,000
Big Lottery continuation will be applied for	0	0	67,000	67,000
Commissioners	0	3,000	6,000	9,000
Merchant Taylor's Company	9,000	7,000	5,000	21,000

TOTAL:	9,000	10,000	112,000	131,000
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Contribution towards costs of whole project	20,000	18,000	15,000	53,000
	0	0	0	0

TOTAL:	20,000	18,000	15,000	53,000
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Finance details

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

Financial year ended:	Month: March	Year: 2016
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Income received from:	£
Voluntary income	423,235
Activities for generating funds	0
Investment income	41,209
Income from charitable activities	119,846
Other sources	0
Total Income:	584,290

Expenditure:	£
Charitable activities	593,960
Governance costs	21,886
Cost of generating funds	1,241
Other	0
Total Expenditure:	617,087
Net (deficit)/surplus:	-32,797
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-32,797

Asset position at year end	£
Fixed assets	236,982
Investments	0
Net current assets	24,887
Long-term liabilities	0
*Total Assets (A):	261,779

Reserves at year end	£
Endowment funds	228,985
Restricted funds	0
Unrestricted funds	32,794
*Total Reserves (B):	361,779

* 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?
2016 accounts: 40%

Organisational changes

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

In May of this year we made the post of Hub Administrator redundant. Our Finance Manager: Joanne Gowling is leaving and Wendy Lee is starting.

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	0	0
London Councils	93,277	30,000	30,000
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 £
Shine Trust	39,367	40,945	37,235
United St Saviours	0	0	62,083
Heritage Lottery Fund	34,477	15,323	37,235
The Big Lottery	0	26,305	36,528
The Henry Smith Charity	25,000	25,000	25,000

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: **Jonathan Petherbridge**

Role within **Creative Director**
Organisation: