

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: St Joseph's Hospice	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Hackney	
Contact person: Ms Fiona Woof	Position: Head of Trusts and Statutory
Website: http://www.stjh.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1113125
When was your organisation established? 02/01/1905	

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? People living with Alzheimer's and other forms of dementia having a better quality of life Carers aged 65 years and over better able to access support, advice and respite
Please describe the purpose of your funding request in one sentence. To improve direct access to emotional support and information for older people with dementia and their carers in East London.
When will the funding be required? 03/04/2017
How much funding are you requesting? Year 1: £45,000 Year 2: £45,000 Year 3: £45,000 Total: £135,000

Aims of your organisation:

St Joseph's Hospice (SJH), founded 1905 by the Religious Sisters of Charity, is one of the oldest and largest hospices in the UK, with a long tradition of sharing expertise.

Our objects are the relief of sickness and disability by the provision of specialist palliative, nursing, medical and other care services for those in need at the Hospice, in patients' homes and in community settings, through spiritual support of patients, relatives and staff and through education and research.

Main activities of your organisation:

Each year our specialist staff and 400+ trained volunteers provide specialist palliative, nursing, medical and other award-winning care and support services for over 2,000 adults and their families in North and East London, in 42 in-patient beds and through our 24/7 phone line, information service, community nursing team, Day Hospice, benefits advice, complementary therapies, St. Joseph's in Newham community hub and volunteer befriending, emotional, social and practical support to people at home via our Bereavement services, Compassionate Neighbours, Dementia Namaste Care and Empowered Living Team services.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
199	116	11	524

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?
Owned	

Summary of grant request

We wish to sustain Dementia Namaste Care to reach 265 more older people with dementia and 265 carers/family members throughout Newham, Hackney and Tower Hamlets in 2017-2020. Namaste Care will be delivered by 335 volunteers. [Here, 'dementia' refers to Alzheimer's, dementias and cognitive impairment as un-diagnosed dementia.] Carers and families tell us the terminal stage of dementia is the most devastating and challenging stage to live with and are desperate for practical and emotional support to help their loved one to remain at home, out of hospital. 85% of people in the UK would prefer to remain at home if they had dementia. However, up to 4 in 10 hospital patients have dementia and the average stay for this patient group is four times longer than someone without dementia. A 20% of emergency hospital admissions of people with dementia are preventable, such as urinary infections, dehydration and falls. (Source: Alzheimer's UK). Although the government has a high-profile policy to tackle the causes and early diagnosis of dementia, there is no NHS or local authority funding to help a person with dementia remain at home.

Dementia Namaste Care is a new person-centred, non-clinical intervention by hospice-trained volunteers to people with dementia and their carers/family at home. The Namaste technique is a therapeutic combination of light touch/ gentle massage and mindful activities to 're-ignite the spirit within' and honour those who can no longer tell us who they are or who they were. Carers are taught the technique alongside basic symptoms management to help avoid unnecessary and preventable hospital admissions, and acknowledge the progression of dementia in the positive context of seeking to provide quality of life. We are the lead provider of Dementia Namaste at home in the UK.

Our Newham pilot, funded by Hope for Home (an independent charity), has seen remarkable results since it began in May 2014 from a sample of seven: One Bengali gentleman unclenched a previously clenched fist and said thank you to the volunteer - moving his wife and daughter to tears. It was the first time he had spoken for months. Two people began to feed themselves and enjoy food again - one of whom had previously been fed through a syringe. 66 volunteers were trained and matched with community members. Namaste Care has improved the wellbeing and quality of life of 56 people.

It will enable older people living with dementia to live more active and healthier lives and to have more choice and control in their lives through quality advice and support: People living with Alzheimer's and dementias having a better quality of life. Carers aged 65 years and over being better able to access support, advice and respite.

We work with GPs, Dementia Memory services, hospice staff and clinicians to promote the service and generate referrals. Volunteers signpost beneficiaries to hospice/local health and wellbeing services. The skill sharing and signposting help us achieve cost effectiveness and builds social value. Our person-centred approach is the key to success, particularly careful matching of trained volunteers and beneficiaries against their personal preferences (i.e. of the same gender, community language and postcode) to help beneficiaries make deep connections with each other and develop a passionate advocacy for the effectiveness and lasting impact of this intervention. Volunteers receive training, mentoring, peer support and expenses. 66% of hospice patients are age 65 and over (2015) and are representative of the diversity of the boroughs we serve. Beneficiaries and volunteers contribute to service development via feedback forms, case studies, focus groups and our Service User Forum. We are working towards Green Champion level to reduce our carbon footprint.

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?

The hospice is an accredited training provider/member of the Institute of Leadership and Management. We are registered with the Care Quality

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.

60 Dementia Namaste Care outreach sessions to health and wellbeing providers and community groups throughout Tower Hamlets, Newham, Hackney to:

- **promote the service,**
- **recruit volunteers**
- **and generate referrals of people with dementia and their carers into the service.**

Volunteer recruitment and selection - ongoing.

Volunteer group training sessions (2 days per cohort X 15 people) in dementia awareness and Namaste techniques, hospice mission and values, project expectations, safeguarding and lone working.

Volunteers attend monthly group Case Sharing sessions (12 per year) and 1:1 support from the project lead

Community members (the person with dementia and their carer/family member) and a trained volunteer are matched for 1-2 hour Namaste sessions at the community member's home once a week for 10 weeks or as long as required.

6 or more X 1 day national Dementia Namaste Masterclasses to UK hospice and health care professionals.

30 Namaste Lead Volunteers trained in one of the following to ensure sustainability

of the project:

- **Dementia Masterclasses to hospice and healthcare professionals UK-wide.**
- **Monthly peer to peer group case-work sharing sessions for volunteers.**
- **Home assessments of referrals of people with dementia.**

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.

265 people with dementia aged 65+ experience person-centred care, improved wellbeing and quality of life.

265 carers aged 65+ and 335 volunteers report improved confidence and access to the support they need to care for someone with Alzheimer's or any other form of dementia.

The Dementia Namaste Care model and good practice is adopted by other UK palliative care and hospice providers for older people in their communities.

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?

Yes. It will be financed by a mix of fundraised income (Trusts and foundations, Donations from individuals and events, Legacies), together with continued investment from the hospice, and resourced by increasing volunteer numbers to reach greater numbers of community members who need dementia information and support at home.

Who will benefit?

About your beneficiaries

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

300

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

Hackney (33%)

Newham (33%)

Tower Hamlets (34%)

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?

51-60%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Namaste Care Manager NEWHAM 0.5 FTE Band 6 (incl. ENICS and Pension)	24,725	25,695	27,720	78,140
Namaste Care Manager TOWER HAMLETS 0.5 FTE Band 6 (incl. ENICS and Pension)	20,722	22,333	23,753	66,808
Namaste Care Manager HACKNEY 0.5 FTE Band 6 (incl ENICS and Pension)	20,722	22,333	23,753	66,808
Administrator 0.5 FTE Band 4 (Incl. ENICS and Pension)	17,254	19,239	20,871	57,364
Activity Costs	7,310	6,889	7,415	21,614
General Project Expenses	8,162	4,075	4,171	16,408
Senior Management (Complementary Therapies Co-ordinator @ Band8 0.10 FTE including ENICS and Pension)	6,659	6,494	6,494	19,547
Staff recruitment and Cnsultancy (Evaluation)	1,000	1,000	1,000	3,000
Overheads (10% of the above total)	10,645	10,806	11,518	32,969
TOTAL:	117,099	118,864	126,695	362,658

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
St. Joseph's Hospice	31,284	32,189	34,215	97,688
TOTAL:	31,284	32,189	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Alma Green Charitable Trust	20,000	20,000	20,000	60,000
Phillip King Charitable Trust	12,000	13,000	18,000	43,000
Balcombe Charitable Trust	8,815	8,675	9,480	26,970
Race Against Dementia	40,815	41,675	42,000	124,490
TOTAL:	81,630	83,350	89,480	254,460

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Namaste Care Manager HACKNEY 0.5 FTE Band 6 (incl ENICS and Pension)	20,722	22,333	23,753	66,808
Administrator 0.5 FTE Band 4 (Incl. ENICS and Pension)	17,254	19,239	20,871	57,364
Activity Costs (contribution)	7,024	3,428	376	10,828
TOTAL:	45,000	45,000	45,000	135,000

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	4,666,000
Activities for generating funds	66,000
Investment income	572,000
Income from charitable activities	8,432,000
Other sources	58,000
Total Income:	13,794,000

Expenditure:	£
Charitable activities	14,770,000
Governance costs	37,000
Cost of generating funds	818,000
Other	0
Total Expenditure:	15,625,000
Net (deficit)/surplus:	-1,831,000
Other Recognised Gains/(Losses):	-294,000
Net Movement in Funds:	-2,125,000

Asset position at year end	£
Fixed assets	18,037,000
Investments	11,750,000
Net current assets	5,129,000
Long-term liabilities	0
*Total Assets (A):	34,916,000

Reserves at year end	£
Restricted funds	1,797,000
Endowment Funds	0
Unrestricted funds	33,119,000
*Total Reserves (B):	34,916,000

* 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?
51-60%

Organisational changes

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

In November 2016, Nigel Harding joined the hospice as CEO. (Previously the CEO of Woking and Sam Beare Hospice)

In October 2016 Edward McGuigan joined the Board. Sr Patricia Byrne RSC left the Board.

In August 2016 John Rew joined as Finance Director and Company Secretary.

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	0	0	0
Health Authorities	7,981,000	8,033,000	8,070,000
Central Government departments	544,000	91,031,000	57,010
Other statutory bodies	0	114,000	6,000

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 £
Macmillan Cancer Support	0	0	63,507
The Sam and Bella Sebba Charitable Trust	0	40,000	60,000
The Derek Butler Trust	0	0	40,000
St. James's Place Foundation (via Hospice UK)	0	0	25,025
Masonic Foundation	9,802	7,004	7,004

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: **John Rew**

Role within Organisation: **Company Secretary / Director of Finance, IT and Facilities**