

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Sudbury Neighbourhood Centre (Middlesex) Limited</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Brent</b>	
Contact person: <b>Mrs Sarah Robinson</b>	Position: <b>Appeal Manager</b>
Website: <b><a href="http://www.sudburyneighbourhoodcentre.co.uk">http://www.sudburyneighbourhoodcentre.co.uk</a></b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1079460</b>
When was your organisation established? <b>01/11/1979</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Older Londoners</b>
Which of the programme outcome(s) does your application aim to achieve? <b>Older Londoners aged 75 years and over living more active and healthier lives People living with Alzheimer's and other forms of dementia having a better quality of life</b>
Please describe the purpose of your funding request in one sentence. <b>We are seeking funding towards the cost of respite day care including wellbeing activities, freshly prepared meals and services supporting elderly people living with Dementia.</b>
When will the funding be required? <b>02/01/2017</b>
How much funding are you requesting? Year 1: <b>£20,000</b> Year 2: <b>£20,000</b> Year 3: <b>£20,000</b> <b>Total: £60,000</b>

**Aims of your organisation:**

The principal objectives of the charity are the provision of community service in the area and services, together with local authorities, for the elderly, infirm and their carers. These objectives are achieved through the provision of day care, a luncheon club, welfare rights support, transport (using our own adapted vehicles), bathing, shopping and with the support services of art and keep fit classes, outings and a holiday, as well as access to certain other professional services.

**Main activities of your organisation:**

The Sudbury Neighbourhood Centre provides a daily respite care service for vulnerable elderly people who reside in the London Borough of Brent (one of London's poorest boroughs with a high deprivation rate). Over 50% of clients are living with dementia or early forms of dementia and all suffer from physical disability due to old age or medical conditions and a further 18% have learning difficulties.

We provide a range of activities designed to improve the lives of elderly people and those living with dementia and focuses on preventing isolation by providing a special place where local people can integrate with friends, share interests and participate in community life through social, cultural and educational activities. In many cases it provides respite for carers too.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>5</b>	<b>10</b>	<b>6</b>	<b>30</b>

**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?
<b>Leased</b>	<b>17 years</b>

## Summary of grant request

We are seeking funding towards the cost of respite day care, activities and services supporting vulnerable and often isolated elderly people living with a variety of disabilities and dementia in North London.

The Sudbury Neighbourhood Centre provides up over 5,000 specialist daycare places per year (125 per week) to some of the most vulnerable people living in Brent (one of London's poorest boroughs) as well as a further 3,900 lunch club places (75 per week). Over 50% of the clients attending the Centre are living with dementia or early forms of dementia and a further 18% are adults with learning difficulties. The Centre has been providing care in the community for over 35 years. Our team of trained carers and regular volunteers provide individual care and attention to our clients, an increasing number of whom require one-to-one care while visiting the Centre.

At the Centre we provide a range of activities designed to benefit those living with all stages of Alzheimers and forms of dementia to encourage clients to take part in both exercise and social activities. We have a daily schedule of activities for both groups and individuals including:-

- Tai Chi -- very gentle exercise to improve balance, strength and motor skills
- Chair Yoga -- for those who are not able to stand, improves motor skills and flexibility
- Music and dance -- clients who may normally be inactive are often keen to dance to music that they associate with happier times.
- Art and crafts -- painting, knitting,
- Music therapy -- minimum of 3 sessions per week provided by an outside Music Therapist
- Singing -- daily
- Games -- daily
- Gardening -- daily when weather permits

As well as activities we provide clients with a freshly prepared lunch each day as well as the services of a Wellbeing Nurse who provides basic healthcare checks as well as would dressing and support . We also provide a free of charge Benefits Advisory Service, regular free of charge sight and hearing checks by outside professionals and the services of a chiropodist and on-site hairdresser. In addition we organise a range of trips and outings throughout the year to the seaside, theatres, museums and places of interest.

More recently we have introduced a variety of themed events attended by up to 100 elderly people from the local community to encourage more elderly people to take part in social events. These have included a Valentines lunch, Diwali lunch, St Patricks Day celebration and a Christmas Day Lunch.

All our activities are of huge benefit to those living with dementia and can help to:-

- Improve health and physical wellbeing
- Reduce stress
- Enhance memory
- Improve communication
- Encourage expression of feelings
- Improve appetite (one of the common symptoms of dementia is loss of appetite)

Exercise in the later stages of dementia can also help to reduce the need for more supported care and minimise the adaptations needed to the home or surroundings.

Elderly people often face many losses: health, mobility, income, activities and social networks. To live well in old age, people need access to social opportunities, pursuits that engage body and mind, activities that are enjoyable and which allow skills to be maintained and developed.

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 do not currently hold any Quality Marks. There is no CQC or quality marks standards for day care provision in the UK, and we are not inspected.**

### **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.

**Music Therapy Sessions - twice weekly group sessions provided by an outside professional from Music Therapy London for up to 25 clients per session. This is one of our most popular activities and we would like to increase the number of sessions as funding allows.**

**Freshly prepared lunches - these are prepared daily by our full time cook and a part-time assistant in our fully equipped kitchen at the Centre. We provide up to 50 lunches per day (over 10,000 per year) as additional clients visit the Centre just to have lunch.**

**Singing and Dance - we provide a variety of song and dance sessions during the day which encourage reminiscence and communication for clients living with dementia. Some clients who are reluctant to talk normally will actively take part in singing sessions - particularly male clients.**

**Art and Craft therapies - our art and craft therapies are extremely popular and are organised by volunteers with materials being provided by the Centre. Clients can have a go at painting, knitting and flower arranging.**

**Themed Events - our themed events attract up to 100 elderly people per event including existing clients and elderly people from the local community who wish to participate in social events. At the Centre we have hosted a Valentines Lunch, Diwali Lunch, St Patricks Day celebrations and musical events.**

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.

**Over 150 vulnerable elderly people from deprived communities in North London receive full day respite care for a minimum of 1 day per week**

**Over 200 vulnerable elderly people will benefit from receiving a freshly prepared meal a minimum of once per week (some will visit daily).**

**Over 50 home carers/spouses benefit from regular respite while their loved ones are attending the Centre -- many of these are themselves elderly**

**Up to 25 clients receive regular wound dressing, blood-pressure checks and health checks at our Wellbeing Clinic reducing the need for hospital trips and visits to GP surgeries.**

**Over 300 elderly people in the local community will benefit from attending themed events throughout the year encouraging social interaction with their peers and community participation.**

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 - We will continue to develop funding through Grant Making Trusts, Corporates and Wealthy Individuals. Extensive research is underway to establish appropriate trusts, corporates and individuals who would be willing to support this project (a full list of these can be provided). Other valuable support is received from personal donations, fundraising in the local community and legacies.**

## Who will benefit?

### About your beneficiaries

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

**400**

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

**Brent (100%)**

What age group(s) will benefit?

**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?

**81-90%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Food	18,494	32,495	32,495	83,484
Premises/Rent	61,754	60,345	60,345	182,444
Funded Activities ie Music Therapy	4,309	3,539	3,539	11,387
Salaries for staff, management and admin	310,601	250,585	250,585	811,771
Sundries (staff expenses, art/craft materials and items for themed events)	8,900	9,000	9,000	26,900
Transport (clients transported to and from home and on trips and outings throughout the year)	31,365	34,107	34,107	99,579

<b>TOTAL:</b>	<b>435,423</b>	<b>390,071</b>	<b>390,071</b>	<b>1,215,56</b>
---------------	----------------	----------------	----------------	-----------------

**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
Daycare places self-funded by clients	86,696	0	0	86,696
Charges for lunch and transport	52,740	0	0	52,740
Donations from grant giving Trusts and Foundations	69,288	0	0	69,288

<b>TOTAL:</b>	<b>208,724</b>	<b>0</b>	<b>0</b>	<b>208,724</b>
---------------	----------------	----------	----------	----------------

**What other funders are currently considering the proposal?**

Source	Year 1	Year 2	Year 3	Total
The Sobell Foundation	15,000	15,000	15,000	45,000
Comic Relief	20,000	20,000	0	40,000
The Eranda Rothschild Foundation	25,000	0	0	25,000
The Dunhill Medical Trust	15,000	15,000	15,000	45,000

<b>TOTAL:</b>	<b>75,000</b>	<b>50,000</b>	<b>30,000</b>	<b>155,000</b>
---------------	---------------	---------------	---------------	----------------

**How much is requested from the Trust?**

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff Salaries (Carers providing direct care to clients)	15,000	15,000	15,000	45,000
Funded Activities ie Music Therapy	4,309	3,539	3,539	11,387
Food	691	1,461	1,461	3,613
	0	0	0	0

<b>TOTAL:</b>	<b>20,000</b>	<b>20,000</b>	<b>20,000</b>	<b>60,000</b>
---------------	---------------	---------------	---------------	---------------

## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2015</b>
-----------------------	------------------------	----------------------

Income received from:	£
Voluntary income	47,852
Activities for generating funds	104,687
Investment income	2,876
Income from charitable activities	233,698
Other sources	4,925
<b>Total Income:</b>	<b>394,038</b>

Expenditure:	£
Charitable activities	355,868
Governance costs	110,408
Cost of generating funds	22,089
Other	0
<b>Total Expenditure:</b>	<b>488,365</b>
<b>Net (deficit)/surplus:</b>	<b>-94,327</b>
<b>Other Recognised Gains/(Losses):</b>	<b>-34,000</b>
<b>Net Movement in Funds:</b>	<b>-128,327</b>

Asset position at year end	£
Fixed assets	378,544
Investments	0
Net current assets	208,730
Long-term liabilities	(256,000)
<b>*Total Assets (A):</b>	<b>331,274</b>

Reserves at year end	£
Restricted funds	107,600
Endowment Funds	0
Unrestricted funds	223,674
<b>*Total Reserves (B):</b>	<b>331,274</b>

\* 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?  
0%

### Organisational changes

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

Early in 2015 the Board of Trustees employed an experienced management consultant to undertake a thorough review of the Centre's operations as a whole. Consequently the Board decided to re-structure the two management posts of the organisation, and the newly created post of Chief Executive was filled in June 2016 with a new Operations Manager being recruited earlier this year.



### 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	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 £
Garfield Weston Foundation	10,000	10,000	0
The Eranda Foundation	0	0	25,000
The Sobell Foundation	15,000	15,000	15,000
The Mercers' Charitable Foundation	0	0	10,000
City Bridge Trust	15,967	15,967	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: **Mrs Sarah Robinson**

Role within                      **Appeal Manager**  
Organisation: