

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: InterAct Stroke Support	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Westminster	
Contact person: Mr. Nirjay Mahindru	Position: Chief Executive
Website: http://www.interactstroke.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1080046
When was your organisation established? 03/03/2000	

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? Fewer older Londoners aged over 75 years with depression and more reporting improved well-being Older Londoners aged 75 years and over living more active and healthier lives
Please describe the purpose of your funding request in one sentence. To alleviate depression, stimulate language, memory and offset acute social isolation using creative communication with elderly stroke survivors on hospital stroke wards.
When will the funding be required? 06/04/2017
How much funding are you requesting? Year 1: £25,923 Year 2: £26,931 Year 3: £28,659 Total: £81,513

Aims of your organisation:

To alleviate the depression of stroke survivors on hospital stroke wards. To stimulate their memory and language recall. To encourage their active participation in other health intervention practices such as occupational and speech therapy. To reduce social isolation of stroke survivors post hospital discharge, encouraging creativity and thus stimulating communication and confidence. It is a main aim to show that stroke survivors themselves are more than their condition, and more than just an NHS number. They have the ability to be highly creative and our aim is to encourage this.

Main activities of your organisation:

InterAct provide a live reading service on hospital wards and stroke clubs using the skills of professional actors. The readings are predominately one to one, though some group readings occur in the hospitals. We usually read in 20 hospitals, predominantly in London, and 50 stroke clubs. Group readings occur in stroke clubs. We also provide creative projects in the community setting to combat social isolation post hospital discharge. There are various strands to our community work. We offer a "Desert Island Disc" project, a Writing and Poetry project, an Oral history project, and a drama project. Stroke survivors are encouraged to develop their creative practices working with professional actors in such projects, which have a 10 week duration.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	2	10	185

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?
Leased	until 2021

Summary of grant request

To fund work at three hospitals for three years. Charing Cross, Clayponds and Kings. We deliver a live interactive reading service to stroke survivors to alleviate depression, improve memory, language and help rehabilitation using professional actors. There is an absolute need for the project and to quote Professor Lalit Kalra, professor of Stoke Medicine at Kings college hospital.

"Studies have shown that patients on stroke units spend more than 50% time of their in bed, 28% sitting out of bed, 13% in therapeutic activities and are alone for 60% of the time during the therapeutic day. Even more worrying is the finding that despite the greatest amount of therapy resources being committed to stroke rehabilitation in the UK compared with other centres in Europe (70 hours/week), stroke patients received the least amount of therapy input (1 hour/day) compared with others. The challenge is to adopt strategies that make better use of patients' time on stroke units by encouraging participation in activities that build upon and consolidate the therapy input provided by health care professionals with social and community reintegration activities. In that context, INTERACT readers play an important role in engaging and enabling patients, promoting participation with rehabilitation and facilitating return to the community. Many stroke patients with speech impairments have low confidence and poor perception of self worth in social situations. INTERACT readers, being professional actors encourage communication, developing lost reading and comprehension skills and provide an opportunity for patients to experiment with speech and sounds in a less threatening environment. There is emerging evidence to show that such informal inputs, which challenge patients to experiment with impaired functions, accelerate recovery, probably by improving the physical, psychological and social milieu of individual patients."

We use professional actors because they have the requisite communication skills to work on the sensitive environment of a stroke ward. The main purpose of our work is to stimulate language and memory recall, two very clear areas of concern to stroke survivors and to alleviate depression.

We have 16 years experience. We have won numerous awards for our work, being the only charity that use professional actors in this way, in the hospital setting. The majority of people in the UK that have strokes are elderly and the incidence of stroke is marked post 70 and 75 years of age. By the age of 75, 1 in 5 women and 1 in 6 men will have a stroke. Age is the single most important risk factor for stroke with the risk doubling every decade after age 55. We are the right organisation to deliver this having won numerous awards and having 16 years experience in service delivery in this field. Elderly stroke survivors are the "great ignored" in hospitals

Hospital professionals believe our work speeds up rehabilitation and well being for elderly stroke survivors. Professor Anthony Rudd, National lead Clinician on Stroke said of our work at St Thomas' hospital.

'The InterAct service at St Thomas' over the last 15 years has had a huge impact on many of my patients. I have seen people who have been severely disabled by their strokes, who have often spent many weeks in hospital, confined to a bed or chair, often with problems communicating looking more cheerful and starting to become much more engaged with their treatment after visits from the InterAct actors. I hope that in due course the benefits of the InterAct service become recognised as being an essential component of a stroke service'.

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?

None, though the charity has won numerous awards including Best Charity 2001, two Tesco Community awards 2003, 2006, a GlaxoSmithKline Impact Award for

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.

Delivering a live interactive reading service using professional actors to elderly stroke survivors on stroke wards. Each session on a hospital ward lasting two hours, delivering the service three times per week. Actors have a manual of stories broken up into various genres to account for different tastes.

Deliver 10 session workshops in the community setting focusing on elderly stroke survivors that have become socially isolated post hospital discharge. Each session lasting 90 mins, facilitated by two professional actors themed around "Desert Island Discs", Oral history, Drama, Literature and Poetry.

Collate mood improvement by asking on a scale from 1-10 how they feel BEFORE our work, then ask again on a scale of 1-10 how they feel after it. Collate mood improvement from hospital professionals for example, plus stroke survivors before and after community workshops via interviews.

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.

Alleviate depression and boredom so often associated with elderly stroke survivors left alone on hospital wards having little interaction with anyone.

Increase confidence in language and memory recall and thus facilitate the rehabilitation process for this marginalized group with emphasis on them participating in other therapy interventions following our work, ie occupational and speech therapy.

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 do plan to continue the work beyond the funding period. We would look to groups such as the Friends of the hospital, the finance department of the hospital itself, the clinical commissioning groups and other trusts and foundations to carry the work on.

Who will benefit?

About your beneficiaries

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

682

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

Hounslow (33%)

Lambeth (34%)

Hammersmith & Fulham (33%)

What age group(s) will benefit?

~~25-44~~

~~45-64~~

~~65-74~~

75 and over

N 

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%~~

N 

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Actor Fees per 2 hour session for 3 hospitals plus 10 community workshops	14,840	15,776	17,180	47,796
Actors Travel for 3 hospitals and community workshops	2,928	2,928	2,928	8,784
Hospital Administrator Fee for 3 hospitals	3,060	3,060	3,240	9,360
Legal/Professional/Accountancy fees	3,778	3,816	3,892	11,486
Training and Development	840	849	867	2,556
Office costs/Enhance DBS clearances	1,916	1,934	1,973	5,823
Telephone/IT support	304	309	314	927
Postage/Stationary	257	259	265	781
	0	0	0	0

TOTAL:	27,923	28,931	30,659	87,513
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
InterAct Reserves	2,000	2,000	2,000	6,000

TOTAL:	2,000	2,000	2,000	6,000
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0

TOTAL:	0	0	0	0
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How much is requested from the Trust?

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Finance details

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

Financial year ended:	Month: August	Year: 2015
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Income received from:	£
Voluntary income	198,149
Activities for generating funds	4,700
Investment income	306
Income from charitable activities	0
Other sources	0
Total Income:	203,155

Expenditure:	£
Charitable activities	206,693
Governance costs	2,000
Cost of generating funds	25,592
Other	3,611
Total Expenditure:	237,896
Net (deficit)/surplus:	-34,741
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	34,741

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	124,586
Long-term liabilities	0
*Total Assets (A):	124,586

Reserves at year end	£
Restricted funds	66,738
Endowment Funds	0
Unrestricted funds	57,848
*Total Reserves (B):	124,586

*** 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:

Financial year end August 16 are currently being prepared. They show Total Income as £197168 and total expenditure as £187863 for the year. Our core hospital work and structure remain unchanged.

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 £
Kensington & Chelsea Healthcare Charity	20,000	20,000	20,000
Equity Charitable Trust	15,000	15,000	15,000
Stafford Charity	4,000	2,000	3,000
St Holborns Charity	2,000	4,000	2,000
League of Friends Wythenshawe Hospital	2,500	2,500	2,500

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: **Mr Nirjay Mahindru**

Role within **Chief Executive**
Organisation: