

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Royal Hospital for Neuro-disability	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Wandsworth	
Contact person: Ms Sinead Moriarty	Position: Senior Trust and Research Executive
Website: http://www.rhn.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 205907
When was your organisation established? 20/07/1854	

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? Disabled people actively taking part in the arts or sport Disabled people reporting increased well-being as a result of taking part in the arts or sport		
Please describe the purpose of your funding request in one sentence. Supporting people at the RHN who are living with severe disability to take part in sports.		
When will the funding be required? 01/04/2017		
How much funding are you requesting?		
Year 1: £39,987	Year 2: £39,987	Year 3: £39,987
Total: £119,962		

Aims of your organisation:

The RHN provides specialist care and rehabilitation for adults who have suffered severe brain injury or illness. We aim to improve the lives of people who are living with severe neurological disability through a wide range of therapies, services and specialist equipment available on-site.

Our multi-disciplinary team aim to accurately assess and diagnose patients who are referred for assessment using the SMART multi-disciplinary assessment tool which was designed at the RHN.

The rehabilitation teams aim to help patients regain abilities lost through injury or illness. We focus on helping patients to become as mobile as possible and to regain independence. Patients receive a range of therapies including physiotherapy, occupational therapy, music therapy and therapeutic art.

We also aim to improve the lives of patients in long term care through holistic services which help people to cope with the physical, cognitive and emotional impact of severe illness and injury.

Main activities of your organisation:

The multidisciplinary team at the RHN work individually with patients and residents to help them experience the best quality of life possible. Patients in rehabilitation receive intensive input from a range of therapies and services including physiotherapy, occupational therapy, speech and language therapy, dietetics, and postural management (wheelchair service). A wide range of specialist equipment is used to help people become more mobile and independent. This equipment includes specialist beds, bespoke wheelchairs, mobility equipment and communication aids. Equipment like this helps people to take control of their own environment and to begin to communicate with their family and loved ones. There is also a wide range of holistic therapies which help people make vital gains in rehabilitation, retain and develop skills, as well as coming to terms with the significant changes in their lives. Services such as leisure and family support services are vital for helping people become part of the community at the RHN and take part in activities.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
471	173	14	150

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 believe passionately that everyone has the right to achieve their full potential and enjoy the best possible quality of life. This is why the RHN's Leisure and Family Services (LAFS) team provides a wide range of activities, entertainment programmes and outings which aim to support every patients holistic needs. These activities help patients and residents to regain confidence, communication skills and social relationships, whilst pursuing personal interests.

Disability Sports are some of the most popular recreational activities at the RHN.

The activities carried out by the disability sports groups include:

1) Boccia:

There are two Boccia session each week. There are two internal RHN Boccia teams which anyone in the hospital can join. These teams regularly train and play each other in competitive matches. The RHN is also registered with Boccia England and takes part in the local Boccia league.

2) Mixed sports:

There is one mixed sports group per week which involve a range of other sports activities including target based games, wheelchair football and wheelchair basketball.

3) Aquability:

Aquability sessions are pool-based activity sessions. They are led by trained physiotherapists or nurses, however they are specifically not therapy sessions. They are sessions for patients to enjoy being in the water and to take part in swimming. Aquability is one of the most popular services at the RHN. Each week there are an average of 28 individual sessions.

Thanks to two recent donations from Sports England we now have a wide range of sports equipment including Boccis ramps and an RHN team kit.

This project aligns with the aims of the City Bridge Trust as it supports people with disabilities to take an active role in sport, and helps people with disabilities to experience improved quality of life and wellbeing as a result of participation in sport. The RHN, like the City Bridge Trust, acknowledges that there are still barriers within society which prevent people with disabilities taking part in some events or activities. Sports is one of these activities, particularly for our patients who experience complex disability and so could not take part in most standard sports activities. By providing Boccia and other specially designed sporting activities the RHN enables people at the RHN who are living with disability to be part of a team and to experience all of the benefits associated with engaging with sports.

Good practice

1) The RHN has trained long term patients to become coaches in the Boccia teams. This means that the patients are largely patient led and the patients are involved at every level of decision making involving disability sports at the RHN.

2) Every single patient who comes to the RHN is encouraged to take part in the disability sports programme. Following a recent audit it was found that some people were not engaging with leisure activities because they were unable or uninclined to leave their wards. As a result of this audit we launched a programme of activities on each ward.

3) Volunteers are a key part of our Leisure and Family Support Service, particularly our disability sports programme. There are over 150 active volunteers at the RHN and we support these volunteers with regular training, letters of recommendation where appropriate, and annual 'thank you' events for volunteers and their families.

4) We have identified potential areas where we could improve our carbon footprint, focusing on limiting the number of printed documents, maximising our outdoor space (including rainwater collection points for use in gardening) and planting trees and other plants, as well as introducing low-energy lighting across our wards.

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?

London Living Wage Employer

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.

Bocchia group which meets twice weekly. There are two RHN teams who play against each other and the RHN is registered with the local league. The RHN Rollers are registered with Bocchia England and compete against other local teams.

Aquability sessions which enable 28 individuals per week to take part in pool-based activities, to enjoy being out of their wheelchair or bed and to benefit from water-based sport.

General sports group which meets weekly. Activities include wheelchair basketball and other target based games using adapted equipment.

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.

Supporting patient choice: Making active choices has been identified as a key element of providing people-centred care for adults with disabilities. LaFS activities, particularly sport, offer patients the opportunity to make active choices and staff are specially trained to support decision making for patients of all abilities.

Improved quality of life/ wellbeing: Research studies have shown the considerable benefits of sports for people who are living with disabilities. Being part of a team and taking part in physical activity helps build self esteem, promotes a healthy lifestyle and strengthens community bonds.

Cognitive challenges: Bocchia is a highly tactical sport and engaging with this sport can help patients maintain and develop their cognitive reasoning, this is particularly important for people who have suffered brain injury or illness, or who are living with degenerative neurological conditions.

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. The service has been funded through general charitable income (non-project specific voluntary income) for many years. However, over the next three years we are undertaking an ambitious capital campaign which will require a large proportion of general charitable funds. Therefore we need additional funds for the coming three years to ensure that the service can continue.

Who will benefit?

About your beneficiaries

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

120

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

Wandsworth (100%)

What age group(s) will benefit?

16-24

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?

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
Mixed Sports Group Staff Costs	5,354	5,354	5,354	16,062
Volunteer costs	3,681	3,681	3,681	11,043
Boccia Staff costs	3,825	3,825	3,825	11,475
Boccia League associated costs	1,033	1,033	1,033	3,099
Equipment costs	603	603	603	1,809
Aquability session Lead salary costs	15,097	15,097	15,097	45,291
Aquability assistants salary costs	50,382	50,382	50,382	151,146
	0	0	0	0
	0	0	0	0

TOTAL:	79,975	79,975	79,975	239,925
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Bruce Wake Charitable Trust	5,000	0	0	5,000
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	5,000	0	0	5,000
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Peter Harrison Foundation	20,000	20,000	20,000	60,000
	0	0	0	0
	0	0	0	0
	0	0	0	0

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Sports group staff costs (Boccia & mixed group)	9,179	9,179	9,179	27,537
Aquability staff costs	30,808	30,808	30,808	92,425
	0	0	0	0
	0	0	0	0

TOTAL:	39,987	39,987	39,987	119,962
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Finance details

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

Financial year ended:	Month: September	Year: 2015
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Income received from:	£
Voluntary income	2,437,000
Activities for generating funds	267,000
Investment income	593,000
Income from charitable activities	29,793,000
Other sources	3,421,000
Total Income:	36,511,000

Expenditure:	£
Charitable activities	32,912,000
Governance costs	104,000
Cost of generating funds	944,000
Other	0
Total Expenditure:	33,960,000
Net (deficit)/surplus:	2,551,000
Other Recognised Gains/(Losses):	-2,610,000
Net Movement in Funds:	-59,000

Asset position at year end	£
Fixed assets	8,311,000
Investments	21,296,000
Net current assets	2,616,000
Long-term liabilities	4,764,000
*Total Assets (A):	27,459,000

Reserves at year end	£
Restricted funds	17,956,000
Endowment Funds	592,000
Unrestricted funds	8,911,000
*Total Reserves (B):	27,459,000

*** 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?
71-80%

Organisational changes

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

We have committed to a significant capital development plan. The first stages of this plan will begin in 2017 with the creation of a Therapy Hub for rehabilitation patients, and the refurbishment of Drapers Rehab ward. The total estimated cost for these two projects is over £3million.

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	1,828,000	1,069,000	914,000
London Councils	0	0	0
Health Authorities	22,609,000	24,402,000	26,873,000
Central Government departments	0	0	0
Other statutory bodies	1,709,000	1,329,000	1,184,000

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	Year 3 £	Year 2 £	Most recent £
Peacock Charitable Trust	63,000	0	63,000
Garfield Weston Foundation	0	336,000	0
Wolfson Foundation	0	100,000	0
William Frederick Haines Foundation	0	0	50,000
Anonymous	41,000	54,000	60,000

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: **Sinead Moriarty**

Role within **Senior Trust and Research Executive**
Organisation: