

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Bexley Crossroads Care Limited	
If your organisation is part of a larger organisation, what is its name? Carers Trust	
In which London Borough is your organisation based? Bexley	
Contact person: Mr Darren Tobin	Position: Chief Executive
Website: http://www.crossroadscaresoutheastlondon.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1076375
When was your organisation established? 01/03/1990	

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? Carers aged 65 years and over better able to access support, advice and respite People living with Alzheimer's and other forms of dementia having a better quality of life
Please describe the purpose of your funding request in one sentence. Increase cooperation, coordination and collaboration between the voluntary sector, GP's, social care, public health to improve the health and wellbeing of older vulnerable individuals
When will the funding be required? 01/09/2017
How much funding are you requesting? Year 1: £56,525 Year 2: £60,047 Year 3: £64,791 Total: £181,363

Aims of your organisation:

Caring includes long term care & relies heavily on informal and unpaid carers, there are significant potential physical, mental and financial issues associated with taking on the caring role. Our aim is to improve support, services and recognition to unpaid carers and families across the London boroughs of Bexley, Greenwich and Lewisham. Our charitable objectives are to ensure that carers across multi faith, multi-cultural ethnicities receive appropriate practical support to aid them in their caring role provided by our team of trained care support workers. Our further aim is to improve the health and well-being of unpaid carers through early intervention support that will help mitigate the risk of escalation or crisis/intensive support thus helping them to become more valued in their caring role as well as enhancing healthier independent lives that will aim to reduce GP visits, admission/visits to A & E and social isolation. The practical support in turn supports them to continue in their caring role.

Main activities of your organisation:

An autonomous registered not for profit charity we are a network partner of Carers Trust with our own board of Trustees. We deliver a range of prevention and early intervention respite services to adults and older people, short breaks to parent carers of disabled children and young people, a volunteer befriending service to adults who may be lonely or isolated and 3 memory cafes supporting carers and people living with Dementia/memory loss. The support is provided in the home or outside in the community. The organisation is a member of and sits on a number of strategic multi-agency forums that ensures we have influence on identifying unpaid carers and their specific needs and that appropriate links are made for carers to understand a) referral for support b) assessment with information and advice and c) co-ordinated support in a timely manner.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
4	73	10	84

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	3 years

Summary of grant request

We are applying to City Bridge Trust for funding for a 3 year full time Carers GP Link Development Officer post. We will develop key links with GP surgeries to identify carers and increase capacity to meet the social and emotional needs of older carers (65+) across our operating areas.

2011 Census states there are 5,100 older carers (65+) in Bexley, 6,500 in Greenwich & 4,900 in Lewisham. We currently support circa 160 carers/older people (and their families). Older carers are subject to social isolation and increased responsibility as well as juggling caring, their own health, housing and challenges in personal and family relationships. The project will address gaps in provision identified in our current work with carers and this service will look at providing a point of contact to a total of 180 carers over the 3 year project. The link officer will engage with GP surgeries, like minded organisations, carers and professionals to remove barriers to early intervention support and signposting as appropriate support to early identification and intervention, whether in the form of practical support or information and advice has a positive impact and experience on a carers' health and well-being.

Caring (including long term care) relies heavily on informal and unpaid carers; there are significant potential physical, mental and financial issues associated with taking on the caring role. Our charitable objectives are to ensure that unpaid carers living within our operating boroughs, across multi faith, multi-cultural ethnicities receive appropriate practical support to aid them in their caring role.

Our aim is to improve the health and well-being of older carers through early intervention support (ie respite break, advice and support) that will help mitigate the risk of escalation or crisis/intensive support thus helping them to become more independent and valued in their caring role.

It will also aim to:

â€¢ Raise the awareness, profile and value of the diverse services of the voluntary sector to GP practices

â€¢ Identify gaps in current service provision for older carers and signpost accordingly

â€¢ Increase cooperation & collaboration between, GP's, health, social care, public health and voluntary sector organisations

â€¢ Improve the health and well-being of older carers by working with GP localities to help connect vulnerable people to non-medical interventions

â€¢ Reduce GP outpatient and A & E visits of recurrence presenters

â€¢ Expand our existing adult volunteer befriending service as an additional resource to support older people.

The service would include seamless provision for older carers with the post holder working closely with the GP localities to explore and identify which issues are being presented at practices to enable a service provision that focuses on prevention. This will help carers to have happier, healthier, independent lives and thus reduce GP visits, hospital admissions, visits to A & E and social isolation.

To support older carers we will set up a series of 'surgeries' across appropriate locations to address any individual issues they may have, as well as running a series of workshops that will focus on their well being and include nutrition advice, managing their own health and social activities available.

We will capture data that will be shared with strategic partners to influence and shape future services for older carers by identifying them at an early stage, measuring positive experiences. We will improve carer's access to adequate support and information to have a positive impact on both the carer and the person they care for in their emotional health and well being.

We have a track record of sustaining services following the ending of a grant (City Bridge Trust 2010) with our dementia service to carers and people living with dementia through home support and 3 memory cafes.

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?

CQC regulated, Carers Trust Quality Award, Investors in Volunteering, Information Governance (Level 2)

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.

Provide appointment-based 'surgeries' in a range of health, community and other accessible locations.

4 x drop ins x 55 older carers total in Year 1,

5 x drop ins x 60 older carers total in Year 2

6 x drop in sessions x 65 older carers total in Year 3.

GP Link Worker to work closely with practices to raise awareness of older Carers including 'older carers' register with their GP. Track reduction in the number of GP visits :

10% reduction in Year 1

20% reduction in Year 2

25% reduction in Year 3

Run x 2 workshops per annum to older carers to promote healthier lifestyles including nutrition advice, health checks, environmental awareness and welfare benefit support.

Year 1 - x 25 carers per workshop

Year 2 - x 30 carers per workshop

Year 3 - x 35 carers per workshop

Recruitment and Training x 10 volunteers per annum to ensure volunteers are trained to fulfil their roles effectively and manage risk to support older carers with non medical interventions

Year 1 x 10 volunteers

Year 2 x 10 volunteers

Year 3 x 10 volunteers

Provide practical & emotional support up to x 65 older carers over the 3 year project, including appropriate information to advice on benefits, health and social opportunities within their communities

Year 1 - 15 befriending matches

Year 2 - 20 befriending matches

Year 3 - 30 befriending matches

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.

Work collaboratively with agreed GP and practice managers to enhance their knowledge and understanding of older carers and referral systems and to contribute to the development of effective referrals from GPs and partnership links with other organisations which provide services for older carers.

To support older people deal with financial, emotional or environmental problems. These might be caused by problems with housing, debt, social isolation, stress or fuel poverty. The service will provide respite, advice, or signpost to organisations enabling them to cope and feel supported in their community

Increase older carers access to good quality respite, education, health, housing and other public and voluntary services to reduce inequalities and barriers where determinants include low literacy, fear, stigma, lack of confidence, social isolation, transport difficulties, language or communication differences.

Ensure that older carers are at the centre of our work, that their voices, expertise and rights drive our policy and sit at the heart of current and future design, delivery and improvement of Crossroads support services.

Scaling up of our existing adult volunteer befriending service as an additional resource to support the project, identifying individual older carers who are eligible for a carer's assessment and who could benefit from non-medical intervention support in the community.

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 will ensure the project has a strong foundation of committed supporters and will actively involve key stakeholders. We see communications a key tool to share with stakeholders which we will use for building community support which in turn will hopefully increase the likelihood of longer term sustainability of the project to embed in our core business.

Who will benefit?

About your beneficiaries

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

60

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

Bexley (65%)

Greenwich (25%)

Lewisham (10%)

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?

21-30%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Full time Carers GP Link Officer post (Includes associated costs)	33,386	34,154	36,000	103,540
Volunteer costs (10-30) includes (training and expenses)	4,000	6,180	8,487	18,667
Management costs	2,373	2,444	2,518	7,335
Venue hire (15 drop in sessions plus 6 workshops)	500	515	530	1,545
Contribution towards overheads (5%)	16,266	16,754	17,256	50,276
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	56,525	60,047	64,791	181,363

What Income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Nil	0	0	0	0
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
None	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
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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	9,575
Activities for generating funds	11,858
Investment income	4,054
Income from charitable activities	878,468
Other sources	6,804
Total Income:	910,759

Expenditure:	£
Charitable activities	864,732
Governance costs	28,625
Cost of generating funds	4,570
Other	4,665
Total Expenditure:	902,592
Net (deficit)/surplus:	8,167
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	8,167

Asset position at year end	£
Fixed assets	7,379
Investments	0
Net current assets	459,853
Long-term liabilities	0
*Total Assets (A):	467,232

Reserves at year end	£
Restricted funds	6,049
Endowment Funds	0
Unrestricted funds	461,183
*Total Reserves (B):	467,232

* 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?
61-70%

Organisational changes

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

None

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	490,340	355,455	480,296
London Councils	51,467	42,533	46,867
Health Authorities	112,444	74,409	77,201
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	Year 3 £	Year 2 £	Most recent £
Merchant Taylor	25,511	5,000	0
Carers Support Bexley	0	0	5,950
Carers Trust	0	0	5,000
	0	0	0
	0	0	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: **Darren Tobin**

Role within **Chief Executive**
Organisation:

Revised Project Budget 27.6.17

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary	£32,219	£33,185	£34,181	£99,585
Volunteer Costs	£4,000	£6,180	£8,487	£18,667
Direct Costs - Recruitment	£3,000	£0	£0	£3,000
- Publicity and Communications	£834	£860	£885	£2,579
- Insurance	£500	£515	£530	£1,545
- Other	£4,900	£3,821	£3,917	£12,638
Overheads	£5,702	£5,873	£6,049	£17,624
TOTAL:	£51,155	£50,434	£54,049	£155,638

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
None				
TOTAL:				

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
None				
TOTAL:				

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
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Overheads	£5,702	£5,873	£6,049	£17,624
TOTAL:	£51,155	£50,434	£54,049	£155,638