

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Marylebone Bangladesh Society Ltd	
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 Lukman Ahmed	Position: Project Development Manager
Website: http://mbs-uk.org	
Legal status of organisation: Charitable company	Charity, Charitable Incorporated Company or company number: 1151593
When was your organisation established? 01/01/1979	

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? Older Londoners aged 75 years and over living more active and healthier lives Fewer older Londoners aged over 75 years with depression and more reporting improved well-being		
Please describe the purpose of your funding request in one sentence. We would like to improve the quality of life of local older people by making them active and connecting them with others.		
When will the funding be required? 01/09/2017		
How much funding are you requesting?		
Year 1: £35,000	Year 2: £35,000	Year 3: £0
Total: £70,000		

Aims of your organisation:

Marylebone Bangladesh Society (MBS) plays a very active role in the area providing much needed support in the areas of social welfare, educational and health needs of the wider community.

The aim of MBS is:

- To promote or assist in the provision of facilities and other leisure time occupation of the local residents in the City of Westminster.
- MBS promotes education, good race relations by endeavouring to eliminate discrimination on grounds of race and encouraging equality of opportunity between persons of different backgrounds.

Our services are open to people of all backgrounds. Almost 50% of the users are now from the BME Communities in particular people of Arabic speaking backgrounds and those from Eastern European background.

Main activities of your organisation:

Current Activities:

1) Advice and Information Service - Providing high quality welfare advice service, information and support on benefits, housing matters, debt, consumer matters, education particularly on school transfers, exclusions.

2) MBS Supplementary School - Teaching core curriculum subjects according to National Curriculum

3) MBS Youth Club - provides a generic youth work with a more social educational focus in the North Westminster area.

Other activities are: Women's Tea/Coffee Mornings; Health Information workshops; Physical activities for all ages; Annual Summer Sports Day; Outings and trips; Cultural Events and Celebration of national days of significance of the Bangladeshi and Arabic speaking communities.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	9	9	14

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	13 years

Summary of grant request

Recently published Ward Profiles by local NHS and Council shows: Church Street ward amongst the 10-20% most deprived neighbourhood in the country along with Queen's Park; Westbourne Park and Harrow Road wards from where most of our users come from with high number of overcrowded and poor housing; female life expectancy is 10 years less than other areas and male is 17 years; high number of people in bad health many with long term illness; poor use of local swimming pools; high number of people experiencing isolation in particular amongst women, older people, and the newly settled; over 50% of the population are from BAME and refugee backgrounds; 44% of over 65 live alone; 45% of over 60s claim pension credits. From our survey (2015) of local families, most people told us:

- There are few places for older people to meet and develop social networks.
- Older residents in the area have complained of vandalism, petty crime, drunken behaviour and noise particularly at night. (Council's City Survey showed the same)
- Many older people experience fear and therefore do not always leave their home

A large number of older people from minority ethnic communities suffer from heart disease; diabetes; mental health related illness resulting from isolation, depression and anxiety; many are smokers; most are inactive and not involved in any physical activities and have a unhealthy diet.

Our project will be an Older People's health orientated programme that will enhance the lives of disadvantaged, vulnerable and sick, poverty affected elderly men and women aged 65 years and above particularly from the minority ethnic communities (Bangladeshi and Arabic Speaking) in particular who are at risk of social isolation or gradually losing their independence. The project will be open to all public irrespective of their background, race, and faith etc. In year 1 we anticipate in working with at least 80 older people aged 65+ years.

Through this project we aim to:

- Maximise active life and independence of older people by proactively reducing social isolation.
- Improve physical health and mental health through increased socialisation and participation in activities.
- Ensure that older people have access to a continuation of services that promotes their independence, health and well-being.

We will fulfil the project by:

- ? Providing a variety of social, educational and leisure activities that promotes the physical and emotional well-being through a better healthy lifestyle of sick and disadvantaged elderly people in a welcoming, safe and comfortable environment.
- ? Offering assistance and guidance with practical matters that influences an older person's ability to function independently in the community and hence reduce isolation and loneliness that leads to mental health problems.
- ? Involving older people in the development of the service and seek their views on its quality.
- ? Linking up with appropriate agencies (Housing, Health, Social Welfare) to help older people address any housing, health and welfare issues that are causing them concern.
- ? Recruiting and training volunteers to provide home visits, befriending service and assist with project delivery

Our organisation is well set up to deliver this project. We are led and managed by Trustees living in grass root communities, 8 of them have their own businesses and are also trustees in other similar community organisations delivering in other parts of London and 1 was a former local Councillor. We have been successfully delivering quality services focused around education, welfare, community development and health to the local communities in Westminster for over 35 years. We have 2 centres in the area, Achieved Advice Quality Standard Quality Mark and have over 250 people using our services every week.

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 currently hold Advice Quality Standard (AQS). We are also working towards London Youth Bronze Level for our Youth Club which should be achieved by July.

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.

3 x exercise and fitness sessions each week (each session lasting for two hours). 2 Sessions for men and 1 Session for Women. A total of 288 sessions. Will include Aerobics, Walking, Circuit, Step Exercise, In-House Gym, Swimming sessions. 12 people to attend each session.

Train 20 people as Volunteers/Befrienders who will perform upto 6 hours of volunteering and Befriending support a week to isolated older people and also providing assistance with the delivery of activities.

6 x Health promotional Community Events with themes such as Chronicle Heart Disease, Benefits of Exercise and Fitness, Improving Access to Healthcare Services, Fall Prevention. Speakers will be present with questions/answer session, debates, provide information to raise awareness on health matters. 30 older people to attend each event.

288 x Day Centre/Drop in Support Services where they meet new people and socialise have tea/coffee and play traditional games, watch video, access internet, etc. Older People's Worker available to provide advice and information on the changing welfare related issues and assistance with translation and interpreting. 10 people each session.

20 x Monthly Healthy Eating Workshop Sessions providing practical advice and guidance on eating a healthy diet, guidance on nutrition, how to cook tasty balanced meals on a small budget. 15 people to attend each session.

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.

Improvement in physical health and mental health of older people through increased uptake of physical activities. Enable users to understand the benefits of fitness and exercise as a way to tackle illness and sickness. It will enable them to build/maintain their independence, strength, balance, flexibility, and endurance.

To provide upto 2880 hours of volunteering and befriending support a year helping reduce isolation in the community. By volunteering, they will be able to improve their skills; knowledge and experience which will help them get into employment.

Older people and members of the health, social care and voluntary sector agencies will get opportunity to meet and discuss health issues of older people. Increased awareness and knowledge of wider health issues and how to tackle ill health. Also improve access to information on local community health services.

Reduced isolation and loneliness of marginalised sections of the community through participation in social activities -- becoming less housebound and less chances of experiencing mental health problems. Increase income and awareness of their welfare rights which will enable them have more security, self confidence.

Healthier diet and eating habits of older people -- will also reduce obesity, promote healthier eating, improve their cooking skills, increased uptake of fruit and vegetable in their diet for example eating 5 a day of fruit/vegetables.

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 apply to other grant making bodies and also try to increase our hall hire income.

Who will benefit?

About your beneficiaries

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

80

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

Westminster (100%)

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?

Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)

Other ethnic group

If Other ethnic group, please give details: **Arabic Speaking**

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
Salary Costs of Older People's Project Development Worker Salary Scale: NJC -- Scale 6: Pro Rata -- 28 Weeks Per Week	21,497	22,141	0	0
Employers NI Costs	1,785	1,838	0	0
Sessional Staff -- Health & Fitness Adviser (£40 per 2 hrs session x 3 sessions x 48 Weeks) (swimming instead will cost same)	5,760	5,760	0	0
Venue Hire Contribution	4,000	4,000	0	0
Publicity and Promotion -- Leaflet Printing	300	300	0	0
Workshop and Activity Costs Facilitator's Fees Refreshments Information Training Support to people who become volunteers/befrienders + expenses	3,500	3,500	0	0
Outings and Festive events x 3	1,800	1,800	0	0
Management, supervision and admin (phone, stationary etc) costs	3,500	3,500	0	0
	0	0	0	0
TOTAL:	42,142	42,839	0	0

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Marylebone Bangladesh Society -- hall/room hire income	2,397	2,839	0	0
TOTAL:	2,397	2,839	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Drapers Charitable Foundation	4,745	0	0	0
Other Charities and Trusts (to be applied)	0	5,000	0	0
TOTAL:	4,745	5,000	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary Costs of Older People's Project Development Worker Salary Scale: NJC -- Scale 6: Pro Rata -- 28 Weeks Per Week	21,497	22,141	0	0
Employers NI Costs	1,785	1,838	0	0
Sessional Staff -- Health & Fitness Adviser (£40 per 2 hrs session x 3 sessions x 48 Weeks)	1,015	760	0	0

(swimming instead will cost same)				
Venue Hire Contribution	4,000	4,000	0	0
Publicity and Promotion -- Leaflet Printing	300	300	0	0
Workshop and Activity Costs Facilitator's Fees Refreshments Information Training Support to people who become volunteers/befrienders + expenses	3,500	3,500	0	0
Outings and Festive events x 3	1,800	1,800	0	0
Management, supervision and admin (phone, stationary etc) costs	1,103	661	0	0
	0	0	0	0
TOTAL:	35,000	35,000	0	0

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	121,318
Activities for generating funds	0
Investment income	58,912
Income from charitable activities	0
Other sources	0
Total Income:	180,230

Expenditure:	£
Charitable activities	169,751
Governance costs	0
Cost of generating funds	0
Other	0
Total Expenditure:	169,751
Net (deficit)/surplus:	10,479
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	2
Investments	0
Net current assets	21,367
Long-term liabilities	0
*Total Assets (A):	21,369

Reserves at year end	£
Restricted funds	17,180
Endowment Funds	0
Unrestricted funds	4,189
*Total Reserves (B):	21,369

*** 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?
31-40%

Organisational changes

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

No changes

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	36,462	35,826	29,260
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	12,700	26,150	17,180

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 £
John Lyon's Charity	25,000	26,650	0
People's Health Trust	16,276	9,494	0
BBC Children in Need	9,845	9,680	9,598
Henry Smith Charity	0	0	15,600
Lloyds Bank Foundation	0	0	13,356

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: **Lukman Ahmed**

Role within **Project Development Manager**
Organisation: