

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Alternatives Trust East London	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Newham	
Contact person: Mrs Julla Acott	Position: Director
Website: http://www.altel.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1103724
When was your organisation established? 01/02/1994	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Reducing Poverty		
Which of the programme outcome(s) does your application aim to achieve? More Londoners with improved economic circumstances Fewer Londoners experiencing food poverty		
Please describe the purpose of your funding request in one sentence. To employ a Destitution Co-ordinator to assess the needs of families that come to us in poverty and provide or direct them to support.		
When will the funding be required? 01/11/2017		
How much funding are you requesting?		
Year 1: £30,000	Year 2: £30,000	Year 3: £30,000
Total: £90,000		

Aims of your organisation:

The purposes of the trust shall be:

- a) the advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical medical or psychological.
- b) the preservation and protection of women's health.
- c) the provision of advice, counselling and assistance to women and their partners and families who are suffering from any physical or mental illness, distress or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth, loss of a child or sexual abuse.
- d) the promotion of such other charitable purposes which may conveniently be carried on in connection with the above objects.

The majority of our current work is holistic support to women who are pregnant or have had babies in very challenging circumstances.

Main activities of your organisation:

Alternatives provides holistic support to vulnerable young families in the London Borough of Newham, mainly through the We Are Family programme which has supported close to 100 families in the last 12 months. Around 25 families (60 people in all) attend the weekly We Are Family group meetings, and 40 are actively supported at any one time. There are also practical parenting classes, a small group 4Dads, volunteer Community Buddies and growing social enterprises, including the WAF CAF, to provide routes to employment for mums as their children grow up. Our centre has 3,000 client visits a year. It offers donated baby clothes and equipment (400 visits a year), emergency food (530 bags last year), counselling (1,000 hours donated by 10 volunteer counsellors a year), support around pregnancy choices and loss (70 clients a year), and secondary school lessons (1,050 pupil hours) on relationships and parenting.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	7	9	15

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?
Rented	n/a

Summary of grant request

Alternatives is a local charity in Newham that provides holistic support to 100 vulnerable families a year, mainly through its We Are Family (WAF) programme. Started in 2005 as therapeutic group for four mothers and babies, this quickly grew to meet practical needs too. Our centre in Plaistow has 3,000 visits a year, offering donated baby clothes and equipment, emergency food and foodbank vouchers. Staff and volunteers provide signposting, advocacy, support and referrals to help with housing and other issues. The people we help are almost all women with babies or young children. Around 75% of them are homeless and 70% do not have permanent residency in the UK. The majority have come out of an abusive relationship and been left alone in the UK when pregnant with no idea of their legal status. A number have been trafficked. Referrals come from Social Services, midwives, (such as the midwife's clinic in our building), and other charities as well as by word of mouth.

Many of those who come for help join the weekly WAF group (attended by 25 families a week) which supports women's self-esteem, life skills and parenting, successfully giving them the emotional capacity to change their lives in the long term. Trauma counselling is also available (1,000 hours donated by 10 volunteer counsellors) and many take these options, which is why outcomes are so good. A co-operative started by a group of mums and managed by a former client provides routes to improve women's employability through supported working and volunteering.

But the number of clients arriving has grown by around 30% in the last year, almost all with urgent and complex needs. This is stretching staff beyond what is possible.

So, we would like to employ a new member of staff, a Destitution Co-ordinator to lead, coordinate and deliver immediate practical response to families in poverty. Existing staff will continue provide the parenting/emotional support and develop the social enterprise work.

This will meet the outcome of 'more Londoners with improved economic circumstances' by:

1. Improving the immediate circumstances of families at risk because they are without money, food, baby essentials or home, through providing food and helping them access housing.
2. Helping them, through advocacy or referring to specialist agencies, to secure income if possible from benefits or work, and/or to start to address the issues that have led to destitution (e.g. relationship breakdown, immigration status).
3. Referring people to other projects (including Alternatives') as needed where they can increase their employability and/or get parenting, therapeutic and social support to build resilience and hope.

Alternatives is well placed to do this because many of the poorest and most needy women come to us, not anywhere else. This is often because of fear of anything official, but also because the crisis that impels women to seek help is pregnancy, or imminent childbirth. We have an established track record of helping vulnerable women at the point of crisis, empowering them to address their problems, and find long-term routes out of poverty. We have the excellent staff, values and community to achieve this.

We are also facing genuine, overwhelming need.

As a small charity we have a good record of working with many other agencies. As well as those we refer to/take referrals from, we formed the 'Newham Poverty Partnership' with other local organisations, trying to find the best way of preventing people in crisis falling into acute poverty. The scheme, piloted successfully at Alternatives, didn't get funding, but we have carried it on ourselves in a small way, with recent service users becoming volunteer 'peer advisors' supporting the Destitution Coordinator

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?

n/a

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.

480 destitute people with complex needs (mostly women with children or pregnant) will be helped to resolve their immediate and long-term needs by the Destitution Co-ordinator.

970 bags of emergency food will be given to families who have no food or money to buy any.

1560 bags of clothing, or packages of children's toys, or packages of baby equipment will be given to families who do not have what they need or money to buy it.

660 letters of support or other actions will be taken to help clients (women with children or pregnant women) resolve their problems r.e. housing, benefits, immigration etc.

360 referrals to other agencies will be made on behalf of clients (women with children or pregnant women).

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.

480 families will have immediate health-threatening poverty relieved by provision of food, foodbank vouchers, clothes or baby equipment.

36 homeless families will achieve stable housing.

33 destitute families will start to obtain income through work or benefits.

52 families will take positive steps towards long-term financial independence as mums move into training, work or volunteering.

33 families take steps towards long-term financial independence as parents make progress towards gaining legal status in the UK.

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?

Ideally we would continue this with further grants or donations. We are working on generating earned income from selling resources, training and mentoring to groups wanting to run a We Are Family programme (with help of a Lloyds Bank Foundation Enable grant) and increasing donations (with a part-time development officer for six months to develop our website and donor database).

Who will benefit?

About your beneficiaries

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

150

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

Newham (100%)

What age group(s) will benefit?

0-15

16-24

25-44

45-64

What gender will beneficiaries be?

Male

Female

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?

11-20%

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 salary of Destitution Co-ordinator	27,300	27,300	27,300	81,900
Employer's National Insurance	2,641	2,641	2,641	7,923
Employer's Pension Contribution 1%, 3%,3%	273	819	819	1,911
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	30,211	30,760	30,760	91,734

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Unrestricted funds	211	760	760	1,734
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	211	760	760	1,734

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
0	0	0	0	
0	0	0	0	
0	0	0	0	
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
Full time salary of Destitution Co-ordinator	27,300	27,300	27,300	81,900
Employer's National Insurance	2,641	2,641	2,641	7,923
Employer's Pension Contribution 1%, 3%, 3%	59	59	59	177
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	30,000	30,000	30,000	90,000

Finance details

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

Financial year ended:	Month: December	Year: 2015
-----------------------	---------------------------	----------------------

Income received from:	£
Voluntary Income	30,025
Activities for generating funds	0
Investment income	6,057
Income from charitable activities	111,959
Other sources	0
Total Income:	148,041

Expenditure:	£
Charitable activities	111,051
Governance costs	2,141
Cost of generating funds	5,040
Other	0
Total Expenditure:	118,232
Net (deficit)/surplus:	29,809
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	29,809

Asset position at year end	£
Fixed assets	6,149
Investments	0
Net current assets	128,408
Long-term liabilities	0
*Total Assets (A):	134,557

Reserves at year end	£
Restricted funds	98,063
Endowment Funds	0
Unrestricted funds	36,494
*Total Reserves (B):	134,557

*** 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:

Our annual accounts show large reserves as we have grants paid at the end of the financial year to be spent in the following year and most of our voluntary income comes through a Christmas appeal. Since these accounts we received a legacy which we've invested in building an extension and hiring a development worker for six months to grow voluntary income.

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	3,000	0
London Local Authorities	500	500	500
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		Year 3 £	Year 2 £	Most recent £
Henry Smith Charity	30,000	30,000		30,000
Trusthouse Charitable Fund	20,000	20,000		20,000
Children in Need (£75,735 total)	0	0		25,000
Lloyds Bank Foundation	0	15,000		0
Awards for All	0	0		10,000

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: **Julla Acott**

Role within **Director**
Organisation: