

MEETING: 02/05/2018

Ref: 14465

ASSESSMENT CATEGORY - Making London More Inclusive

KEEN London

Adv: Sandra Davidson

Amount requested: £105,554

Base: Hackney

Benefit: Hackney, Camden & Lambeth

Amount recommended: £102,000

The Applicant

KEEN London is a registered charity in London providing free weekly exercise sessions for children and young adults with learning, behavioural and physical disabilities (whom they call athletes) aged 5-25. More than 110 athletes take part in a wide range of activities including basketball, cricket, football, dancing and gymnastics. The charity provides one-to-one or two-to-one support tailored to the needs of the individual participant. Support is provided by a pool of 200 skilled volunteers (coaches). The sessions offer a valuable weekly mini-respite period for parents and carers. Each term, athletes enjoy an off-site trip of their choosing (e.g. swimming, climbing, ice skating). Residential trips help to build independence and are often the first time athletes have stayed away from their families.

The Application

In response to demand, over the past five years KEEN London has expanded from one location offering two weekly sessions, to three locations each offering four weekly sessions. Contact hours have increased from 2,000 to 6,000. Recent quantitative and qualitative data demonstrates that participants improve their physical activity levels (73%), social interaction/communication skills (85%), confidence (75%), behaviour (77%) and independence (76%). The charity is seeking your support for the salary of a full time Participation and Development Coordinator (PDC) to respond to the growing demand for the service.

The Recommendation

Keen London has ambitious aims for the next three years including increasing the number of disabled children and young people it supports and creating a new volunteering pathway for older athletes. The recently appointed Participation and Development Coordinator, currently funded from reserves, is pivotal to these developments to ensure all services are run effectively and sustainably supported by the Board of Trustees. A slight reduction in the grant size was deemed appropriate at assessment as your officer felt that some of the current level of reserves could be used to contribute to the project costs. Funding is advised as follows:

£102,000 over 3 years (35,000; £34,000; £33,000) towards the salary and on-costs of the full-time Participation and Development Coordinator.

Funding History

Meeting Date	Decision
19/06/2014	£10,000 for a third and final year's support towards the costs of expanding weekly activities for young people with behavioural, physical, and learning disabilities.
17/02/2011	£16,285 over two years towards the costs of weekly activities for young people with behavioural, physical and learning disabilities.

Background and detail of proposal

A recent survey (Variety 2017) revealed half of all disabled children do not feel comfortable participating in sport, and evidence from Sport England showed that 50% of disabled adults are inactive – i.e. they do not participate in at least 30 minutes physical exercise each week. An estimated 130,000 disabled children live in London. Child poverty in the three boroughs in which the organisation works (Camden, Hackney and Lambeth) stands between 34% and 41% (End child Poverty, 2018). Research shows that disabled children and their families are more likely to live in poverty, with child poverty among disabled children standing at 40% nationally. Users of the service have complex disabilities affecting their learning, behavioural and physical development; conditions include: Autism, Global Development Delay, Cerebral Palsy and polymicrogyria. Many of the service users do not access mainstream sports activities due to their additional needs i.e intimate care (help with eating, washing, using the bathroom facilities), traveling (restricted mobility), and communicating (can be non-verbal or deaf). With a waiting list of 37 disabled children and young people, there is an overwhelming need for KEEN London's free sports provision. There is very little other free or low cost provision in the boroughs the organisation currently targets.

The PDC will oversee the delivery of high quality weekend sports sessions during term time expanding the four weekly sessions in three boroughs to seven in four; develop new holiday provision response to user demand; trail work with athletes aged 16+ to develop a volunteering pathway for disabled young people, enabling older users to remain involved in the service while developing their skills and independence; and open a new centre to cope with demand. The proposal includes increasing the length of sessions from 1.5 hours to 2 hours from year one in response to user feedback. Over three years the organisation aims to increase confidence, knowledge and independence of approximately 200 athletes, together with the recruitment of at least 450 volunteers(coaches). In addition, young disabled volunteers will make decisions, support peers and assist with project planning/delivery. In year two, there are plans to explore a further location in West London where there are pockets of deprivation. The postholder is responsible for providing line management and support to 3 x p/t centre coordinators, ensuring best practice in user involvement, developing volunteer recruitment, management training and impact reporting. The PDC will lead on the delivery of residential trips as part of the overall aim of improving and developing the service. This element does not form part of the project costs.

KEEN London has a strong track record of delivering sports session for disabled children and young people. Its activities encourage teamwork and social skills and provide respite for families and carers as well as being great fun for all involved. Volunteer coaches are at the heart and soul of the organisation. The majority are university students, while others are in employment come from a wide range of backgrounds representing over 15 nationalities and speaking over 10 languages.

Financial Information

Over the last four years, as a result of accessing funds from multiple income streams, the charity's income has fluctuated. However, KEEN holds a reasonable level of free reserves which are adequate to support its current activities. The appointment of the PDC is currently being met from the level of free reserves until funds are secured to fund the post. The charity will be relocating whilst its office

space is redeveloped before the end of current financial year. There will be cost implications associated with this move which will be met from reserves. There are several applications in the pipeline to other Trust's and Foundations towards the overall development of KEEN's services, with users at the heart of all their plans.

Year end as at 30 June	2017 Examined Accounts £	2018 Forecast £	2019 Budget £
Income & expenditure:			
Income	123,297	138,924	145,708
- % of income confirmed as at 28 /02/18	n/a	54%	17%
Expenditure	(123,397)	(138,917)	(145,612)
Total surplus/(deficit)	(100)	7	96
Split between:			
- Restricted surplus/(deficit)	4,617	0	0
- Unrestricted surplus/(deficit)	(4,717)	7	96
	(100)	7	96
Cost of Raising Funds	5,411	6,924	4,614
- % of income	4.4%	5.0%	3.2%
Operating expenditure (unrestricted funds)	113,088	108,360	85,834
Free unrestricted reserves:			
Free unrestricted reserves held at year end	81,591	81,598	81,694
No of months of operating expenditure	8.7	9.0	11.4
Reserves policy target	56,544	54,180	42,917
No of months of operating expenditure	6.0	6.0	6.0
Free reserves over/(under) target	25,047	27,418	38,777

