

The City Bridge Trust
Investing In Londoners:
Application for a grant



About your organisation

Name of your organisation: KEEN London	
If your organisation is part of a larger organisation, what is its name? N/a	
In which London Borough is your organisation based? Hackney	
Contact person: Ms Jill Robinson	Position: Chair
Website: http://www.keenlondon.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1124915
When was your organisation established? 04/01/2002	

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. A new Participation and Development Coordinator enabling us to support more athletes, expand and further increase the quality and responsiveness of KEEN London's sports offer.
When will the funding be required? 02/04/2018
How much funding are you requesting? Year 1: £37,554 Year 2: £36,000 Year 3: £32,000 Total: £105,554

Aims of your organisation:

Founded in 2002, KEEN London believes that every child should have the chance to enjoy sports activities, and no-one should be left behind due to disability. We empower disabled children and young people (whom we call athletes) aged 5-25 across London to lead, participate in and enjoy a wide range of physical activities and challenges with 1:1 or 2:1 support from dedicated 'coaches' (volunteers) as needed. Our users have complex disabilities affecting their learning, behavioural and physical development (eg, Autism, Global Development Delay, Cerebral Palsy, Epilepsy, polymicrogyria). They often need help with: intimate care, traveling, communicating, reasoning. Our ultimate aim is to transform and improve the lives of disabled children and young people; our long-term support demonstrably improves athletes' physical and mental wellbeing, communication skills, behaviour, confidence and independence. Our services also provide vital respite for parents and give hundreds of volunteers an opportunity to 'give back' while developing confidence and skills.

Main activities of your organisation:

KEEN London works in Camden, Hackney and Lambeth, some of the most economically deprived areas in London with higher than average numbers of disabled children. We run free weekly sports sessions, day outings and residential trips - all with 1:1 or 2:1 support provided by skilled volunteers (coaches) - for children and young people with learning, behavioural and physical disabilities (athletes). We supported 110 athletes in 2016-17. Weekly sessions include sports such as basketball, cricket or football, dancing, active games. Each term, our athletes also enjoy an off-site trip of their choosing (eg, swimming, climbing, ice skating). Residential trips, run at Easter and during the Summer, are often the first-time athletes have stayed away from their parents. We provide extensive support and training to volunteers. We are user-led and develop our services with users in response to their needs; we are currently co-planning new services such as a young volunteers programme, holiday sports sessions and expanded weekly sports sessions.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	2	6	200

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	2 years

Summary of grant request

KEEN London's free weekly sports sessions empower disabled children and young people (CYP) to enjoy many physical challenges. Each of our 'athletes' (users) receive 1:1/2:1 support from dedicated 'coaches' (volunteers) as required.

50% of disabled Britons are inactive - i.e. participate in under 30 minutes' exercise a week (Sport England, 2016). Being active has many benefits (eg, improving physical/mental health), but many of London's 130,000 disabled children lack access to anything beyond PE at school. The situation is worse for the poorest families, who cannot afford specialist help. Besides KEEN, there is little 1:1 disabled sports provision in Camden, Hackney or Lambeth (and what there is, e.g. Pedal Power, cannot meet demand). Our users' complex disabilities affect their development, but mainstream sports don't cater for their needs.

To fill this breach, over the next three years, overseen by our newly appointed Participation and Development Coordinator, we will: deliver high-quality weekend sports sessions during term time expanding our work from four weekly sessions in three boroughs to seven in four; develop new holiday provision in response to user demand; trial work with athletes aged 16+ to develop a volunteering pathway for disabled YP, enabling older users to remain involved in our work while developing their skills and independence; and open a new centre to cope with demand.

Users will gain massively from the project's sessions, with improvements in physical/mental health, skills, confidence and independence. Through weekly participation, athletes will become more active and mobile, developing vital physical skills. Volunteer coaches will support their interactions, helping users develop and flourish, access other services and broaden their horizons.

We will achieve the following outcomes over three years: Improved physical health (increased physical activity); improved emotional health (increased happiness/self-esteem); new/improved skills (e.g. motor skills); and new experiences to increase confidence, knowledge and independence for 170 athletes. In addition, young disabled volunteers will make decisions, support peers and assist project planning/delivery.

KEEN has an unrivalled record of delivering sports sessions, with our core methodology of using volunteers to support disabled CYP honed since 2002. We've won the Mayor of London's Volunteer Team of the Year Award twice, and three of our coaches were selected to carry the Olympic flame in 2012. We are responsive and user-led: our work is based on overwhelming need from disabled CYP and is shaped by their feedback, as recognised by our KidsCount Inspiration Award. We also enjoy excellent relationships with local services, schools, charities, users and parents/carers.

The project meets a number of Making London More Inclusive outcomes. It will support 170 disabled users to get active over three years and give us the capacity to empower older disabled users to co-manage provision. Beneficiaries will experience improved physical/emotional health and wellbeing, increased confidence/independence, plus more decision-making. By relying on the support of dedicated volunteer coaches, the programme will be highly cost-effective, enabling us to involve our users by creating a regular athlete forum, developing a volunteering programme for older CYP and sharing best practice across our work.

The project will welcome people from all backgrounds and value diversity (staff/volunteers represent over 15 nationalities and speak at least 10 languages besides English; three-quarters of our volunteers and five out of six KEEN trustees are women); value and support volunteers (volunteer coaches are our most valuable and valued asset ? our sessions could not run without them, and the project will provide in-depth development to push this further); and reduce our carbon footprint (eg, our environmental policy minimises paper usage; we use recycled resources wherever possible; we take into account energy consumption when agreeing budgets; and encourage public transport use by staff/volunteers).

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. Two times winner of Volunteer Team of the Year in the Mayor of London's Team London Awards (2013 and 2014), KidsCount Inspiration Award (2012).

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.

Young volunteer programme with volunteer coaches providing 1:1 or 2:1 support to 15 older athletes to be volunteers at sports sessions: helping to set up games, encouraging peers to participate, leading activities for younger children.

Expanded weekly sports sessions ? 2 hour sessions on Saturdays/Sundays, with volunteer coaches providing 1:1 or 2:1 support to 170 athletes at sports 4x weekly sessions in 3 locations (years one and two) rising to 7x weekly sessions in 4 locations/boroughs (year three).

New holiday sports sessions, with volunteer coaches providing 1:1 or 2:1 support to 150 athletes at 20x sports trips and 20x 2 hours sessions during school holidays.

Six overnight trips to activity centres (two per year ? during Easter and the Summer) with volunteer coaches providing 1:1 or 2:1 support to 108 athletes.

Expansion of weekly sports sessions to fourth location ? research and development in year two, opening in year three (core outputs included in activities 1-4 above).

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.

170 athletes report improved physical health (increased levels of physical activity).

170 athletes report improved emotional health and wellbeing (increased happiness, self-esteem).

170 athletes report new/improved skills (communication, gross- and fine-motor skills).

170 athletes report enjoying new experiences which increase confidence, knowledge and independence.

30 athletes report increased experience of decision-making and/or supporting peers by taking a leadership role in project planning and delivery as young volunteers.

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?

The remit of this new post includes fundraising and sustainability; maintaining the post and maintaining/expanding KEEN services beyond the grant-period will form a key element of KEEN London's new fundraising strategy developed and implemented from year one by the post-holder (with strategic support and oversight from the Board).

Who will benefit?

About your beneficiaries

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

143

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

Hackney (35%)

Camden (35%)

Lambeth (30%)

What age group(s) will benefit?

0-15

16-24

25-44

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%

KEEN LONDON
Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Participation and Development Co-ordinator: full-time salary of £33k pa + on-costs and pension at 13.8%	37,554	38,305	39,071	114,930
TOTAL:	37,554	38,305	39,071	114,930

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
TOTAL:				0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
TOTAL:				0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Participation and Development Co-ordinator: full-time salary of £33k pa + on-costs and pension at 13.8%	37,554	36,000	32,000	105,554
TOTAL:	37,554	36,000	32,000	105,554

Finance details

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

Financial year ended:	Month: June	Year: 2017
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Income received from:	£
Voluntary Income	123,119
Activities for generating funds	0
Investment Income	73
Income from charitable activities	0
Other sources	105
Total Income:	123,297

Expenditure:	£
Charitable activities	116,774
Governance costs	1,212
Cost of generating funds	5,411
Other	0
Total Expenditure:	123,397
Net (deficit)/surplus:	-100
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	100

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	111,517
Long-term liabilities	0
*Total Assets (A):	111,517

Reserves at year end	£
Restricted funds	4,926
Endowment Funds	0
Unrestricted funds	106,591
*Total Reserves (B):	111,517

*** 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:

N/a

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	0	0	0
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 £
Chaucer Foundation	0	25,000	25,000
Bank of Tokyo Mitsubishi UFJ	13,528	30,868	0
Sarasn & Partners and its employees	0	2,488	13,150
The Leathersellers' Company Charitable Fund	5,000	5,000	0
Watford Grammar School for Boys	0	0	6,498

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: **Jill Robinson**

Role within **Chair of the Trustees**
Organisation: