



The City Bridge Trust Committee

Date: THURSDAY, 12 MARCH 2015
Time: 1.45 pm
Venue: COMMITTEE ROOMS, 2ND FLOOR, WEST WING, GUILDHALL

9. GRANTS AND STRATEGIC INITIATIVES RECOMMENDATIONS AND ASSESSMENTS - ANNEXES

For Decision
(Pages 1 - 2)

- e) Chiswick House and Gardens Trust - Recommended Grant £89,100 (Pages 3 - 10)
- f) Kingston Environment Centre (KEC) - Recommended Grant £27,000 (Pages 11 - 16)
- g) Action for Stammering Children (ASC) - Recommended Grant £60,000 (Pages 17 - 24)
- h) Metro Centre Limited - Recommended Grant £119,600 (Pages 25 - 32)
- i) National Association for People Abused in Childhood (NAPAC) - Recommended Grant £31,000 (Pages 33 - 42)
- j) Shepherds Bush Families Project and Children's Centre - Recommended Grant £96,000 (Pages 43 - 52)
- k) Action on Disability - Recommended Grant £121,300 (Pages 53 - 60)
- l) Frenford Clubs - Recommended Grant £54,000 (Pages 61 - 68)
- m) Mind in Croydon - Recommended Grant £143,600 (Pages 69 - 78)
- n) Sutton Mencap - Recommended Grant £102,000 (Pages 79 - 86)
- o) Action on Elder Abuse - Recommended Grant £44,420 (Pages 87 - 94)
- p) AESOP Arts and Society Limited - Recommended Grant £45,900 (Pages 95 - 104)
- q) Dulwich Picture Gallery - Recommended Grant £40,000 (Pages 105 - 114)
- r) North London Hospice - Recommended Grant £90,000 (Pages 115 - 124)

- s) South Thames Crossroads - Caring for Carers - Recommended Grant £140,000 (Pages 125 - 132)
- t) Sydenham Garden - Recommended Grant £39,100 (Pages 133 - 140)
- u) Haven - Recommended Grant £76,600 (Pages 141 - 150)
- v) Kingston Churches Action on Homelessness - Recommended Grant £87,800 (Pages 151 - 160)
- w) Association of Chief Executives of Voluntary Organisations (ACEVO) - Recommended Grant £29,500 (Pages 161 - 168)
- x) London Play - Recommended Grant £138,000 (Pages 169 - 178)
- y) Partnership for Young London - Recommended Grant £142,000 (Pages 179 - 188)
- z) Voluntary Action Islington Limited - Recommended Grant £96,900 (Pages 189 - 196)

John Barradell
Town Clerk and Chief Executive

The City Bridge Trust
Investing in Londoners
Index of Grant Applications

	Ref No.	Organisation	Recommended Amount	
e)	12421	Chiswick House and Gardens Trust	£139,481	£89,100
f)	12495	Kingston Environment Centre (KEC)	£27,000	£27,000
g)	12600	Action for Stammering Children (ASC)	£60,000	£60,000
h)	12494	Metro Centre Limited	£119,603	£119,600
i)	12436	National Association for People Abused in Childhood (NAPAC)	£30,684	£31,000
j)	12524	Shepherds Bush Families Project & Childrens Centre	£67,484	£96,000
k)	12498	Action on Disability	£124,090	£121,300
l)	12515	Frenford Clubs	£67,500	£54,000
m)	12518	Mind in Croydon	£155,471	£143,600
n)	12591	Sutton Mencap	£99,042	£102,000
o)	12532	Action on Elder Abuse	£44,418	£44,420
p)	12545	AESOP Arts and Society Limited	£45,887	£45,900
q)	12500	Dulwich Picture Gallery	£175,129	£40,000
r)	12262	North London Hospice	£90,000	£90,000
s)	12378	South Thames Crossroads - Caring for Carers	£124,690	£140,000
t)	12582	Sydenham Garden	£39,084	£39,100
u)	12509	Haven	£133,626	£76,600
v)	12295	Kingston Churches Action on Homelessness	£87,786	£87,800
w)	12204	Association of Chief Executives of Voluntary Organisations (ACEVO)	£29,500	£29,500
x)	12512	London Play	£137,973	£138,000
y)	12548	Partnership for Young London	£141,629	£142,000
z)	12521	Voluntary Action Islington Limited	£96,873	£96,900

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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Chiswick House and Gardens Trust	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Hounslow	
Contact person: Mrs Jane Booth	Position: Fundraising Manager
Website: http://www.chgt.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1109239
When was your organisation established? 01/03/2005	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Improving London's Environment
Which of the programme outcome(s) does your application aim to achieve? More people reporting improved wellbeing through greater use of open spaces and through growing and greening initiatives More young people understanding the benefit of growing local food and its nutritional value
Please describe the purpose of your funding request in one sentence. To support the Kitchen Garden Project over three years to secure its future and benefit the community.
When will the funding be required? 01/12/2014
How much funding are you requesting? Year 1: £38,843 Year 2: £50,319 Year 3: £50,319 Total: £139,481

Aims of your organisation:

Chiswick House and Gardens Trust ("CHGT") is a registered charity which was jointly created by English Heritage and the London Borough of Hounslow in 2005 to provide long term, care and governance of the grade 1 listed Chiswick House and its 65 acre grounds. The Trust has responsibility for all aspects of running the gardens and is currently negotiating with English Heritage the basis on which it will take over management of the House in 2016.

Currently, the Trust's key aims are to: respond to the needs of the site and its stakeholders and visitors; provide a high standard of care for the grounds; promote the House & Gardens to the broadest possible audience; offer increased opportunities for enjoyment, learning, volunteering and training; provide good management of the site; and, fundraise for the site and increase revenue streams in order to develop the estate for the benefit of the public.

Main activities of your organisation:**1. Gardens**

Managing the 65 acre grounds, including all kinds of horticulture and landscaping and care of the the facilities and buildings within the public park for the benefit of the public.

Running the walled Kitchen Garden (parts of which date from 1682!) as a social and therapeutic volunteer-led community resource to benefit some of Hounslow and West London's most disadvantaged residents.

2. Security

Providing a warden security service in the Grounds to keep them safe for all users during the park's opening hours (7am til dusk each day).

3. Marketing and public programme

This includes discharging the Trust's obligation to promote the house and gardens as widely as possible and our marketing manager does this through the Trust's website, social media, leaflets and advertising, the annual Camelia festival (showcasing the Trust's world-famous Camelia collection in the conservatory), film nights and other public events.

4. Property and infrastructure

Managing properties and collecting rent from two buildings in the grounds.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
6	6	15	150

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	96 years

Summary of grant request

THE NEED FOR THE PROJECT

The Kitchen Garden Project was established in 2005 by a group of local residents who wanted to use the unique and historic Kitchen Garden in the grounds of Chiswick House to benefit the community and in particular those people with special needs. Since that time the project has developed into a thriving social and therapeutic gardening project. Our last comprehensive audit of the project showed that between 2010 and 2013 12,254 people of all ages, backgrounds and abilities benefited from their involvement in the Kitchen Garden. We need funding to continue this work.

HOW THE WORK WILL BE DELIVERED

The kitchen garden project is delivered by William Rallison, the full time kitchen gardener and by Louise Randall part-time volunteer manager.

The core pool of committed volunteers attend sessions on Tuesdays and Thursdays between 10am and 4pm and undertake work including planting and pruning fruit trees, growing vegetables, herbs and flowers, weeding, watering, digging, composting and picking produce, teaching adults and children about gardening and growing food and assisting those who are less able to garden. Regular volunteers also man the garden on open days, selling produce and talking to the public about the garden and their work.

The kitchen garden is a sheltered and controlled environment so close attention can be given to volunteers who are particularly vulnerable. Physical or mental health difficulties are not a barrier to regular volunteering and volunteers come to us from a range of sources including health related organisations, local volunteer centres and mental health charities.

THE AIMS OF THE PROJECT

The aim of the project is to use the unique historic kitchen garden for the benefit of the local community with a focus on the most disadvantaged. It is our aim to continue to involve volunteers with depression and other mental health problems, those with visual, hearing and other physical impairments, the learning disabled, unemployed and retired people.

WHY CHGT IS THE RIGHT ORGANISATION TO DELIVER THIS WORK

The Kitchen Garden Project has been running in its current form since 2009 so it has a proven track record. All the volunteers work in the historic walled kitchen garden, parts of which date back to 1682, in the grounds of grade 1 listed Chiswick House. The historic, sheltered environment makes it a unique and perfect setting for this work.

MEETING THE CITY BRIDGE TRUST'S PROGRAMME OUTCOMES FOR IMPROVING LONDON'S ENVIRONMENT

We believe the project meets all three of the programme outcomes. Everyone who works in or visits the garden does so with the express intention of increasing their knowledge and understanding of the 'green' environment and biodiversity. We know that the project has a huge impact on the lives of those involved - this comment from a volunteer struggling with mental health problems - 'There's always something to do and just being involved and having your hands in the soil is incredibly therapeutic...it has brought me alive again'. Our 40 school sessions each year provide young people with the opportunity to increase their understanding of the benefits of growing food and nutrition.

MEETING THE TRUST'S PRINCIPLES OF GOOD PRACTICE

The project was conceived and launched by local residents and everyone involved except William and Louise are volunteers and come from Hounslow or West/South London. The volunteers are a very diverse group and represent all levels of ability and background. We are currently a very small charity with extremely limited resources as we grow our carbon footprint will become a higher priority for the Trust but please see Detailed Proposal for more information.

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

N/A

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

N/A - CHGT is a very small charity which was only recently established and as such is still developing its business/affairs.

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.

8,736 volunteer hours (24 volunteers per week doing a seven hour day) in the garden each financial year

1,200 pupils and 200 teachers from schools in West London, plus 8 specially trained volunteers taking part in school sessions - 40 sessions each financial year

7 special educational needs young people with 2 'helpers' working in the garden every Tuesday during term time - 40 sessions each financial year

1,200 members of the public on six kitchen garden open days (based on previous years) each financial year

£3,000 of produce sales (based on previous years) on open days and around the grounds each financial year

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.

Improved mental and physical health of volunteers as evidenced by repeat volunteering, anecdotal evidence and enthusiasm. We will monitor volunteer numbers and take care to supervise and support volunteers in their work so we can assess how the programme is working for them.

Obtaining employment/interviewing better as evidenced by monitoring previously unemployed volunteers' employment status and levels of confidence.

Supporting pupils curricula as evidenced by pupils enthusiasm, oversubscription for schools sessions and feedback forms received.

Training teachers to talk about plants, food and nutrition back in classrooms - information from school feedback forms.

Public attendance and enjoyment of the garden - high visitor numbers and produce sales (£3,000 plus) at Kitchen garden open days

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 Trust's principle aim is to run the house and gardens as a self-supporting estate. We are establishing an events business and fundraising department and on top of the rental income the trust receives we anticipate being able to continue the Kitchen Garden project indefinitely - it is one of our core activities.

Who will benefit?

About your beneficiaries

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

2,657

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

Several SW London (90%)

London-wide (10%)

What age group(s) will benefit?

0-15

16-24

25-44

45-64

65-74

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?

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
Staff	49,319	49,319	49,319	147,957
Costs including equipment, seeds, plants etc.	5,000	5,000	5,000	15,000
	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:	54,319	54,319	54,319	162,957

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
HLF	11,476	0	0	11,476
Pumpkin party (based on previous years)	4,000	4,000	4,000	12,000
	0	0	0	0
	0	0	0	0
TOTAL:	15,476	4,000	4,000	23,476

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
The Garfield Weston Foundation	38,843	50,319	50,319	139,481
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	38,843	50,319	50,319	139,481

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff	33,843	45,319	45,319	124,481
Costs	5,000	5,000	5,000	15,000
	0	0	0	0
	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:	38,843	50,319	50,319	139,481

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	403,740
Activities for generating funds	333,932
Investment income	8,648
Income from charitable activities	0
Other sources	0
Total Income:	746,320

Expenditure:	£
Charitable activities	517,767
Governance costs	14,808
Cost of generating funds	366,315
Other	0
Total Expenditure:	898,890
Net (deficit)/surplus:	(152,570)
Other Recognised Gains/(Losses):	
Net Movement in Funds:	(152,570)

Asset position at year end	£
Fixed assets	67,720
Investments	1,000
Net current assets	409,277
Long-term liabilities	(32,242)
*Total Assets (A):	445,755

Reserves at year end	£
Endowment funds	0
Restricted funds	85,054
Unrestricted funds	360,701
*Total Reserves (B):	445,755

*** 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?

Organisational changes

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

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	274,253	243,855	245,975
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	2012 £	2013 £	2014 £
Heritage Lottery Fund	0	85,283	28,324
Local Food Fund	35,346	71,927	17,865
Historic and Botanical Gardens Bursary	0	6,500	0
	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: **Jane Booth**

Role within **Fundraising Manager**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Kingston Environment Centre (KEC)	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Kingston	
Contact person: Ms Jean Vidler	Position: Director/ Company Secretary
Website: http://www.kingstoneco.org.uk www.kbn.uk.com	
Legal status of organisation: Charitable company	Charity, Charitable Incorporated Company or company number:-
When was your organisation established? 11/01/2011	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Improving London's Environment
Which of the programme outcome(s) does your application aim to achieve? More Londoners with a greater knowledge and understanding of the 'green' environment and biodiversity More people reporting improved wellbeing through greater use of open spaces and through growing and greening initiatives
Please describe the purpose of your funding request in one sentence. Implementing and promoting our biodiversity action plan, and enabling and activating public commitment to saving species and support initiatives linking health and environmental outcomes.
When will the funding be required? 11/01/2014
How much funding are you requesting? Year 1: £9,000 Year 2: £9,000 Year 3: £9,000 Total: £27,000

Summary of grant request

NEED

Kingston is one of the only London Boroughs without its own Biodiversity Action Plan. This resulted in the adoption of the Mayor's Biodiversity Strategy, a plan not specific to Kingston. In May 2013, we initiated the Kingston Biodiversity Network and highlighted a number of conservation concerns throughout the Borough, such as a lack of...

- a strategic plan for volunteer recruitment.
- communication between all interested parties.
- capacity to collate, interpret and utilise existing ecological data.
- current ecology surveying, leading to the destruction of habitat.
- informative material and activities for the public.

DELIVERY

We wish to employ one part time worker for three years. They will be trained and line managed by the Centre Manager of KEC with goals set through the network's Steering Group.

The Biodiversity Officer will be responsible for the successful operation of the network, strengthening and forging partnerships and relationships. They will promote and support ongoing conservation activity, encourage volunteer recruitment, and create and manage innovative projects targeting areas of need throughout the borough. The role will also entail creating and updating environmental strategies such as Habitat Action Plans, in consultation with the Kingston Councils ecology unit.

WHAT WE WILL ACHIEVE

We envisage an inclusive and vibrant network of public biodiversity champions trained and supported by our local wildlife experts and conservationists who will then conduct surveys, engage in conservation activities and recommend interventions if necessary.

WHY WE ARE THE RIGHT ORGANISATION

We are Central to Kingston and based in a centre with all required facilities including, meeting space, studio for local radio and computer/internet access. A worker would be supported by a strong voluntary presence and an established board of trustees, with the network's steering group providing direction and training opportunities.

MEETING THE IMPROVING LONDON'S ENVIRONMENT PROGRAMME OUTCOMES

The Network links people and organisations to exchange environmental knowledge but at present lacks the capacity to share this widely. Quarterly network meetings and presentations are performed to focus on Kingston's wildlife and borough updates. Meetings are attended by all local conservation groups, local ecologists and open to the general public at no cost. A worker would enable us to engage with schools, community groups and businesses to publicise the activities of the network and deliver environmental workshops, as well as encouraging more and better attended ecological surveys.

The employee will build upon existing links throughout all members of society including 'hard to reach' groups. Encouraging participation with the various food growing initiatives that KEC and Network members are already involved with, as well as conservation activities throughout the borough.

MEETING THE GOOD PRACTICE PRINCIPLES

A strong and committed volunteer work force from the local community has been pivotal to the successful operation of the Kingston Environment Centre and the Biodiversity Network thus far. KEC has been reaching out to ethnic minorities since its establishment and celebrates cultural diversity. Meetings are always held in accessible venues and designed to be welcoming to all abilities. We highly value our volunteers, supporting them with unique training opportunities, social events and hospitality.

KEC prides itself on its comprehensive and forward thinking environmental credentials, acting as a role model within the local community. We operate recycling facilities including composting, wormery and a food growing facility. The centre follows a green procurement policy, where second hand items are always preferred to new items. As a centre we continually strive to reduce our carbon footprint, through our comprehensive environment policy, not only trying to tackle our own emissions but reducing the carbon footprint of the borough.

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.

The work will complement and assist the councils work within conservation and green spaces. We hope to increase wildlife conservation and biodiversity for both the visiting and residing wildlife in the Borough. Habitat creation will improve the local environment and aesthetic value and increase positive attitude towards environmental conservation.

Allow local organisations, businesses, individuals, educational establishments and community groups to share and utilise their knowledge and skill, to ensure successful conservation practise. Influence planners and developers, landowners, garden owners and general public.

Raised awareness of environmental issues and opportunities for involvement in environmental and conservation activities. Increased interest and participation in local projects. Create new links and partnerships.

To broaden engagement in conservation. Increase species protection through creating and maintaining habitats. Monitoring species through methods such as transects and surveying. Improve the local environment through tree planting and nature reserve creation. Improve health of local people by increasing participation in activities and use of green spaces.

To add to the current knowledge base and identify trends of ecosystem health over time. Highlight areas of need and inspire organisations and individuals to increase positive environmental behaviour. Knowledge is filtered into the community and partnerships generated.

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?

One function of the post will to be to find match funding, sponsorship and develop self-funding models, in consultation with our green business advisor.

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Biodiversity Officer 2 days per week @ £10.82	7,877	7,877	7,877	23,631
Budget Expenditure	1,133	1,133	1,133	3,999
	0	0	0	0
	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:	0	0	0	0

What income has already been raised?

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

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
Biodiversity Officer	9,000	9,000	9,000	27,000
	0	0	0	0
	0	0	0	0
	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:	0	0	0	0

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	15,756
Activities for generating funds	163
Investment income	20
Income from charitable activities	600
Other sources	0
Total Income:	16,376

Expenditure:	£
Charitable activities	16,332
Governance costs	163
Cost of generating funds	25
Other	0
Total Expenditure:	16,520
Net (deficit)/surplus:	(144)
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	8098

Asset position at year end	£
Fixed assets	1,744
Investments	0
Net current assets	6,354
Long-term liabilities	0
*Total Assets (A):	8,098

Reserves at year end	£
Endowment funds	0
Restricted funds	949
Unrestricted funds	7,149
*Total Reserves (B):	8,098

*** 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?

Organisational changes

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

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
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	2012 £	2013 £	2014 £
	0	0	0
	0	0	0
	0	0	0
	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: **Jean Vidler**

Role within **Director**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Action for Stammering Children (ASC)	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Islington	
Contact person: Mrs Joanna Hunter	Position: Chair
Website: http://www.stammeringcentre.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 801171
When was your organisation established? 21/03/1989	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Improving Londoners' Mental Health
Which of the programme outcome(s) does your application aim to achieve? More children and young people receiving specialist help, resulting in improved mental health
Please describe the purpose of your funding request in one sentence. This application seeks funding to transform the lives of children and young people who stammer by providing them with an individually tailored specialist consultation.
When will the funding be required? 01/01/2015
How much funding are you requesting? Year 1: £30,000 Year 2: £30,000 Year 3: £0 Total: £60,000

Aims of your organisation:

ASC's aim is to help children and young people who stammer to overcome the challenges created by their fluency problems.

Our vision is to ensure that specialist consultations and treatment are freely available in all parts of the UK for children who stammer.

We have been supporting these specialist services for over twenty years and in the last year reached more than 2,700 children, young people and the families with many reporting that their lives have been transformed as a result.

Main activities of your organisation:

ASC is the Charity behind the Michael Palin Centre for Stammering Children (MPC). This Centre, based in London, runs the UK's largest specialist service exclusively dedicated to the assessment and treatment of children who stammer. Our aim is to enable children and young people, over two thirds of whom come from London, to overcome the challenges they face and to participate fully in society.

ASC charitably funds a specialist consultation service in the Michael Palin Centre for any children or young person aged between two and eighteen who stammer. This detailed assessment, undertaken by two expert therapists, is the cornerstone of each child's therapy programme. Without this charitable support, these children would not access the help they so desperately need. ASC also funds training of therapists to make effective services available to more children as well as research into the methods used in MPC.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	1	9	6

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?
Owned	

Summary of grant request

ASC is applying to The City Bridge Trust for the continuation of funding of £30,000 pa for two years to contribute to the annual costs of providing children and young people who stammer with a specialist consultation service to help them reach their potential and fully participate in society. ASC is the charity behind the internationally recognised Michael Palin Centre (MPC) in London. Opened in 1993, the Centre provides the UK's largest specialist service for children who stammer.

Stammering is a complex problem for which there is no simple explanation or solution. Children experience isolation, anxiety and embarrassment. A stammer has a devastating impact on a child's confidence and often results in a child being teased and bullied.

This project aims to improve Londoners' mental health with a particular focus on young Londoners who stammer. The most obvious feature of stammering is disruption to speech fluency, but for many people who stammer, the most serious aspect is often social anxiety and the impact this has on their life. Social anxiety disorder is a condition that involves intense fear of social interactions and this typically emerges in the childhood and adolescence.

The mental health needs of children who stammer were highlighted in a recent study of the young people who attend the MPC. This revealed that 36% exhibited social anxiety, a mental health condition which is much less prevalent in their fluent peers.

This project will address this issue of the mental health of children and young people who stammer by providing detailed specialist consultations, identifying factors which contribute to the problem, and resulting in a detailed individualised therapy plan which has been tailored to the child's specific needs.

Each charitably-funded specialist consultation involves the child or young person who stammers, both parents (as appropriate), their local speech and language therapist (if available) and two of the Centre's expert speech and language therapists.

The consultation consists of:

- a detailed evaluation of the child's stammering; his speech, language and social communication skills; the impact of his stammering on his mental health
- a detailed case history with both parents, eliciting information about the stammer in other contexts, as well as its development and impact on the child and the family.

Project outcomes:

1: Over 80% of children attending a consultation report that they better understand their stammer; they feel more confident about the future; they are less worried; they know more about what to do about their stammer; and they feel more hopeful that they can be helped.

2: Over 80% of parents attending a consultation report that they better understand their child's stammer; they feel more confident about the future; they are less worried; they know more about what to do about the stammer; they feel more hopeful that their child can be helped; and they feel more able to help their child.

3: Over 80% of the local speech and language therapists attending a consultation report that they are more knowledgeable and better understand stammering and the child's needs; they are more confident in managing the child's therapy and in working with the parents.

Good practice is maintained in the following ways:

- Service users' evaluations are gathered to provide information to plan the service.

- Charitable funding ensures that this service is available to any child regardless of post code, ethnicity, religion, socioeconomic status, gender and language.
- Previous service users are recruited as volunteers to share their experiences with the children at MPC
- Delivering services using telehealth reduces travel; the organisation is paper light.

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?

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.

275 specialist consultations at the Michael Palin Centre for children and young people who stammer, their parents and their local therapists (if available).

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.

Over 80% of children attending a consultation report that they better understand their stammer; they feel more confident about the future; they are less worried; they know more about what to do about their stammer; and they feel more hopeful that they can be helped.

Over 80% of parents attending a consultation report that they better understand their child's stammer; they feel more confident about the future; they are less worried; they know more about what to do and they feel more able to help their child.

Over 80% of the local speech and language therapists attending a consultation report that they are more knowledgeable and better understand stammering and the child's needs; they are more confident in managing the child's therapy and in working with the parents.

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 plan to continue funding this activity beyond the period of requested funding because the specialist consultation is the cornerstone of the work ASC supports. This will be funded by our ongoing programme of fundraising activity from foundations, individuals and events.

Who will benefit?

About your beneficiaries

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

37

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

London-wide (100%)

What age group(s) will benefit?

0-15

16-24

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%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
275 specialist consultations	220,000	220,000	0	0
	0	0	0	0
	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:	220,000	220,000	0	0

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
The Big Lottery Fund	128,400	32,100	0	0
The Band Trust	10,000	0	0	0
The Ronson Foundation	25,000	25,000	0	0
	0	0	0	0
TOTAL:	163,400	57,100	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
The Leathersellers' Company	20,000	20,000	20,000	20,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	20,000	20,000	20,000	20,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Specialist consultations (total 75)	30,000	30,000	0	60,000
	0	0	0	0
	0	0	0	0
	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:	30,000	30,000	0	60,000

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	582,698
Activities for generating funds	5,106
Investment income	5,923
Income from charitable activities	0
Other sources	0
Total Income:	593,727

Expenditure:	£
Charitable activities	453,750
Governance costs	7,776
Cost of generating funds	48,908
Other	0
Total Expenditure:	510,434
Net (deficit)/surplus:	83,293
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	83,293

Asset position at year end	£
Fixed assets	596,772
Investments	0
Net current assets	510,221
Long-term liabilities	0
*Total Assets (A):	1,106,993

Reserves at year end	£
Restricted funds	184,485
Endowment Funds	0
Unrestricted funds	922,508
*Total Reserves (B):	1,106,993

* 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:

There have been no significant changes to the organisation, structure, financial position or core activities. There have been two staff changes: a new Chief Executive Balshen Izzet starting in December 2014 and a new Support Manager starting in November 2014.

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
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	2012 £	2013 £	2014 £
The Henry Smith Charity	30,000	30,000	30,000
The Garfield Weston Trust	0	0	40,000
The Gerald Ronson Foundation	25,000	25,000	25,000
The Emily Hughes-Hallett Foundation	0	15,000	15,000
The Band Trust	10,000	10,000	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: **Joanna Hunter**

Role within **Chair of Trustees**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Metro Centre Limited	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Greenwich	
Contact person: Mr Scott Lupasko	Position: Director of Counselling and Peer Support
Website: http://www.metrocentreonline.org/	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1070582
When was your organisation established? 19/05/1992	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Improving Londoners' Mental Health
Which of the programme outcome(s) does your application aim to achieve? More children and young people receiving specialist help, resulting in improved mental health More LGBT people accessing mental health services resulting in improved mental health and reduced mental distress
Please describe the purpose of your funding request in one sentence. To fill a necessary gap by providing specialist mental health support, both clinical and non-clinical, to LGBTQ young people in London.
When will the funding be required? 01/04/2015
How much funding are you requesting? Year 1: £36,701 Year 2: £41,071 Year 3: £41,822 Total: £119,603

Aims of your organisation:

METRO believes in a world where difference is celebrated, respected and valued, where discrimination is eliminated and where optimum health and wellbeing for all is a collective goal.

We embrace difference and champion equality, and challenge others to do so too.

We promote health and wellbeing through our transformative services to anyone experiencing issues relating to gender, sexuality, diversity or identity.

We use our unique insight and our LGBT heritage & expertise to influence decision makers & to effect positive change

We work collaboratively with our staff, volunteers, users, partners, supporters and the wider public to make a difference to the lives of adults and young people.

All our work is driven by our three values of Integrity, Innovation and Insight, where we aim to learn from the work we do to identify new and better ways of working in order to stay true to our aims and our commitment to quality service provision.

Main activities of your organisation:

METRO provides services to all people experiencing issues related to sexuality, identity, gender and diversity across London, regionally and beyond. However, originally an LGBT community charity serving Greenwich and Southeast London, METRO remains firmly committed to the LGBT community and its local roots.

METRO identifies its work as taking place within five closely integrated domains. These are Mental Health, Youth, HIV, Sexual and Reproductive Health and Community Participation and Involvement.

Within these domains METRO runs counselling for LGBT people, drop-in and crisis support for LGBT people with severe mental health diagnoses, LGBT youth groups, HIV testing and support, peer support groups for a range of people including 50+ LGBT people, MSM with HIV, Africans with HIV and MSM with prostate cancer, young persons' and MSM condom distribution schemes, young persons' chlamydia screening, advice and advocacy and casework services for PLHIV as well as the LGBT community, and non-clinical one-to-one support for both young and adult LGBT people.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
20	29	6	54

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	Annual rolling

Summary of grant request

METRO is seeking funding to deliver a London-wide programme of short term counselling and group therapy for young Lesbian, Gay, Bisexual, Transgendered and Questioning (LGBTQ) people aged 16-25, and is applying under both the children and young people and the LGBT people programme outcomes.

METRO is currently beginning to analyse the data from its National Youth Chances (<http://www.youthchances.org/>) project, funded by the Big Research arm of Big Lottery. This 5-year project has conducted the largest ever survey of LGBTQ young people across England. The survey has had over 7000 responses and included questions on a range of topics, including mental health. The wider aim of the project is to identify unmet needs of LGBTQ young people, as well as to influence policy and commissioning to ensure identified needs are met suitable services.

One of the most upsetting early findings of the NYC data is in mental health. 44% of young LGBT people have thought about suicide, compared to 26% of their straight counterparts, while 52% have self-harmed and 42% sought treatment for anxiety or depression. Issues related to family and social life, where a person's LGBTQ identity is often hidden, and bullying at school (1 in 5 respondents claim to have been attacked at school) doubtless contribute to these high levels of mental ill health and distress.

These figures agree with METRO's own experience through its service delivery. METRO has delivered specialist LGBT mental health interventions since opening in 1984. These have included counselling for adults and young people, crisis and drop-in services, family and group therapy, as well as general well being groups.

Currently METRO has no mental health interventions specifically for LGBTQ young people. However, it has noticed a distinct rise in young people wanting to access its adult counselling service, because of its LGBT specificity. Though unfortunately, because the service is commissioned for adults 25+ and is running at capacity, most of these young people need to be referred to generic young people's mental health services.

Similarly, METRO's youth groups, which it has also run since its outset, are seeing an increase in young people with mental health issues who cannot participate in the groups without upsetting their dynamic. Our mental health drop-in is the logical onward referral point, but is similarly running at capacity and commissioned for adults.

There are few LGBT(Q) specific, open access mental health services in London. Current government policy favours early, generalised interventions and those few that remain are primarily for adults.

METRO's LGBTQ Young People's Mental Health and Well Being Project would seek to fill this gap. It would be based in its Vauxhall office and aim to increase the mental health and well being of LGBTQ young people across the capital. It will liaise with local authorities with the aim of advertising and linking the service to schools and other young people's services.

A part time project coordinator will recruit trained volunteer counsellors to provide individual or family therapy at either METRO's Vauxhall office or at rented counselling rooms across the capital. A weekly therapy group will also be offered at the Vauxhall space.

METRO believes its 30-year track record in providing youth and mental health services for LGBT people, as well as its current NYC project, make it the perfect charity to fill the current mental health service gap facing London's LGBTQ young people.

Moreover, the project's use of volunteer counsellors, group work that will be user-led and its pan-London scope make it in line with City Bridge's 'Principles of Good Practice'. In line with all METRO services, the project will also adhere to METRO's Environmental Policy.

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? **No**

What Quality Marks does your organisation currently hold?

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.

10 volunteer counsellors recruited and maintained over 3-year course of project. 10 is the target number to be maintained, so it is expected that over the course of the project 20 will be recruited due to individuals moving on. a 1-year commitment will be asked of each volunteer counsellor.

1400 hours of short term counselling provided to young LGBTQ people across London. This is based on a 3 client per counsellor maximum capacity, with project start-up time and individual assessment time factored in. Each young person will be offered 12 hours of counselling, excluding assessment.

350 hours of short term family counselling provided to young LGBTQ people and their families. This is based on a 3 client per counsellor maximum capacity, with project start-up time and individual assessment time factored in. Each family will be offered 12 hours of counselling, excluding assessment.

120 sessions of group therapy. This is based on weekly sessions, 48 annually with start-up time factored in. Participants would enter group at the understanding of participating for 12 sessions. Some participants will be allowed to enter the group after receiving 1-to-1 counselling.

180 LGBTQ young people will be assessed by the project coordinator over 3 years.

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.

Clients receiving short term counselling will have improved mental health and lowered anxiety. This will be measured using the Clinical Outcomes in Routine Evaluation (CORE) system of evaluation. Clients will show an average improvement rate of 75%.

Young LGBT people receiving counselling with family members will have improved mental health and lowered anxiety. This will be measured using the Clinical Outcomes in Routine Evaluation (CORE) system of evaluation. Clients will show an average improvement rate of 75%.

Clients undertaking group therapy will have improved mental health and lowered anxiety. This will be measured using the Clinical Outcomes in Routine Evaluation (CORE) system of evaluation. Clients will show an average improvement rate of 75%.

Clients using the service will show raised self-esteem and confidence with respect to their LGBTQ identity. This will be measure by METRO's BASK Inventory, a bespoke tool measuring changes in behaviour, attitude, skills and knowledge. An average improvement rate of 20% across each BASK domain will be shown.

Acknowledged need for and sustained funding of LGBTQ young people's mental health and well being interventions in London.

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?

Part of the work of this project is to raise awareness of the need for specialist mental health support for young LGBTQ people in London. It is thus an aim of the project to secure funding from Local Authorities to continue this work after the City Bridge Trust funding period.

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?

London-wide (100%)

What age group(s) will benefit?

0-15

16-24

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?

31-40%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff (including NI and pensions)	23,510	24,161	24,802	72,473
Room rental	4,000	8,500	8,500	21,000
IT and communications	1,000	400	400	1,800
Recruitment	500	0	0	500
Clinical supervision	1,200	2,000	2,000	5,200
Promotions/Stationery/Misc. office costs	2,000	1,200	1,200	4,400
Expenses (staff and volunteer)	500	700	700	1,900
Management and on-costs	4,000	4,110	4,220	12,330
	0	0	0	0
TOTAL:	36,710	41,071	41,822	119,603

What income has already been raised?

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

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
Staff (including NI and pensions)	23,510	24,161	24,802	72,473
Room rental	4,000	8,500	8,500	21,000
IT and communications	1,000	400	400	1,800
Recruitment	500	0	0	500
Clinical supervision	1,200	2,000	2,000	5,200
Promotions/Stationery/Misc. office costs	2,000	1,200	1,200	4,400
Expenses (volunteer and staff)	500	700	700	1,900
Management and on-costs	4,000	4,110	4,220	12,330
	0	0	0	0
TOTAL:	36,710	41,071	41,822	119,603

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	10,965
Activities for generating funds	1,120
Investment income	215
Income from charitable activities	2,424,947
Other sources	0
Total Income:	2,437,247

Expenditure:	£
Charitable activities	2,423,713
Governance costs	36,812
Cost of generating funds	0
Other	0
Total Expenditure:	2,460,525
Net (deficit)/surplus:	(23,278)
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	34,093
Investments	0
Net current assets	265,315
Long-term liabilities	20,000
*Total Assets (A):	

Reserves at year end	£
Endowment funds	0
Restricted funds	19,596
Unrestricted funds	259,812
*Total Reserves (B):	279,408

*** 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?
91/100%

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.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	159,621	87,000	180,941
London Councils	0	0	0
Health Authorities	1,572,978	1,373,001	1,358,064
Central Government departments	0	359,623	0
Other statutory bodies	776,178	741,350	617,149

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	2012 £	2013 £	2014 £
Comic Relief	32,267	38,555	19,443
Kings Fund	61,971	25,669	0
Trust For London	0	11,250	22,500
Terrence Higgins Trust	30,000	30,000	39,920
The Tides Foundation	0	15,335	17,433

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: **Scott Lupasko**

Role within **Director of Counseling and Peer Support Services**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: National Association for People Abused in Childhood (NAPAC)	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Lambeth	
Contact person: Mrs Anne Molyneux	Position: Fundraising Manager
Website: http://www.napac.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1069802
When was your organisation established? 29/05/1998	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Improving Londoners' Mental Health
Which of the programme outcome(s) does your application aim to achieve? More LGBT people accessing mental health services resulting in improved mental health and reduced mental distress More LGBT people accessing mental health services resulting in improved mental health and reduced mental distress
Please describe the purpose of your funding request in one sentence. To set up six Support Groups across London for adult survivors of childhood abuse.
When will the funding be required? 03/11/2014
How much funding are you requesting? Year 1: £10,028 Year 2: £10,228 Year 3: £10,428 Total: £30,684

Aims of your organisation:

To promote relief and support to people who have experienced abuse in childhood and to those effected by abuse and to advance the education of the public and the relevant professions with regard to child abuse including the emotional and psychological consequences resulting from any form of abuse or neglect in childhood.

Main activities of your organisation:

NAPAC is a unique charity carrying out vital work in helping people come to terms with what happened in their childhood and build happier and more fulfilled lives. We do this by:

1. Operating a free volunteer- manned telephone support line, providing emotional support, information and signposting for survivors of childhood abuse.
2. Providing a rich source of information and shared experience through our website / email service
3. Running support groups offering structured group therapy for participants across a unique 12 session trauma recovery based programme of proven measurable effectiveness.
4. Training others who have contact with survivors, to help them respond better to their needs.
5. The publications of materials and information to support survivors of childhood abuse.
6. The raising of public awareness of the continuing impact and emotional legacy of childhood abuse.
7. Participation and representation at seminars / conferences related to alleviation of the impact on adults struggling with the long-term consequences of childhood abuse.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
5	2	7	60

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	Five Years

Summary of grant request

The NAPAC Freephone Telephone Support Line was launched in 2002 and callers receive a 30 minute supportive listening service as a stepping stone and signpost to locally - available services including counselling and support groups.

In July 2011 our first Support Group was launched as a second stage of recovery and we have continued to set the groups up in London, Bury, Manchester, Liverpool and Belfast. We have also run a successful pilot Support Group Programme for survivors of childhood abuse who are currently in prison and NAPAC has been invited to continue this work in the criminal justice system.

The Support Groups are free to adult survivors of childhood abuse and operate over a programme of 12 sessions of 2+ hours per meeting, involving a maximum of 12 participants, both men and women. All types of abuse are covered, be it emotional, physical, sexual or neglect. The Groups are led by a skilled facilitator and a volunteer co-facilitator.

NAPAC recognises that most survivors would value an opportunity to share/discuss their personal situation in a group therapy programme. The Support Group can provide another method of support to meet the different needs that individual survivors might face at various points of their lives. The feedback from participants has been very positive:

' When I called the Support Line I was so isolated and very distressed but once I spoke to someone at NAPAC I felt much better about my situation. That first conversation helped me to understand that I should not feel guilty or dirty about what was done to me as a child. I called NAPAC a few weeks later to ask if there was any further help I could have and was invited to join a local Support Group. I have now finished the 12 week programme and feel so much stronger. If NAPAC had not been there for me I am sure I would now be dead. Thank you NAPAC.'

There are very few other support services for adult survivors of childhood abuse in the UK. Often very limited as to the information available as these organisations focus on certain categories such as Women's Aid / Samaritans / Victim Support / Rape Crisis. NAPAC offers support services dedicated to adults (men and women) who experienced all types of childhood abuse.

By setting up more local Support Groups we know from experience that the outputs and outcomes from this type of group therapy programme for survivors of childhood abuse improves their quality of life immensely. The high number of adults who suffer from alcohol / drug abuse, low self esteem, self harming and deep depression is often the result of not knowing how to deal with the traumatic childhood memories.

After participating in the support group programme's twelve sessions held over a twelve week period, survivors are able to have better control of their healing journey and move forward confidently. Survivors have given very positive feedback from the group therapy sessions and practitioners see the benefits of participation. The result is often a long-term reduction of prescribed drugs given which is also a benefit to society as a whole.

However NAPAC understands that some Survivors may need further long term support and we do offer a monthly support session which adds to the running costs of our Support Services.

NAPAC invests in high quality training and on-going support for staff and volunteers who work with the Support Groups to ensure best practice at all times. Regular individual personal development sessions are built into the project programmes as a safeguard when working in an emotional environment.

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Not applicable.

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

Fundraising Standards Board.

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.

In year one recruit and train six Support Group Facilitators and six Co-Facilitators.

Followed by the running of phase one x two Support Groups with 12 adult survivors of childhood abuse attending 12 weekly sessions in each programme in a

Year two set up two further Support Groups in a different location of London - 12 adult survivors attending 12 weekly sessions

Year three set up two further Support Groups in another London location for 12 adult survivors attending 12 weekly sessions.

Review programme / evaluate outputs and outcomes in readiness for the continuation of the Support Group Therapy Programme across London for adults abused in childhood as a second stage support service.

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.

By attending the Support Group Therapy Programme, Adult Survivors of Childhood Abuse are able to share experiences, come to terms with what happened and build happier and more fulfilled lives. This will help to rebuild their shattered lives.

The participants will be able to gain the much needed emotional support which will help to reduce the feeling of isolation and low self-esteem.

The long-term consequences such as : depression, eating disorders, drug/alcohol abuse, self harm etc. which survivors of childhood abuse often suffer, can be addressed through these group sessions and practitioners have noted the subsequent improvement at the end of the 12 week programme.

The majority of participants have informed NAPAC that following the Support Group Therapy sessions they have felt more positive about personal relationships and have noticed an improvement in their confidence in the work place.

Practitioners have informed NAPAC that there is a noticeable reduction of prescribed medication following attendance of the 12 week Support Group sessions. Which is very good for the individual and offsets the soaring costs to the National Health Service.

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?

NAPAC has just set out on its new 2014 - 2019 Business Plan to further develop support services for adult survivors of childhood abuse. A robust Fundraising Programme is in place which will generate new income streams as well as on-going community fundraising for these Support Groups.

Who will benefit?

About your beneficiaries

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

24

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

London-wide (100%)

What age group(s) will benefit?

16-24

25-44

45-64

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

White (including English/ Welsh/ Scottish/ Northern Irish/ British; Irish; Gypsy, Traveller or Irish Traveller; Any other White background)

Mixed/ Multiple ethnic groups (including White and Black Caribbean; White and Black African; White and Asian; Any other Mixed/ Multiple ethnic background)

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

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
Lead Facilitators costs x two groups	4,400	4,500	4,600	13,500
Co-Facilitators costs x two groups	960	1,000	1,040	3,000
Ongoing support expenses	1,100	1,125	1,150	3,375
Room-Hire x two groups	2,700	2,725	2,750	8,175
Materials	140	140	140	420
Refreshments	144	144	144	432
Retainer for back up Facilitator x two groups	360	400	440	1,200
6 Booklets for each attendee	144	144	144	432
Handouts and Evaluation paperwork	24	24	24	72
TOTAL:	9,972	10,202	10,432	30,606

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
None secured to date	0	0	0	0
	0	0	0	0
	0	0	0	0
	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
Zurich Community Foundation	5,000	5,200	5,400	15,600
The Henry Smith Charity (pending first stage)	10,000	10,400	10,800	31,200
	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
Lead Facilitators costs x two groups	4,400	4,500	4,600	13,500
Co-Facilitators costs x two groups	960	1,000	1,140	3,000
Ongoing Support expenses	1,100	1,125	1,150	3,375
Room Hire x two groups	2,700	2,725	2,750	8,175
Materials	140	140	140	420
Refreshments	144	144	144	432
Retainer for back-up Facilitator x two groups	360	400	440	1,200
6 Booklets for each attendee	144	144	144	432
Handouts and Evaluation paperwork	24	24	24	72
TOTAL:	9,972	10,202	10,432	30,606

Finance details

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

Financial year ended:	Month: May	Year: 2013
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Income received from:	£
Voluntary income	333,582
Activities for generating funds	0
Investment income	1,737
Income from charitable activities	0
Other sources	0
Total Income:	335,319

Expenditure:	£
Charitable activities	331,754
Governance costs	2,131
Cost of generating funds	10,175
Other	0
Total Expenditure:	344,060
Net (deficit)/surplus:	-8,741
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	2,493

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	280,428
Long-term liabilities	0
*Total Assets (A):	280,428

Reserves at year end	£
Restricted funds	37,939
Endowment Funds	0
Unrestricted funds	242,489
*Total Reserves (B):	280,428

* 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:

None

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
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	2012 £	2013 £	2014 £
Big Lottery	68,000	68,000	68,000
LloydsTSB Bank Foundation	14,000	14,000	0
Bodyshop Foundation	15,000	15,000	0
Atlantic Trading	0	25,000	25,000
The BigO Charitable Trust	20,000	20,000	20,000

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: **Anne Molyneux**

Role within **Fundraising Manager**
Organisation:

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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Shepherds Bush Families Project & Childrens Centre	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Hammersmith & Fulham	
Contact person: Ms Tina Mayers	Position: C&YP Co-ordinator - Project Co-Manager
Website: http://www.shepherdsbushfamiliesproject.org/	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1080495
When was your organisation established? 01/02/1988	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Improving Londoners' Mental Health
Which of the programme outcome(s) does your application aim to achieve? More refugee and asylum seekers experiencing trauma, grief and loss accessing mental health services resulting in improved mental health More children and young people receiving specialist help, resulting in improved mental health
Please describe the purpose of your funding request in one sentence. First contact therapeutic and practical support in a drop-in and appointments for impoverished and marginalised families in need in Shepherds Bush, West London
When will the funding be required? 01/12/2014
How much funding are you requesting? Year 1: £33,742 Year 2: £33,742 Year 3: £0 Total: £67,484

Aims of your organisation:

SBFP&CC supports families who are homeless or have unmet housing needs and suffer social, economic hardship. We aim to give them better control over, and more choices in their lives so that the parents, children and young people can participate in society and live happier and more fulfilling lives.

Specifically we:

- Enable families to achieve greater independence and autonomy in their lives.
- Strengthen and improve family functioning and relating and improve mental health
- Raise the profile of family homelessness in the public domain
- Improve the life chances of children and young people through supportive, supplementary education
- Provide families with education, training, volunteering, employment opportunities through our own initiatives and signposting on to others
- Enable mutually supportive networks to grow among families
- Link the resources of the community with the needs of our service users in a joined up and forward thinking way

Main activities of your organisation:

Immediate Crisis Intervention: Our project staff and volunteers are on hand when our centre is open as a first point of contact for impoverished and vulnerable families facing problems or crises.

Parent & Child Drop In: Our parent and child work is at the heart of our project. We run a vibrant, warm, friendly and very welcoming drop-in centre, where families in housing need can come for support

1:1 Social Work Support and Advice: Confidential advice, support and assistance includes on-site sessions, outreach to vulnerable, isolated families who cannot, for a number of reasons, access our services

1:1 Therapeutic Work and Group Therapy: We provide an in house counselling service for individuals who are experiencing depression and anxiety, which is often exacerbated by their poor living conditions and financial stress

Pre-school provision: an Ofsted registered provision which is an opportunity for children to learn through play in a safe, stimulating and welcoming environment.

After School Club & Holiday provision:

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	3	7	12

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	10 years

Summary of grant request

We are seeking funding over two years for our therapeutic and family counselling project and a contribution towards core management and running costs.

Many parents and families come to our centre looking for immediate help with day-to-day problems and childcare and respite. We provide a range of facilities for them such as a fully stocked kitchen, laundry, computer room & families centre. Our child support includes pre-school, an after school club and school holiday provision. The families we work with have little or no funds, many are refugees/asylum seekers and have no recourse to public services or funds and these facilities are a life line for them. Without us they would not have essential local support that they can access.

The parents that come to us for child care and essential facilities often have many other challenges and crises in their lives that need immediate attention. Due to poor English, lack of confidence, lack of knowledge and a lack of family and friends many do not have anyone else to turn to. We offer them a sanctuary where they can make friends, receive initial crisis intervention through advice and counselling and be supported onwards to external providers through our comprehensive signposting and referral networks. Sometimes it takes many months or even years for our service users to divulge certain problems or challenges in their lives. It is only through out longer term support and relationship building that these issues can begin to be addressed.

We deliver the therapeutic work through a qualified family counselling worker, who will be employed on a sessional basis. The worker has been involved in the project for over 20 years and has unparalleled experience of helping families in the area overcome traumas and crises in their lives. Getting parents in acute need (and at immediate risk) into therapy, locally, in as short amount of time as possible is vital to prevent situations escalating out of control, which not only results in the individuals lives spiraling out of control but also places more pressure and costs on public health and social services when they are forced to become involved.

We aim to ensure that families in need of therapy are able to come to us to start their journey towards life improvement and finding solutions to the problems they face. Our work will ensure that some of the most marginalised families in West London do not slip through the gaps in welfare and social provision. We are best able to deliver this as we have over 25 years of working in the area from our centre which is well known to local residents, charities and agencies in the area with core staff having decades of experience and local knowledge. We have developed networks to ensure that the work we do is built upon by others, where needed, as well as offering volunteering and peer support roles so that those who have benefited and able can give back to their local community. We foster a climate of local resilience through a sustainable community charity model.

Our service users are mostly from BME communities and 90% of them are refugees and asylum seekers. Our project strongly fits with the Trust Outcomes we are applying under by working with refugees and asylum seekers who do not have access to statutory provision and by dramatically improving access for BME communities needing therapeutic support.

SBFP is shaped by the needs and challenges that our service users face (co-produced model) and where possible we listen to the solutions they propose, as well as supporting those that can to deliver peer support.

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

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.

Immediate drop-in support and crisis intervention. During opening hours families can come to us to discuss the problems they are having and challenges they face, with staff members and a trained counsellor (if available)

One on one Counselling and therapy sessions with no set limits and constrained only by capacity rather than arbitrary rules with the aim of working through issues to a suitable resolution

Group therapy supported by peer support workers to not only offer a place to share problems and how they can be overcome but also to foster friendships and build up a community support capacity. A lot of our work is a seed that creates networks where parents help each other

Comprehensive sign posting on to other supporting services. We hand-hold our service users to ensure that they can gain access to services that they are entitled to and that may assist them. Often we take care of form filling and first contact to ease the process

Local families will have access to the facilities of our centre such as a fully equipped kitchen, laundry, computer room and play facilities for children and young people. We also supplement meagre incomes with small gifts of luxury foods and toys/games at times for extremely impoverished families and their children

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.

Local families experiencing hardships and mental health issues will have local access to support services

Local families experiencing hardships will have access to essential cooking, washing, computer and play facilities

Timely intervention will prevent crises from escalating and will ensure that harm is minimised and pressure on statutory services is alleviated

Long term fostering relationships are built both with professionals and other service users through a co-production model

The local community will become better equipped to deal with day-to-day and longer term challenges and will be better connected and more resilient as a result

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 plan to keep sessional counselling sessions available for families in need of immediate support, however we envisage being able to partly fund this work through increased revenue from corporate income and self generated income from out child support services. Also, we will require less core funding moving forward as a result

Who will benefit?

About your beneficiaries

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

250

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

Hammersmith & Fulham (80%)

Kensington & Chelsea (20%)

What age group(s) will benefit?

0-15

16-24

25-44

45-64

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?

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
Overhead and support costs for the therapeutic work	18,000	18,000	0	36,000
Project Manager Salary 2/5 (Full cost recovery)	15,200	15,200	0	30,400
Family Counsellor @ 25 hrs/pw over 48 weeks	26,904	26,904	0	53,808
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	60,104	60,104	0	120,208

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
London Borough Hammersmith & Fulham 3SIF Tbc	11,000	11,000	0	0
	0	0	0	0
	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
Henry Smith Charity for core costs	10,000	10,000	0	20,000
Big Lottery Reaching Communities (therapy and core work)	25,000	25,000	25,000	75,000
	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
Family Counsellor @ 15 hrs/pw over 48 weeks	16,142	16,142	0	32,284
Project Manager Salary Contribution (1/5) Full cost recovery	7,600	7,600	0	15,200
Core costs contribution - sessional work, overhead etc.	10,000	10,000	0	20,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	33,742	33,742	0	67,484

Finance details

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

Financial year ended:	Month: March	Year: 2013
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Income received from:	£
Voluntary income	213,420
Activities for generating funds	0
Investment income	11
Income from charitable activities	0
Other sources	0
Total Income:	213,431

Expenditure:	£
Charitable activities	206,394
Governance costs	3,157
Cost of generating funds	11,419
Other	31,186
Total Expenditure:	252,156
Net (deficit)/surplus:	-38,725
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	67,982

Asset position at year end	£
Fixed assets	50,781
Investments	0
Net current assets	35,586
Long-term liabilities	6,329
*Total Assets (A):	64,843

Reserves at year end	£
Restricted funds	24,181
Endowment Funds	0
Unrestricted funds	5,076
*Total Reserves (B):	29,257

* 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?
11-20%

Organisational changes

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

Following a comprehensive review and restructure, described previously, we are looking to end the year with a small surplus, (£20,000 est.) which will be used to build up our reserves towards an initial target of 3 months.

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	124,781	20,000	11,556
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	2012 £	2013 £	2014 £
Tudor Trust	100,000	54,700	38,000
Children in Need	23,544	24,495	23,046
John Lyons Charity	20,000	20,000	25,000
Hammersmith United	0	22,500	16,666
Garfield Weston	20,000	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: **Tina Mayers**

Role within **Manager (CEO equivalent)**
Organisation:



REQUEST: City Bridge Trust				
SBFP Family Counselling/Therapeutic Social work	Year 1	Year 2	Year 3	Totals
Therapeutic Social worker/family counsellor 15hrs @ £25.00 per hr over 48 weeks	£18,000	18,270	18,274.05	£ 54,544.05
Project Manager Salary Contribution 2 hr per week @ £22.41 x 52 weeks	£ 2,331	£2,375.00	2,411	£ 7,116.26
NB:Core Costs of service, 20% of overall organisation costs	£11,146.00	£11,480.00	£11,825.50	£ 34,451.50
TOTAL	£ 31,476.64	32,125.0	32,510.51	£ 96,112.15

NB: The core costs relate to 10% of the overall costs of the organisation as shown in core cost document. This is based on the fact that the new Therapeutic sessions will be approximately 10% of all activities delivered at SBFP.

Shepherds Bush Families Project & Children's Centre Reserves Policy

We aim to have 3 months reserves, a total of £60,000 within 5 years.

Trustees and managers will be aiming to raise significant unrestricted funds to in order to allow us to build our reserves by £12,000 a year on year. We currently have £10,000 in reserve.

We aim to raise these funds via applications for core costs and by building on the links we have, and forging new ones, with local companies Businesses and individuals.

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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Action on Disability	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Hammersmith & Fulham	
Contact person: Ms Sarah Robinson	Position: Fundraising Manager
Website: http://www.actionondisability.org.uk	
Legal status of organisation: First Contact CHARITY	Charity, Charitable Incorporated Company or company number: 1091518
When was your organisation established? 01/09/1979	

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? Work enabling disabled people of all ages to live independently Services helping people with a newly acquired or diagnosed disability to maintain choice and control in their lives
Please describe the purpose of your funding request in one sentence. 21st Century Citizens - a peer support project to equip disabled people with the skills, resilience and contacts to challenge the barriers they face.
When will the funding be required? 01/12/2014
How much funding are you requesting? Year 1: £43,221 Year 2: £40,039 Year 3: £40,830 Total: £124,090

Aims of your organisation:

To create a life beyond barriers for disabled people:
 To promote equality of opportunity, choice and independence by removing physical, social and attitudinal barriers to integration within the community for people who have a physical or sensory impairment or learning difficulty, or who experience mental health difficulties, through the encouragement and development of education, training, facilities for recreation, employment based on the ethos of independent living and who reside, work or are undergoing educational or vocational training in, but not exclusively, the Borough of Hammersmith & Fulham.

Main activities of your organisation:

Employment -- Internships and job coaching / job carving for 16-24 year olds. We work with a small cohort identifying their skills and aspirations bypassing inaccessible recruitment procedures.
 Youth Service -- leisure and educational activities for 11 to 25 year olds. A comprehensive service focussing on supporting disabled young people to achieve age appropriate independence and giving them the same opportunities for fun and socialising as non-disabled young people.
 Independent Living Service We support disabled people in LBHF and Westminster to access mainstream services through Peer Support.
 Welfare Benefits Advice -- from form filling to representation at tribunals.
 Advocacy -- ensuring that people's voices are heard and listened to.
 Information, advice and guidance by phone and drop in
 Volunteers support -- 20 people per year are given a structured volunteer programme
 Loyalty Card -- local businesses provide a discount to our members in local shops, pubs etc.
 200 accessible local businesses are signed up to the scheme.
 Campaigning and influencing

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
18	8	8	16

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	1 year, then 5 at another site

Summary of grant request

Need

There is robust evidence of a strong correlation between disability and poverty. Many disabled people experience exclusion from daily life. They are isolated, lack access to community activities, the internet and are cut off from services and opportunities that most of us take for granted.

Disabled people have asked us for a variety of services over the last few years including:

- befriending
- small scale services such as shopping and household tasks
- low level advocacy/legal support/letter writing
- IT help in the home

Many local disabled people want more social interaction, lack confidence to challenge poor access or services and feel excluded from IT and the internet. We have piloted several approaches to tackling these problems this project is the culmination of this work.

The project will be delivered through several peer-led courses, peer support groups and social activities. The emphasis will be on building the skills and resilience of disabled people to overcome barriers on their own or together.

Courses:

- Knowing your rights
- Digital inclusion

We will facilitate:

- Peer Support groups including interest or activity groups, such as knitting or swimming and common experience groups, such as coping with pain.
- Bi-monthly social activities in a range of venues within and beyond.

Both these activities will be peer led - the groups and activities will be chosen by participants and facilitated by them.

The project will achieve:

- Increase disabled people's confidence, knowledge and skills to challenge poor access and discrimination.
- Increase disabled people's access to mainstream activities online.
- Decrease disabled people's isolation and loneliness.
- Increase disabled people's self esteem by encouraging them to see themselves as active members of society and making a contribution to the community.
- Increase people's health and well being by supporting them to manage their own health better

Why AoD?

Action on Disability is a user led organisation with independence at the heart of its mission. We have become increasingly concerned about the risk of building a dependency on AoD. We are refocusing our work on ensuring disabled people have the skills and confidence to take control of their lives. AoD has been campaigning and delivering services for 35 years. We have a strong track record of delivering large and small scale projects, fostering the skills of disabled people and influencing change.

This project will meet two of City Bridge's programme outcomes for Making London more Inclusive:

- work enabling disabled people of all ages to live independently
- services helping people with a newly acquired or diagnosed disability to maintain choice and control in their lives

Principles of good practice

This project is driven by requests from disabled people, we have involved them at all levels of planning and designing the programme. We will create a reference group of participants to ensure they are involved in the management and running of the service.

We welcome people from all backgrounds and value diversity. Our diversity policy is a living policy that influences everything we do. Our staff, volunteers and trustees are diverse

All volunteers have a Role Description and Agreement and have regular reviews with their managers.

All volunteers get Disability Equality Training and on the job training for their role. We report on their contribution in our accounts and have a celebratory lunch for volunteers every year.

We regularly review our environmental practice and seek to reduce our energy and consumables usage. We are moving next year from the Victorian building we occupy (but have little control over) to two newly refurbished buildings with much lower carbon footprints.

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? **No**

What Quality Marks does your organisation currently hold?

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.

Short term training programme for disabled adults in: disability history, the Equalities Act and its implications for disabled people, techniques for asserting your rights. There will be opportunities for people to share their experience and role play situations.

Digital inclusion sessions - teach all participants basic IT skills over an 8-12 week period focussing on IT in everyday life: shopping, contacting the council, making complaints, responding to consultations, keeping in touch with family and friends, joining campaigns

Monthly social activities. Including social events arranged a public venues such as cafes, pubs, libraries and visits to pre-existing events and venues such as theatres, museums and conventions.

Facilitate peer led social groups such as knitting circle, reading group, swimming group, health group.

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.

To increase people's knowledge of their rights and the confidence to apply them.

To increase people's skills in the use of digital technology and the confidence to engage with online facilities.

To increase people's awareness of what is available and the motivation to get involved.

Increase disabled people's self esteem so they see themselves as active, contributing members of society.

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 plan to review the outcomes for individuals and the overall success of the project in year two and (if positive) write a plan for successful elements of the work. Including options to extend to the Tri-borough area targeting local authorities and local trusts, Reaching Communities and other national grant making bodies.

Who will benefit?

About your beneficiaries

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

40

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

Hammersmith & Fulham (80%)

Kensington & Chelsea (10%)

Westminster (5%)

Ealing (5%)

What age group(s) will benefit?

25-44

45-64

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?

91-100%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff costs inc NI pension and recruitment	30,973	31,184	31,808	93,565
Tablets for IT training	1,800	500	500	7,200
Telephone, photocopying and printing	669	683	696	2,048
Programme costs & materials	400	400	408	1,208
Participant and volunteer training	2,550	306	312	3,168
Room and venue hire	500	510	520	1,530
Staff and volunteer travel costs	950	969	988	2,907
On costs including insurance and rent	2,061	2,103	2,145	6,309
Management costs	3,318	3,384	3,452	10,153
TOTAL:	43,221	40,039	40,830	124,090

What income has already been raised?

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

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Dr Edward Bishop Kings	1,800	500	500	7,200
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	1,800	500	500	7,200

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff costs inc NI pension and recruitment	30,973	31,184	31,808	93,565
Telephone, photocopying and printing	669	683	696	2,048
Programme costs and materials	400	400	408	1,208
Participant and volunteer training	2,550	306	312	3,168
Room and venue hire	500	510	520	1,530
Staff and volunteer travel costs	950	969	988	2,907
On costs including insurance and rent	2,061	2,103	2,145	6,309
Management costs	3,318	3,384	3,452	10,153
	0	0	0	0
TOTAL:	41,421	39,539	40,330	121,290

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	1,913
Activities for generating funds	13,927
Investment income	96
Income from charitable activities	1,108,211
Other sources	98,083
Total Income:	1,222,230

Expenditure:	£
Charitable activities	1,240,591
Governance costs	2,290
Cost of generating funds	28,808
Other	0
Total Expenditure:	1,271,689
Net (deficit)/surplus:	(49,459)
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	(49,459)

Asset position at year end	£
Fixed assets	1,916
Investments	0
Net current assets	198,625
Long-term liabilities	0
*Total Assets (A):	200,541

Reserves at year end	£
Endowment funds	62,140
Restricted funds	0
Unrestricted funds	138,401
*Total Reserves (B):	200,541

* 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?
21-30%

Organisational changes

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

We have changed our name from HAFAD (Hammersmith & Fulham Action on Disability) to Action on Disability to reflect our much wider area of operation.

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	881,882	753,988	834,884
London Councils	0	0	0
Health Authorities	27,750	27,750	0
Central Government departments	12,900	172,087	16,723
Other statutory bodies	0	0	47,530

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	2012 £	2013 £	2014 £
Trust for london	0	0	30,000
Big lottery	18,762	177,328	96,354
John Lyons	9,000	36,000	36,000
Henry Smith	0	0	10,000
Youth Music	0	0	21,654

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: **Sarah Robinson**

Role within **Fundraising Manager**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Frenford Clubs	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Redbridge	
Contact person: Mr Neal Akhtar	Position: Fundraiser
Website: http://www.frenfordclubs.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 270142
When was your organisation established? 12/10/1928	

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. We seek funding for a Programme Development Officer responsible for creating, developing, running and monitoring activities for disabled people and isolated groups.
When will the funding be required? 01/11/2014
How much funding are you requesting? Year 1: £22,000 Year 2: £22,500 Year 3: £23,000 Total: £67,500

Aims of your organisation:

Frenford aims to be a leading provider of youth and community services in the London borough of Redbridge and Essex. The club has been at the forefront of youth development since 1928 changing and evolving over the years to a service that provides purposeful activities to young people and those who are deprived within the borough and surrounding areas. Since 1928 Frenford has been fortunate enough to expand and now offer sporting, social and educational projects to young people, those with disabilities and the elderly.

Main activities of your organisation:

Frenford are a local youth charity working in the London Borough of Redbridge, operating since 1928. We run developmental sporting projects and other activities for disadvantaged young people, so that they can become productive members of society. Our main work is to help young people and children in poverty, affected by crime and deprivation or who are disabled. Though we welcome all young people through our doors regardless of circumstance.

Frenford began life as a youth sport club, and continues to primarily utilise the power of sport as a developmental tool to help young people change their lives. We encourage our participants to have more self-esteem and self-confidence, achieving this by running projects in a variety of different activities under the guidance of qualified coaches, youth workers and partner organisations. Over the years Frenford has developed to add community programmes to our activities helping those most in need in our borough such as the elderly and those with disabilities.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	10	10	80

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	125

Summary of grant request

The club has regularly looked to support young people who are isolated due to their circumstance. We help learning disabled young people by providing a range of activities for them to express, learn and enjoy themselves. We also help physically disabled young people be more active and socially involved with others in similar situations whilst encouraging them to play sport and socialise alongside abled bodied people through "Inclusive Zone Sports".

The project looks to build upon our previous work by targeting young disabled members of our community and getting them involved in sport/ activity on a weekly basis. Achieving this by running outreach work and maintaining existing programmes for this group, we will be able to provide a range of services specifically for their needs.

Though we currently provide a number of activities for disabled young people, including art projects, multi-sport sessions and a wheelchair basketball club. Frenford has the potential to do more for this group and other isolated people in our borough, but currently lack the staff power necessary to move forward with our plans.

In 2010 we moved to a new building and facility that has seen us become further established in the London Borough of Redbridge as a place for young people to take part in sport. The facility is large and houses a full-sized sports hall (comprising of four Badminton courts) and outdoor multi surface playing areas along with playing fields. This facility with its modern facilities has the potential to become an outstanding venue for disability sport in the borough. We are just in need of the staffing power to bring the projects to fruition.

Due to the expansion at the club and the sheer amount of visitors attending regularly (last month we recorded 1500 visitors), it has been necessary for us to consider introducing a member of staff to look after those Frenford led projects where participants need more attention and care to be taken. Someone who can truly work on and discover what the needs of these groups are and structure and run appropriate programmes for them.

There is only so much that our current set up can allow as we only have 2 full-time members of staff who also have a significant number of other duties to fulfil whilst helping to run the majority of our programmes designed for abled bodied kids. Volunteers are often only available on certain days for an hour or two.

As such, it has been hard to research, develop and deliver sessions with only the club manager and trainee youth worker available to ensure the projects run smoothly. This has limited our ability to provide a wider scope of projects for those who truly need the activities like those affected by disabilities.

Having a dedicated member of staff that has a responsibility to aid the creation of, manage and run community projects for isolated groups would be incredibly beneficial. It would allow us to look at our projects more closely and help to develop new ones relevant to the needs of those in Redbridge.

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

We hold quality marks with London Youth GOLD

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.

Creation of weekly sport activities for the disabled run alongside our current programme, including outreach work. These activities will run for all disabled participants, the activities will be developed and created alongside disabled participants attending the club and with the programme development worker in charge of the projects.

Develop a disability football programme for 10 young people affected by physical disability. It has been in the clubs plans to introduce a disability section in our football programme. Due to staff commitments we have been unable to move forward with this, the development worker will take responsibility.

Recruit 40 disabled people into sport and encourage them to remain active. These participants will be new attendees to the club and we aim to have around 25 of these participants as new to playing regular sport.

Training for 20 of our volunteers and coaches to the highest standards on how to work with disabled participants. These volunteers will be a mix of both abled bodied and disabled volunteers.

Promote integration at Frenford by offering projects run both for disabled participants and able-bodied participants, (Inclusive Zone Sports).

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.

An increase in disabled participants taking part in sport. With more projects being run for disabled participants and outreach work being co-ordinated by the development worker, we foresee a significant increase in disabled participants attending our venue taking part in activities.

Those with disabilities are less isolated by having a range of programmes available to them. the programme will provided more opportunities for similar individuals to get together and take part in activity alongside one another. More self-confidence and self-esteem in our disabled participants through developmental sporting activities. Our projects are focused on helping individuals develop as people, this is especially true of the projects offered to younger participants, we look to enhance and develop the characters of those attending through developmental sports.

Integrated local community through Inclusive Zone Sports. The project will provide opportunities for disabled and able-bodied participants to take part in sport alongside one another and encourage more integration within the community.

More voluntary opportunities for disabled and abled bodied participants through the creation of new projects.

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 look to continue the post after funding ends by utilizing our balance. This will remain healthy by having additional streams of revenue, stemming from plans which are being pushed forward for completion within 2-3 years. With this additional revenue we will be able to continue to support the post.

Who will benefit?

About your beneficiaries

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

100

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

Redbridge (70%)

Newham (10%)

Barking & Dagenham (20%)

What age group(s) will benefit?

All ages

What gender will beneficiaries be?

All

What will the ethnic grouping(s) of the beneficiaries be?

A range of ethnic groups

Other ethnic group (including Arab)

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

91-100%

Finance details

Financial year ended: 31	Month: March	Year: 2014
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Income received from:	£
Voluntary income	148,115
Activities for generating funds	4,910
Investment income	153
Income from charitable activities	326,833
Other sources	
Total Income:	480,011

Expenditure:	£
Charitable activities	297,415
Governance costs	104,583(1)
Cost of generating funds	
Other	
Total Expenditure:	401,998
Net (deficit)/surplus:	78,013
Other Recognised Gains/(Losses):	
Net Movement in Funds:	78,013

Asset position at year end	£
Fixed assets	719,781
Investments	
Net current assets	380,456
Long-term liabilities	(10,000)
*Total Assets (A):	1090,237

Reserves at year end	£
Endowment funds	
Restricted funds	739,151
Unrestricted funds	351,086
*Total Reserves (B):	1,090,237

* 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? 3.3%

Organisational changes

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

Note 1: This figure is shown under "administration costs" in the externally examined accounts. We calculated costs associated with hiring sports facilities (and hence generating funds) to be £76,244 and governance costs to be £28,339 (totalling £104,583).

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	18,000	18,500	19,000	55,500
Project Costs (including equipment and programme project costs)	4,000	4,000	4,000	12,000
	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:	22,000	22,500	23,000	67,500

What income has already been raised?

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

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Big Lottery	33,500	35,000	36,500	105,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	33,500	35,000	36,500	105,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Development Worker Salary	18,000	18,500	19,000	55,500
Project Costs Contribution	4,000	4,000	4,000	12,000
	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:	22,000	22,500	23,000	67,500

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	2,250	1,125	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	2012 £	2013 £	2014 £
Four Acre Trust	30,369	23,409	0
Rank Foundation	28,000	28,000	0
Big Lottery Fund	10,000	0	0
Frenford Clubs Ltd	16,500	14,000	0
Mrs E B Wrightson Charitable Trust	4,000	4,000	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: **Neal Akhtar**

Role within **Fundraiser**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Mind in Croydon	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Croydon	
Contact person: Mr Richard Pacitti	Position: Chief Executive
Website: http://www.mindincroydon.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1073880
When was your organisation established? 09/08/1969	

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 actively taking part in the arts or sport
Please describe the purpose of your funding request in one sentence. To employ a Sports Coordinator to run a service supporting people with significant long term mental health problems to access mainstream sports activities.
When will the funding be required? 01/01/2015
How much funding are you requesting? Year 1: £52,567 Year 2: £51,052 Year 3: £51,853 Total: £155,471

Aims of your organisation:

Mind in Croydon is working to promote good mental health and it seeks to empower people to lead a full life as part of their local community.

Our aims are:

Aim 1: To promote positive mental health, resilience, recovery, independence and social inclusion.

Aim 2: To ensure the social care and practical needs, such as housing, employment, income, social contact and friendship, of people with mental health problems are met.

Aim 3: To overcome the stigma associated with mental health problems and increase understanding by the public and other organisations, including professional agencies, of the abilities and potential of people with mental health problems as well as the difficulties they face.

Aim 4: To express the views of its members on mental health issues and services.

Main activities of your organisation:

We provide a variety of practical, social and advice services for people with mental health problems, their carers and families. We offer a counselling service (480 people); we publish a guide to Croydon mental health services. Our advice line reaches over 1500 callers yearly. The advocacy service includes innovative work around parenting (753 people). Welfare Benefits service provides advice on benefits entitlement and appeals (180 people). Social Inclusion services range from a carer's service to a community hub providing a centre for social interaction, building confidence to forge relationships and follow interests in the community (210 people). Employment support service works with people to maintain and gain employment (60 people). Active Minds is an award winning service, supporting people to make and keep positive lifestyle changes (98 people). We provide specialist training to organisations in Croydon, challenging stigma around mental health and promoting mindful working environment. We run two successful charity shops, providing information hubs to the local community.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
19	21	8	77

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	5 years

Summary of grant request

Need for the project:

Many people with significant long term mental health problems would like to take part in sport, yet find it difficult to engage. 65% of mental health service users cite lack of motivation as a barrier, 63% cite lack of self-esteem and 61% cite lack of confidence. People with mental health problems have much worse physical health than the general population and this can create further barriers to taking part in sports.

Delivery method:

We will use a multi-faceted approach that overcomes the barriers that prevent people from engaging in sport. This will include:

A worker and/or a buddy working with each client to develop an individual action plan which addresses that person's sports goals, the barriers to achieving those goals, and a plan to overcome these barriers.

The worker, recruiting, training and supporting a team of volunteer buddies (many of whom will be "graduates" of the service), to support people to engage with and maintain their sporting activity(ies).

Delivering a mental health smoking cessation service.

Delivering healthy eating, "cook and taste" workshops to support people to manage their weight as obesity caused by poor diet is a barrier to people with mental health problems engaging in sport.

The worker and/or a buddy supporting the service user to discuss the care and treatment they receive from their health professional, as the side-effects of psychiatric medication (lethargy, weight gain etc) have been identified as barriers.

Aim to achieve:

We will break down the barriers faced by people with significant long term mental health problems, enabling them to access and maintain sports activities.

The right organisation:

We have 40 years' experience of delivering innovative services in the borough. We have developed strong partnerships and sound a reputation among the mental health and sporting community. Service user involvement is central to all our work and this project has been developed by listening and involving people in this application. We believe we are the only mental health charity that has adopted 'Inclusive and Active 2', a London wide strategy, with a vision of active disabled Londoners.

Meeting the programme outcome:

We will support people with mental health problems to access sports in the community by overcoming psychological and other barriers to participation created by poor health such as smoking, obesity and medication side-effects..

Meeting the principles of good practice:

Service users are involved at every level within our agency. They are Trustees/Directors of the charity, setting its values and strategy. One in four of the paid staff has experience of mental health problems and many of our volunteers are service users. Service users have highlighted the need for this project and have been involved in the writing of this funding application. Service users will be supported to make the transition from participant, to active volunteer, buddying newer joiners, to sports activity leaders.

We record data to ensure that the services we deliver reflect the local community. For example 52% of people using our services are from a broad range of BME groups. We have been successful in supporting women to take part in sports (e.g. Boxercise) that are usually thought of as being for men. We reflect a wide range of ages within our services and have good uptake from LGBT groups.

We provide regular support and supervision for volunteers and also hold regular "thank you" events which bring together volunteers from all of our activities. We are particularly keen to support service users to become volunteers as part of their journey to recovery.

We have a working environmental policy and are in the process of applying for an Eco-Audit.

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

Positive about disabled people

Inclusive & Active 2

Advocacy QPM

Mindful Employer

Investors in People

Fundraising standards board

The Mind Quality Mark. (The highest national mind quality mark)

Inclusive and Active

BACP British Association for Counselling and psychotherapy.

We are Charity Commission endorsed

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.

To provide personalised support for 150 people with significant long term mental health problems to access mainstream sports activities and maintain that activity for at least six months.

To recruit, train and support 30 volunteer buddies to support people with long term mental health problems to engage in sport and improve their health and wellbeing.

To deliver smoking cessation services to 75 people with significant long term mental health problems.

To deliver 9 healthy eating and "cook and taste" workshops to 75 people with significant long term mental health problems to support them to manage their weight and eat more healthily and thus be more able to take part in sport.

To deliver personal support to 30 people with significant long term mental health problems to enable them to discuss the care and treatment they receive from their health professional, to address the side-effects of psychiatric medication (lethargy, weight gain etc) and thus be more able to take part in sport.

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.

150 people with significant long term mental health problems will have taken part in a sporting activity and maintained that activity for at least six months, resulting in improved physical activity, reduced social isolation and improved self-esteem.

15 people with significant long term mental health problems will be involved in the running and management of sports activities.

90 people with significant long term mental health problems will report increased well-being and self-confidence as a result of taking part in sport.

25 people with significant long term mental health problems will have reduced or ceased their smoking, making it more possible for them to engage in sports activities.

25 people with significant long term mental health problems will be eating an improved diet and will be making healthy eating choices. They will be managing their weight and thus be more able to participate in sport.

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 have a good track record of accessing funding streams to develop and build on existing projects. We keep abreast of local and national funding opportunities. Service user involvement and up-skilling is key to our work, ensuring activities continue through volunteering and service user led opportunities should funding cease or reduce.

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? Croydon (100%)
What age group(s) will benefit? 16-24 25-44 45-64 65-74
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%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff Costs (one wte worker)	27,732	28,287	28,853	84,872
Staff on costs (N.I pension etc, travel training etc)	8,128	8,256	8,386	24,770
Recruitment	3,000	0	0	3,000
Volunteer travel and subsistence	1,000	1,000	1,000	3,000
Premises costs (rent, heat light insurance etc)	1,500	1,500	1,500	4,500
Office Costs (phone, stationery, postage, printing etc)	2,350	2,350	2,350	7,050
Events, publicity, sports venue & equipment hire	2,000	2,000	2,000	6,000
Independent evaluation	0	1,000	1,000	2,000
Management charge (governance, policy development, quality marks, H.R. finance, line management etc)	6,857	6,659	6,763	20,279
TOTAL:	52,567	51,052	51,853	155,471

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
n/a	0	0	0	0
	0	0	0	0
	0	0	0	0
	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
n/a	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
Staff Costs (one wte worker)	27,732	28,287	28,853	84,872
Staff on costs (N.I pension etc, travel training etc)	8,128	8,256	8,386	24,770
Recruitment	3,000	0	0	3,000
Volunteer travel and subsistence	1,000	1,000	1,000	3,000
Premises costs (rent, heat light insurance etc)	1,500	1,500	1,500	4,500
Office Costs (phone, stationery, postage, printing etc)	2,350	2,350	2,350	7,050
Events, publicity, sports venue & equipment hire	2,000	2,000	2,000	6,000
Independent evaluation	0	1,000	1,000	2,000
Management charge (governance, policy development, quality marks, H.R. finance, line management etc)	6,857	6,659	6,763	20,279
TOTAL:	52,567	51,052	51,853	155,471

Finance details

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

Financial year ended:	Month: March	Year: 2013/4
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Income received from:	£
Voluntary income	38,743
Activities for generating funds	89,038
Investment income	29,635
Income from charitable activities	1,188,866
Other sources	86,820
Total Income:	1,433,102

Expenditure:	£
Charitable activities	1,296,337
Governance costs	6,682
Cost of generating funds	11,256
Other	82,886
Total Expenditure:	1,397,161
Net (deficit)/surplus:	35,941
Other Recognised Gains/(Losses):	-27,396
Net Movement in Funds:	8,545

Asset position at year end	£
Fixed assets	1,547,624
Investments	491,002
Net current assets	374,905
Long-term liabilities	(12,500)
*Total Assets (A):	1,910,029

Reserves at year end	£
Restricted funds	299,200
Endowment Funds	0
Unrestricted funds	1,610,829
*Total Reserves (B):	1,910,029

* 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:

n/a

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	389,640	428,070	389,486
London Councils	0	0	0
Health Authorities	578,655	578,655	573,383
Central Government departments	0	50,000	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	2012 £	2013 £	2014 £
Comic Relief	76,103	92,089	100,530
Big Lottery	51,925	61,779	20,891
Trust for London	0	35,000	35,000
Maudsley Charity	0	0	18,572
	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: **Richard Pacitti**

Role within **Chief Executive**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Sutton Mencap	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Sutton	
Contact person: Mr David Hobday	Position: Director
Website: http://www.suttonmencap.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1080514
When was your organisation established? 28/01/2000	

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 Work enabling disabled people of all ages to live independently
Please describe the purpose of your funding request in one sentence. To establish a range of local, inclusive community-based activities for the benefit of young adults with a learning disability and other local people.
When will the funding be required? 01/04/2015
How much funding are you requesting? Year 1: £33,010 Year 2: £32,846 Year 3: £33,186 Total: £99,042

Aims of your organisation:

Sutton Mencap's vision is that adults and children with a learning disability should be able to lead fulfilling lives and achieve their aspirations and potential. To achieve this we work to:

- Reduce isolation and develop networks.
- Improve life skills, promote independence and enable choice and control.
- Support parents and carers.
- Raise awareness of needs and promote inclusion.

Main activities of your organisation:

We provide a wide range of services to people with a learning disability in the London Borough of Sutton, as well as their families and carers. These services are typically group-based, aimed at tackling social isolation and helping people develop skills and have fun, whilst at the same time providing parents and carers with a much needed break from their caring responsibilities. Our services include:

- After school, Saturday and holiday schemes for children and young people.
- A community day activities service, which enables adults with a learning disability to meet and organise activities together using their direct payments.
- Connect 2 friendship project which supports adults to set up small, independent friendship groups.
- A programme of leisure groups for adults including dance, drama, cooking, healthy living, discos, sporting activities or just socialising. We also provide weekend breaks for adults.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
3	60	10	6

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	8 years

Summary of grant request

Our project aims to address issues of social isolation amongst people with a learning disability through developing local integrated community activities. Our aim is to work with people to help build their social skills and confidence and develop stronger networks within their local community.

The Social Care Institute for Excellence states that "Social isolation and loneliness impact upon individuals' quality of life and wellbeing, adversely affecting health and increasing their use of health and social care services." Our project will focus specifically on younger adults, not in work, who as children would have had a statement of special educational needs but who are below the thresholds for support from adult social services. This group of people is particularly vulnerable to social isolation through no longer having school or college to provide structured opportunities for social contact.

Our project will be developed from an existing service which has helped people with a learning disability develop small scale, independent friendship groups. We will:

- Recruit 40 younger adults per year to the project.
- Work with them to identify their interests and develop a programme of support aimed at enabling their participation in community activities.
- Work with other community organisations e.g. Age UK Sutton, who will identify clients in the local area with similar interests, so that we can set up integrated activities, based primarily around arts, sports and learning.
- Set up 8 or more community activities per year based in local community venues, including cafes, libraries, community centres and sports clubs. We will work with local venues to promote greater inclusion for people with a learning disability.
- Work with participants to get the activities off the ground, then withdraw once the group can sustain the activities for themselves.
- Link participants into other support services that can benefit them, in particular local employment services.

A key focus of the project will be to develop activities close to people's homes. This reduces some of the barriers to participation, such as the need for travel training, and strengthens local community links.

Our goals for this project are as follows:

- Young adults with a learning disability have increased capacity to participate in community life, through improved social skills and greater confidence.
- Participants develop new relationships and friendships.
- Participants are linked into local services that can help them, including employment support.

We believe we are the right organisation to deliver this work. Sutton Mencap has a long track record of developing and delivering high quality services in response to needs and have successfully delivered a 3 year Friendship Project, which has supported over 120 people to set up small scale independent, shared-interest friendship groups.

The project will support the aims of making London more inclusive by working with young adults with a learning disability to take part in community life alongside other people in their local area. In particular the project will support disabled people to be more involved in arts and sports activities and to live more independently.

We believe this project meets the principles of good practice. The steering group for our existing friendship project, made up of people with a learning disability has helped us develop this new project, and will continue to support us throughout the project. Furthermore, the activities that take place will be determined by the project participants and once established will be maintained by participants in the local community acting in a voluntary capacity to support each other. The project will also focus on local delivery, primarily accessed by people on foot, which will reduce its carbon footprint.

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

We are currently undertaking PQASSO level 2 with the aim of successful completion by March 2015.

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.

Recruit 40 younger adults with a learning disability per year through our own client contacts, the local NEETs service, local colleges and schools, Sutton Parents Forum and other voluntary and community groups.

Develop 8 or more locally based activities for young adults to participate in alongside others in the community.

Work with local community venues to promote inclusion for adults with a learning disability.

Work with other community organisations to identify and develop joint activities which will benefit a range of local people vulnerable to social isolation.

Support project participants to develop links with local supported employment services.

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.

Participants report an increased sense of confidence in accessing community venues and activity groups.

Participants report that their networks and friendships have increased and that they feel more involved in their local community.

An increase in the number and range of activities taking place in local communities, and the venues being used for those activities, for the benefit of future participants and the wider community.

Project participants report stronger links with other support agencies, e.g. employment support services

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?

This project aims to promote independence amongst clients so that they won't require ongoing support from the project. If there is ongoing demand for the project from new clients we will seek funding to continue the project from other charitable sources, or if possible through future local authority contracts.

Who will benefit?

About your beneficiaries

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

40

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

Sutton (100%)

What age group(s) will benefit?

16-24

25-44

45-64

65-74

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%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Project Manager - 3 days per week (inc NI and pension)	19,929	20,140	20,352	60,421
Staff travel	300	303	306	909
Portable ICT equipment (laptop/ tablet)	500	0	0	500
Activites budget (initial set up costs)	2,000	2,020	2,040	6,060
Accomodation costs (rent, utilities, maintenance)	2,758	2,786	2,813	8,357
Administration costs (publicity, print, stationery, telephone, computer)	2,551	2,576	2,602	7,729
Management - 1/2 day per week	4,972	5,022	5,072	15,066
	0	0	0	0
TOTAL:	33,010	32,846	33,186	99,042

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	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
Esmee Fairbairn	33,010	32,846	33,186	99,042
	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
Project Manager - 3 days per week (inc NI and pension)	19,929	20,140	20,352	60,421
Staff travel	300	303	306	909
Portable ICT equipment (laptop/ tablet)	500	0	0	500
Activites budget (initial set up costs)	2,000	2,020	2,040	6,060
Accomodation costs (rent, utilities, maintenance)	2,758	2,786	2,813	8,357
Administration costs (publicity, print, stationery, telephone, computer)	2,551	2,576	2,602	7,729
Management - 1/2 day per week	4,972	5,022	5,072	15,066
	0	0	0	0
	0	0	0	0
TOTAL:	33,010	32,846	33,186	99,042

Finance details

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

Financial year ended:	Month:	Year: 2014
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Income received from:	£
Voluntary income	21,507
Activities for generating funds	34,161
Investment income	5,853
Income from charitable activities	483,846
Other sources	0
Total Income:	545,367

Expenditure:	£
Charitable activities	514,584
Governance costs	8,073
Cost of generating funds	15,831
Other	0
Total Expenditure:	538,488
Net (deficit)/surplus:	6,879
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	6,879

Asset position at year end	£
Fixed assets	58,163
Investments	135,000
Net current assets	104,204
Long-term liabilities	49,229
*Total Assets (A):	248,138

Reserves at year end	£
Restricted funds	107,958
Endowment Funds	0
Unrestricted funds	140,180
*Total Reserves (B):	248,138

* 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?
51-60%

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.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	333,812	257,334	268,662
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	2012 £	2013 £	2014 £
Big Lottery Fund	0	38,090	36,507
Sutton Community Fund	0	8,240	808
BBC Children in Need	0	4,073	4,176
Lloyds TSB	6,980	3,540	0
Zurich Community Trust	5,500	3,583	3,292

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: **David William Hobday**

Role within **Director**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Action on Elder Abuse	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Lambeth	
Contact person: Mrs. Jemina Talja	Position: Director of Fundraising
Website: http://www.elderabuse.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1140543
When was your organisation established? 01/01/1993	

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? Fewer older Londoners aged over 75 years with depression and more reporting improved well-being Older Londoners aged 75 years and over living more active and healthier lives
Please describe the purpose of your funding request in one sentence. Providing buddying support to help victims of elder abuse achieve full recovery, regain their confidence, re-join their communities and put the experienced trauma behind them.
When will the funding be required? 15/01/2015
How much funding are you requesting? Year 1: £11,900 Year 2: £14,305 Year 3: £18,213
Total: £44,418

Aims of your organisation:

We seek a society which values older people and one in which they can live free from abuse perpetrated by those in whom they have an expectation of trust. Where such abuse occurs we seek an environment in which it can be identified and addressed.

We want to facilitate actions and create circumstances that prevent abuse and to encourage timely and effective intervention to protect when abuse occurs. We want to increase awareness of abuse at an individual and societal level. By doing so we increase the ability of people to recognise, identify and take action against elder abuse; We want to increase the awareness of abuse of all those working with or having a responsibility for adults at risk of abuse. By doing so we increase the ability of practitioners and others to respond appropriately to circumstances of abuse; We want to encourage genuine empowerment, free from coercion, which allows people to make informed choices about their lives.

Main activities of your organisation:

Action on Elder Abuse is a specialist organisation focusing exclusively on issues relating to the abuse of older people. We provide direct support annually to over 15,000 elderly individuals and reach many more through our awareness raising activities and policy work. We:

- Raise awareness of elder abuse
- Educate people to recognise signs of abuse and respond accordingly
- Influence statutory bodies to provide safeguarding and better care
- Enable older people to challenge abuse and support each other through buddying programmes
- Provide helplines and practical support to actual and potential victims

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	6	12	25

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 year cycles - March 2015

Summary of grant request

Over 500,000 older people are physically, emotionally, sexually and/or financially abused in the UK. This causes severe humiliation, suffering, and emotional scars to already vulnerable people nearing the end of their lives. The victims are primarily women over the age of 70 with long-term illnesses: some of the most vulnerable people in our society.

There has been very limited focus on the long term impact elder abuse has upon its victims, or how they cope with life after the abuse. Many survivors are left emotionally and psychologically scarred and a 2013 Prevalence Study found that 76% of elder abuse survivors suffer from serious or very serious emotional and social effects, with almost 25% living with depression. These individuals need support to achieve full recovery and such support isn't currently provided by local governments or any other third sector organisations.

Our buddying approach addresses this gap in support for elder abuse survivors through a structured one-to-one peer support process that aims to facilitate full recovery from the emotional and psychological impact of abuse, empower abuse survivors to re-engage in their community and help them keep themselves safe in the future. With the early intervention of a buddy victims can be diverted from the need for adult safeguarding intervention, a possible deterioration in mental and physical health and an increased reliance on social and health care services. This matches the City Bridge Trust's programme outcomes of fewer older Londoners with depression and more reporting improved well-being and older Londoners living more active and healthier lives. Based on our pilots and trials we expect at least a 90% success rate in supported survivors reaching their goals and their targets for full recovery.

Our buddying service utilises volunteers and past abuse survivors to work as buddies. In this manner we involve older people in the management and running of the service and ensure best possible results for the victims. A clear vision for full recovery is set with each victim and the progress towards this is closely measured and monitored. Weekly one-to-one sessions will be held between the elder abuse victim and their carefully matched designated buddy. Sessions will focus on listening to the victim, assisting them in switching focus from the effects and circumstances of the abuse toward how they would like their life to develop; drawing out their strengths and positive life experiences; supporting them in setting realistic improvement goals and making choices and decisions; as well as exercises around promoting hope and confidence building.

The requested grant, with a secured Lloyds Foundation grant, would cover the development, launch and running costs of the new elder abuse survivor buddying programme in the London Boroughs of Lambeth, Southwark and Wandsworth. The new London buddying group will support approximately 80 elder abuse victims within the initial three years of activity.

Since 1993 Action on Elder Abuse has significantly influenced Government and statutory policies on elder abuse. Our definition of elder abuse was adopted by the World Health Organisation and we are recognised as experts in this field and used as consultants in major inquiries.

Over 20 years we have gained extensive knowledge on the psychology of abuse, and understanding of the limitations and challenges for victims, and the motivations and strategies of abusers. We have hosted regular consultations among elderly abuse victims in order to involve them in developing our services and find out what type of support is needed. We have trialled different delivery models of buddying support for the past seven years and have developed buddying groups in four UK locations, with a 100% success rate in meeting the set recovery goals.

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

Membership of Telephone Helplines Association

Membership of International Network for Prevention of Elder Abuse

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.

One new elder abuse victim buddying support group established for London Boroughs of Lambeth, Southwark and Wandsworth

80 elder abuse victims supported through the new buddying group. Victims are supported in reaching full recovery and leaving the experienced trauma behind them

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.

Participating elder abuse victims have reached full recovery from the emotional and psychological effects they have suffered

Participating elder abuse victims have regained their independence

Participating elder abuse victims have regained their confidence and re-integrated into their local community

Participating elder abuse victims have gained the tools and capabilities to protect themselves in the future

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?

After the initial set-up and development costs the buddying programme is very economical to maintain. Prior to the completion of funding from City Bridge Trust we will approach local community funders and companies for the project area. In addition to this we will have funds from our self generated activities available for this purpose.

Who will benefit?

About your beneficiaries

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

25

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

Lambeth (34%)

Southwark (33%)

Wandsworth (33%)

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?

71-80%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Buddying Coordinator recruitment and salary	16,993	20,391	20,799	0
Volunteer buddies recruitment, training and support	4,200	5,700	8,000	0
Set-up and running costs of buddying programme in London Boroughs of Lambeth, Southwark and Wansworth	13,600	10,769	13,943	0
Initial marketing costs for local agencies	2,500	0	0	0
Contingency	3,700	3,686	4,270	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	40,993	40,546	47,012	0

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Lloyds Foundation Invest Grant	24,093	23,241	24,799	0
Self generated income	5,000	0	0	0
	0	0	0	0
TOTAL:	29,093	23,241	24,799	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Self generated income to be earmarked towards the project	0	3,000	4,000	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
Set-up and running costs of buddying programme in London Boroughs of Lambeth, Southwark and Wansworth	11,900	10,805	14,213	0
Volunteer buddies recruitment, training and support	0	3,500	4,000	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	11,900	14,305	18,213	0

8. Finance

From your most recent audited or independently examined accounts, complete the following:

Financial year ended -

Month: **March**

Year: **2014/15**

Income received from:	£
Voluntary income	£215,645
Activities for generating funds	£6,203
Investment income	£9,037
Income from charitable activities	£55,172
Other sources	0
Total Income	£286,057

Expenditure:	£
Charitable activities	£242,422
Governance costs	£6,869
Cost of generating funds	£33,092
Other	0
Total Expenditure	£282,383
(Deficit)/surplus for the year:	£3,674

Asset position at year end	£
Fixed assets	£1,279
Investments	0
Net current assets	£61,327
Long-term liabilities	0
*Total A	£62,606

Reserves at year end	£
Endowment funds	0
Restricted funds	£29,000
Unrestricted funds	£33,606
*Total B	£62,606

* Total A and Total B must be the same and should be taken from your balance sheet

9. Statutory funding

For the financial year above, what % of your income was from statutory sources?
13%

10. Material changes

Describe any material changes to the organisation's activities, structure or financial position since the date of the most recent accounts:

- New South London Buddying Group developed in 2914/15
- Inhouse Fundraiser appointed in May 2014 and a subsequent fundraising strategy developed focusing on strengthening the organisations income streams
- 5 year Big Lottery funding secured from 2015 onwards

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
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	55,064	54,764	45,264
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	2012 £	2013 £	2014 £
Comic Relief	86,775	50,000	73,433
Headley Trust	0	29,000	29,000
Mercers Trust	5,000	0	0
A B Charitable Trust	0	0	10,000
Persula Foundation	6,000	5,000	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: **Jemina Kristiina Talja**

Role within **Director of Fundraising**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: AESOP Arts and Society Limited	
If your organisation is part of a larger organisation, what is its name? No	
In which London Borough is your organisation based? Outside London	
Contact person: Mr. Tim Joss	Position: Chair
Website: http://www.ae-sop.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1134572
When was your organisation established? 21/08/2010	

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. Pilot and evaluate a new dance-based model for preventing falls amongst older Londoners aged 75 years+ which addresses current programmes's problems and is more cost-effective.
When will the funding be required? 15/01/2015
How much funding are you requesting? Year 1: £45,887 Year 2: £0 Year 3: £0 Total: £45,887

Aims of your organisation:**Aims**

AESOP's core activities are AESOP Incubate and AESOP Connect.

- We are incubating a pipeline of arts enterprises which deliver artistic and social impact. Successful ones will be grown and taken to scale.
- AESOP Connect links us with major institutions pursuing measurable social change. They are partnering AESOP to use the arts to address specific needs.

We are focusing on three promising areas: community development, health and social care, and international development. Incubate and Connect are supported by:

- AESOP Research: developing research methodology, evidence and policy.
- AESOP Share: for engaging the public, sharing knowledge through training, consultancies and publications, and advocating changes in practice and policy.

Main activities of your organisation:**Achievements**

- Aesop 1 -- a rigorous, highly praised framework for developing and researching arts in health programmes (see www.artsinhealth-framework.org).
- Arts Enterprises in Health & Social Care Group -- an action learning set for vanguard arts organisations already being commissioned.
- The first programme to link arts activity and health economics -- a LSE partnership with DCMS funding.

Plans to September 2015

- AESOP Incubate: Dance to Health (this application).
- AESOP Connect:
 1. Local Trust/Big Local NE Hastings -- use the arts to help address challenges identified by disadvantaged communities.
 2. British Council -- create a roster of UK artists/arts producers capable of contributing to international development.
 3. Care Quality Commission -- involve the arts in CQC's challenge to get more organisations it regulates to improve from 'good' to 'outstanding'.
 4. NHS Clinical Commissioners -- programme to develop sustainable, cost-effective arts contributions to clinical commissioning.
- Aesop 2 framework (AESOP Research): to link artistic quality with social impact.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	0	4	0

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	Open-ended (a home office)

Summary of grant request

FALLS: THE NEED FOR A NEW APPROACH

A fall for someone over 75 is extremely traumatic for them and very costly for the NHS. Audits of falls prevention programmes have consistently shown: patchy provision; low take-up and high drop-outs; only 38% of services using evidence-based programmes; they are widely regarded as boring.

Yet, the two evidence-based programmes ("FaME/PSI" and "Otago") reduce falls and falls-related injuries by at least 35%. They therefore require presenting in a new way. Dance provides artistic and social qualities more likely to engage older people, encouraging them to stick with the programme and follow-up activities. Any form of dance can be used.

HOW THE WORK WILL BE DELIVERED

Dance to Health is for older people who are relatively inactive and in danger of a major fall. Groups of up to 20 will use the FaME/PSI programme as recommended by Age UK: at least 50 hours, two times a week, over six months and each session lasting 30 minutes (standing up). Sessions will be offered in an AmicusHorizon sheltered housing scheme in Lambeth and Jewish Care's Redbridge Jewish Community Centre. The two groups will be encouraged to become regular dance groups.

Choreographer Natasha Gilmore will lead on creating dances with FaME/PSI embedded in them. She will collaborate with researchers and practitioners in physiology, mental health and geriatric care to optimise the dances' outcomes.

A 'Peer Motivator' model will be used to encourage take-up and adherence: members of dance partner East London Dance's older people's dance groups will help create the dances, enabling the choreographer to explore the capabilities of older bodies. Having learnt the dances, the Peer Motivators will then teach them supported by a Dance Leader.

Events will be organised to celebrate achievements and improve self-esteem.

WHAT THE PROGRAMME WILL ACHIEVE

See the 'Differences' section below.

WHY AESOP IS THE RIGHT ORGANISATION TO DELIVER THE WORK

Tim Joss is an experienced social and cultural entrepreneur. AESOP has expert partners: East London Dance, Arts Council England-funded leader in older people's dance; two organisations expert in working with older people; Professor Dawn Skelton (designer of FaME/PSI and trainer); experts in evaluating arts and health, health economics and social enterprise.

'OLDER LONDONERS' PROGRAMME OUTCOMES

Meeting 'older Londoners aged over 75 years living more active and healthier lives'

- Dance to Health will focus on reducing older people's falls, improving strength and balance, and creating sustainable older people's dance groups.

Meeting 'fewer older Londoners aged over 75 years with depression and more reporting improved well-being':

- Dance to Health's social outcomes will be reduced isolation and regained independence. Evidence shows these contribute to improved mental health and wellbeing.

MEETING THE TRUST'S 'PRINCIPLES OF GOOD PRACTICE'

'Involve older people in the management and running of the service':

- The Peer Motivators will help create dances and run dance sessions. Participants will be involved in the dance groups taking on a life of their own.

'Welcome people from all backgrounds and value diversity':

- While Jewish Care caters for Jewish people, both it and AmicusHorizon welcome people from all backgrounds. East London Dance is highly experienced in working with diverse groups, learning about participants' cultural interests, and using many different dance styles.

Meeting 'value and support volunteers':

- The Peer Motivators will be trained and supported in delivering sessions. Participants will be supported in developing the sustainable dance groups. Both roles are vital for Dance to Health's success.

Meeting 'are taking steps to reduce your carbon footprint':

- AESOP is at an early stage and is taking its first steps to reduce its carbon footprint.

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

None

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.

The overall activity is two six month dance-for-falls-prevention pilot programmes for older people aged 75 and over - one at Redbridge Jewish Community Centre and one in sheltered housing operated by AmicusHorizon housing association in Lambeth.

Three taster sessions per pilot will provide an opportunity to introduce the Dance to Health approach and explore participants' cultural interests. Each pilot programmes will run twice weekly for 6 months (52 sessions). Each session will be 1.5 hours long, with 30 minutes extra for tea/coffee, socialising and meeting evaluators.

A set of dances created by choreographer Natasha Gilmore (expert in working with older people) which have the evidence-based falls prevention exercise programme, FaME/PSI, embedded in them.

East London Dance will plan and deliver an end-of-project sharing and celebratory event for each pilot. AESOP will organise a national end-of-project celebratory event involving all partners in pilot programmes. The audiences will consist of other older people, family members, partner organisations, funders, potential partners and funders, and the media.

An evaluation report including the Dance to Health process, outcomes for participating older people, health economics assessment (cost comparison with established falls prevention programmes and cost benefit to the NHS and social care) and pathways to older people's dance groups which are viable as small organisations and financially sustainable.

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.

A workable dance-for-falls-prevention intervention which will generate health and social welfare savings and is sustainable and scaleable. This will include options for operating the participating older people's dance groups in a financially sustainable way and the approach codified into a quality framework, handbooks and training programmes for the different contributors.

As well as reduced falls in line with the evidence, social outcomes for the participating older people (reduced isolation and regained independence) and artistic outcomes for them too (interest in dance and development of dancing ability).

Business outcomes for dance agencies: (1) improved expertise in working with older people and (2) capacity to work with non-arts agencies.

Outcomes for contributing choreographer and dance artists: (1) refinement of artistic practice to better engage a new or existing audiences and (2) emotional connection to an issue that influences the content of, or approach to their practice.

A successful programme would then: (1) continue to create older people's dance groups where there is interest; (2) identify new areas within Greater London which could host the first phase of scaling up; (3) continue to refine and improve the intervention.

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. Sustainability will be pursued through mixing public sector commissioning, use of personal budgets, members' regular subscriptions to the dance group and fundraising efforts. An appropriate social enterprise business model will be researched by the evaluation team. For scaling, a social franchise model will be tested with advice from the International Centre for Social Franchising.

Who will benefit?

About your beneficiaries

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

1,620

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

Lambeth (50%)

Redbridge (50%)

What age group(s) will benefit?

All ages

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
AESOP preparation and management	25,331	0	0	25,331
Choreographic commission for falls prevention	7,500	0	0	7,500
East London Dance: training and planning delivery	5,980	0	0	5,980
East London Dance: delivery	29,800	0	0	29,800
Performance and celebration event	6,000	0	0	6,000
Communications	6,000	0	0	6,000
Evaluation	11,376	0	0	11,376
Business modelling	2,000	0	0	2,000
Codification of practice and quality assurance	5,000	0	0	5,000
TOTAL:	98,987	0	0	98,987

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Jewish Care	35,000	0	0	35,000
AmicusHorizon housing association	15,000	0	0	15,000
Rayne Trust	3,100	0	0	3,100
	0	0	0	0
TOTAL:	53,100	0	0	53,100

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
AmicusHorizon housing association - additional support	15,000	0	0	15,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	15,000	0	0	15,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Choreographic commission for falls prevention	6,294	0	0	6,294
East London Dance: delivery	25,010	0	0	25,010
Performance and celebration event	5,036	0	0	5,036
Evaluation	9,547	0	0	9,547
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	45,887	0	0	45,887

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	18,585
Activities for generating funds	0
Investment income	0
Income from charitable activities	0
Other sources	125
Total Income:	18,710

Expenditure:	£
Charitable activities	16,950
Governance costs	900
Cost of generating funds	0
Other	0
Total Expenditure:	17,850
Net (deficit)/surplus:	860
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	34,485
Long-term liabilities	0
*Total Assets (A):	34,485

Reserves at year end	£
Restricted funds	24,349
Endowment Funds	0
Unrestricted funds	10,136
*Total Reserves (B):	34,485

* 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:

The organisation adopted a new strategic plan based on two principle objectives: incubating arts enterprises which deliver social impact; partnering major non-arts institutions to use the arts to address specific needs. Priority areas are community

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
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	2012 £	2013 £	2014 £
LankellyChase Foundation	0	25,000	13,000
Wellcome Trust	0	0	5,585
	0	0	0
	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: **Tim Joss**

Role within **Chief Executive**
Organisation:

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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Dulwich Picture Gallery	
If your organisation is part of a larger organisation, what is its name? NA	
In which London Borough is your organisation based? Southwark	
Contact person: Ms Chantelle Culshaw	Position: Director of Development
Website: http://www.dulwichpicturegallery.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1040942
When was your organisation established? 16/03/1994	

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. A multi-year grant will enable the expansion and enhancement of the Good Times: Art for Older People Programme through research, special projects and staff costs.
When will the funding be required? 02/02/2015
How much funding are you requesting? Year 1: £59,071 Year 2: £55,827 Year 3: £60,231 Total: £175,129

Aims of your organisation:

The Gallery, the world's first purpose-built public art gallery, was established more than 200 years ago because its founders believed as many people as possible should see great paintings. Today we believe the same.

We house a world-class collection of Old Master paintings in Sir John Soane's unique building allowing visitors to experience exceptional art in an intimate, welcoming setting.

We remain relevant by uniting our history with our present using innovative exhibitions, scholarship and pioneering education to change lives.

Caring for the Collection - one of our core duties is to preserve, display and interpret the collection and building, for present and future generations.

World Class Exhibitions - we unite our past with our present through an innovative exhibition programme, approaching art and artists from new angles.

Community Engagement - we engage people in the visual arts, reaching out and serving as wide a public as possible by making our activities accessible for people of all ages and abilities.

Main activities of your organisation:

Dulwich Picture Gallery serves a diverse local, national and international audience across its activities, regularly punching above its weight in the quality of what it has to offer.

Its exhibitions programme is internationally recognised and acclaimed, whether in leading the way in rediscoveries of less well-known artists or highlighting particular aspects of popular artists' work. The sheer scope of the exhibition programme has meant that the Gallery has attracted a diverse audience of art-lovers, from older people to families, Londoners and foreign visitors.

Of the 140,000 visitors to the Gallery last year, 40,000 came via the Education programmes. Our Education department actively engages people of all ages and backgrounds in the exhibitions, permanent collection, and visual arts more broadly. Whether through the award-winning Good Times: Art for Older People, which has helped combat loneliness, isolation and inertia with weekly art activities, or the Youth Engagement Programme, the Gallery is continuing its commitment to lasting and qualitative change in the community.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
63	7	11	139

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?
Owned	NA

Summary of grant request

Dulwich Picture Gallery has a well-established and highly regarded Education Department. Over three decades, it has led the way in innovative and socially responsible programmes. The Good Times: Art for Older People project is part of the Gallery's on-going determination to make life better through engagement with art, whether it is addressing school groups, inner-city youth or, in this case, the isolated and ageing local community. To date, we have effectively improved thousands of lives.

Ten years after we received The City Bridge Trust's grant to establish Good Times, we are seeking funding to expand the project in the years ahead and widen its impact by producing a Decade Review of the programme which will enrich our offer and inspire other service providers.

The work will be delivered through our Community Engagement Manager, Michelle Weiner, whose role is to plan and oversee the Gallery's social engagement programme, overseen by Gillian Wolfe CBE, Director of Learning and Public Affairs, who founded the education department in 1984. The programme involves trained teachers, artists and coordinators engaging directly with the community, providing free art workshops for more than 90 London partners, including care homes and hospices.

We hope to achieve a close, lasting relationship with this important and frequently vulnerable section of the community. The Gallery has 26 years of experience working with vulnerable people of all ages, giving us valuable experience in how to tailor a specific programme for older Londoners. Our aim is to address activities to the needs of participants and to respect each individual, with constant refinement through oral and written feedback from participants, volunteers and staff, in consultation with academic experts. In addition to a Decade Review, funding will help us introduce tailored creative projects for older adults with dementia and their carers based on our experience and research.

The Oxford Institute of Ageing's analysis concluded that Good Times was highly effective. 'It is clear that the Good Times model is one that should not be exclusive to Dulwich, but can be replicated across our museum and gallery sector bringing real benefits to our older people. The programme is not seen by the participants as a temporary intervention in their lives, but as something that has now entered their lives and is there for them whenever they want it.'

Since 1984, the Gallery's Education Department has won more than 25 national and international awards, and has extensive experience in delivering education and outreach activities. A quarter of Gallery visitors also participate in our Education programmes, a very high percentage in our sector. The Gallery is located in a culturally and economically diverse part of London, which ensures that our activities are easily accessible to those who might benefit most from participation.

At the core of our programme of social engagement is the belief that engagement with art improves the quality of life. Dulwich Picture Gallery provides a social and educational hub for older people, a focal point that aims to inspire, motivate and educate in order to improve well-being and general health. With the Trust's support we can also fund a special project to accommodate people living with Alzheimer's and other forms of dementia.

The Gallery's outreach programmes reflect the diversity surrounding its South London location. The Gallery has an active Sustainability Policy and also works closely with local volunteers, including a valued Friends organisation.

We hope The City Bridge Trust will support this exciting partnership opportunity and allow us to expand the Good Times Programme, improve community engagement and access for older Londoners, as well as share our experience with other organisations and the general public.

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

Arts Council Designated Status - there are currently 140 designated status collections held in organisations across the whole of England.

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.

A Decade Review of the Good Times programme and projects

Year one: research and evaluate the Good Times programme with a cross-section of 100 partner organisations.

Year two: compile research and evaluations.

Year three: organise launch event and disseminate Decade Review through a conference at the Gallery.

Create and implement a tailor-made measure of wellbeing across Good Times

Year one: pilot evaluation measures of wellbeing with 100 participants.

Year two: assess which methods work best, identify sessions for further evaluation.

Year three: evaluate 200 participants with new evaluation framework, analyse, report on wellbeing, make future recommendations.

Visual to Vocal: project for adults with dementia and their carers including live performances

Year one: engage 20 - 30 people with dementia and their carers in a long term project.

Year two: engage 20 - 30 people and their carers.

Year three: engage 20 - 30 people and carers.

Participant-directed showcases with older participants taking on programme responsibilities

Year one: a Good Times participant co-curated '10 year show' at the Gallery.

Year two: participant-directed curation and marketing for a programme event and display of their artwork at outside the Gallery venue.

Year three: participant-directed online display of their work.

Who will benefit?

About your beneficiaries

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

1,900

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

Southwark (37%)

Bromley (14%)

Lambeth (10%)

London-wide (39%)

What age group(s) will benefit?

45-64

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?

71-80%

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.

Online publication containing all the information about Good Times

Year one: all 100 partner organisations have the opportunity to feedback on the programme

Year two: create a 'user-friendly' accessible guide to the Good Times programme for other museums

Year three: evidence of dissemination at Dulwich Picture Gallery conference, online dissemination

New methods to collect evidence that the Good Times programme improves wellbeing in older adults

Year one: internal reporting form revised to include evidence from wellbeing measures

Year two: report of pilot addressing evaluation style

Year three: report on wellbeing across Good Times programme, recommendations for future evaluation and reporting

Roll out Visual to Vocal programme engaging a wider cross section of the community by celebrating what people with dementia can achieve; challenging negative attitudes and outdated stereotypes in a celebration performance

Year one: increase audience by 20%

Year two: increase audience by 20%

Year three: increase audience by 20%

Participants have increased confidence and responsibility in running the programme

Year one: the majority of participants feel more confident after participating, proud to show their work and their voice in the programme.

Year two: the majority feel more confident after participating.

Year three: the majority feel more confident after participating.

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?

Programme continuity is core to the success of the Good Times programme. The Community Engagement programme and salary costs would require funding from alternative sources as their continuation is integral to the ethos of Dulwich Picture Gallery's education programme. We receive no regular public funding so must fundraise for 65% of our income each year.

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Community Engagement Manager Salary	29,577	30,169	30,772	90,518
Community Engagement Co-ordinator Salary	25,012	25,513	26,023	76,548
Good Times Total Programme Cost	21,150	21,150	21,150	63,450
Visual to Vocal Programme Cost	10,720	10,720	10,720	32,160
Prescription for Art Programme Cost	9,650	9,650	9,650	28,950
Intergenerational Programme Cost	7,510	7,510	7,510	22,530
Online Toolkit for Good Times	0	0	10,500	10,500
Decade Review and sharing with service providers	28,560	24,920	18,420	71,900
TOTAL:	132,179	129,631	134,745	396,556

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
The M&G Group	51,000	51,000	51,000	153,000
The 29th May 1961 Charity	4,000	0	0	4,000
The Helen Hamlyn Trust	0	0	12,000	12,000
TOTAL:	55,000	51,000	63,000	169,000

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
No other funders are currently considering this proposal	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
Community Engagement Manager, 50% of Salary	14,789	15,085	15,386	45,259
Community Engagement Co-ordinator Salary, 1 Day a Week	5,002	5,102	5,205	15,309
Visual to Vocal Programme Cost	10,720	10,720	10,720	32,160
Decade Review and sharing with service providers	28,560	24,920	18,420	71,900
Online Toolkit for Good Times	0	0	10,500	10,500
	0	0	0	0
	0	0	0	0
TOTAL:	59,071	55,827	60,231	175,129

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	2,675,000
Activities for generating funds	463,000
Investment income	575,000
Income from charitable activities	910,000
Other sources	0
Total Income:	4,623,000

Expenditure:	£
Charitable activities	2,610,000
Governance costs	65,000
Cost of generating funds	703,000
Other	0
Total Expenditure:	3,378,000
Net (deficit)/surplus:	1,245,000
Other Recognised Gains/(Losses):	-178,000
Net Movement in Funds:	1,067,000

Asset position at year end	£
Fixed assets	3,058,000
Investments	22,277,000
Net current assets	11,000
Long-term liabilities	538,000
*Total Assets (A):	24,808,000

Reserves at year end	£
Restricted funds	3,661,000
Endowment Funds	20,987,000
Unrestricted funds	160,000
*Total Reserves (B):	24,808,000

* 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:
Dulwich Picture Gallery's senior management team has undergone significant change in the last six months. A new post of Deputy Director has been created, Andrew Macdonald was appointed, previously Deputy Director of the Art Fund. Andrew will maximise income across

Previous funding received

Please list the funding received by your organisation from the last THREE years.

	2012 £
City of London (except City Bridge Trust)	0
London Local Authorities	0
London Councils	0
Health Authorities	0
Central Government departments	0
Other statutory bodies	0

Previous grants received

Please list the grants received by your organisation from charitable organisations (other than City Bridge Trust) during the last THREE years. List the 5 largest only. Please include the 5 largest only.

Name of Funder	2012 £	2011 £
Dr Mortimer and Theresa Sackler Foundation	800,000	800,000
The Sackler Trust	0	0
The Heritage Lottery Fund	0	101,000
The Arthur and Holly Magill Foundation	266,000	300,000
The Linbury Trust	100,000	100,000

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 a duty to report towards fraud and will seek to prosecute and recover funds in every instance.

Please confirm: Yes Full Name: **Gillian Wolfe**

Role within Organisation: **Director of Learning and Public Affairs**

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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: North London Hospice	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Barnet	
Contact person: Mr Robin Langrishe	Position: Director of Fundraising
Website: http://www.northlondonhospice.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 285300
When was your organisation established? 29/07/1982	

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? Fewer older Londoners aged over 75 years with depression and more reporting improved well-being Carers aged 65 years and over better able to access support, advice and respite
Please describe the purpose of your funding request in one sentence. To provide psychosocial therapies to life limited older Londoners and to support patients and carers through the development of a social hub in North London
When will the funding be required? 01/08/2014
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:

North London Hospice cares for people with terminal illnesses and we aim to add quality and meaning to their life journey. We do this by:

- delivering specialist palliative care
- providing additional support and services to meet individual needs
- sharing our skills and experience to influence others providing care
- maximising and supporting community involvement

Our vision is that everyone in our diverse community affected by a potentially life limiting illness has equal access to the services and support they need to optimise their quality of life.

Patients' relatives and carers are supported both before and after the person's death through counselling, advice and signposting. All our services enable patients and their close family members to get financial advice during a period of considerable upheaval and distress in the final months of life.

We provide this care and support to people in their own homes, care homes or in the hospice itself.

Main activities of your organisation:

North London Hospice was founded in 1984 and is the first purpose-built multi-faith Hospice in Britain. The Hospice helps people to live with a potentially life-limiting illness providing practical, emotional and spiritual support to them, their families, friends and carers. We look after approximately 1,700 terminally ill patients and their families every year across the boroughs of Barnet, Enfield and Haringey. Our care includes in-patient care to 17 patients at a time, home care to up to 1,200 people a year, a range of day services, bereavement counselling, social care and spiritual care.

These services are provided free of charge to our beneficiaries. Presently, it costs £7.2 million a year to run our services and we receive just 31% of our annual funding from local NHS Clinical Commissioning Groups. This means that the cost of caring for 2 out of 3 patients (£4.5 million) has to be found from charitable donations.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
92	145	14	688

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?
Owned	

Summary of grant request

Thanks to major advances in the early diagnosis and treatment of life-threatening illnesses, Londoners are living longer than ever before. In Barnet, Enfield and Haringey, the population of over 75 year olds has grown to 108,900 and North London Hospice now routinely treats patients with enduring chronic conditions. Psychological distress is present in a significant proportion of this population and depression is two to three times more common as a result. Frailty, inactivity and long periods living in isolation at home are having a devastating effect on the health of the elderly.

Led by the Therapies and Day Services Lead, this project will deliver a three year programme of activities to meet the psychological, emotional and physical needs of life limited day patients and their carers through our award winning Enfield Day Service. We are also developing a new cross site day service in Finchley which will open in 2014. Specific programmes include:

- The provision of weekly 1:1 and group Psychological Therapies to end of life patients aged 75 years and over by the project lead and 2 volunteer psychological therapists.
- A weekly Carers programme for over 65 year olds providing emotional support, social involvement and experiences by the project lead.
- Community engagement by promoting the new cross site day services to hospitals, GP's and local agencies within Enfield, Barnet and Haringey. Continued development of the welcoming lounge and cafe area of the social hub in Enfield so that patients and carers can engage socially with others, and the building of volunteer capacity to support them as they transition back home or to other services.

The aim of this project is to build upon the success of the Enfield day service and to continue its development through to Finchley. We aim to provide psychosocial therapies to 504 patients in three years and to support 496 carers through inspirational gatherings and group meetings. We also wish to grow patient referrals to 390 by 2017 and to incorporate the 'Four Health Pillars' of Dr Eleni Tsiompanou to engender the importance of food, relaxation, physical exercise and social contact.

North London Hospice has a track record of providing care to local residents for over 31 years. Our work is monitored and evaluated on an on-going basis and the hospice has a 99% approval rating from patients. The hospice is compliant with the Care Quality Commission in standards of care and in 2012, we were awarded the Gold Standard Framework status to become one of 7 national hospices qualified to train care staff.

- Older Londoners aged over 75 years living more active and healthier lives
Through psychological therapies, patients will be able to overcome depression resulting from their illness and long periods of inactivity and isolation at home. The social hub will further support their rehabilitation by providing a vibrant and enriching environment in which to make new friends, eat well and take part in complimentary therapies and physical activities.
- Carers aged 65 years and over better able to access support, advice and respite
Through weekly groups, 1:1 sessions and events, carers can let off steam and share their innermost concerns and anxieties with other carers. Respite is also achieved through access to the cafe and day service activities available to them.

This project is planned around user involvement where carers can shape the services that are offered to their loved ones who are too ill to take part themselves. The widespread use of volunteers and the diversity of our patients is a core value which NLH upholds with pride as the first multi-faith hospice in the country.

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

n/a

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

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.

To deliver weekly, one-to-one, level 3, Psychological therapy support to 216 end of life patients over a three year period (1296 sessions). (Each patient has six, one hour treatments). This work will be managed by the Psychosocial Therapy Lead who will manage a team of two part time psychotherapists.

To provide weekly psychosocial group sessions to patients, growing the service to reach 288 patients over a three year period. This work will be managed by the Psychosocial Therapy Lead who will manage a team of two part time psychotherapists. (Each patient attends six, one hour group sessions)

To provide a weekly Carer's support programme of discussion groups, 1-1 therapy and social involvement at our day services and to double attendance to 496 patient carers over three years (comprising 1488 carer attendances). This work will be managed by the Psychosocial Therapy Lead.

Community Engagement, to promote the Enfield day service in order to increase patient referrals from our baseline number of 240 new patients in 2013-14 through the delivery of 48 presentations, visits and leaflet drops to external agencies, GP's, hospitals and community groups each year by the Psychosocial Therapy Lead.

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.

Through one-to-one psychological therapy sessions, patients who are lonely and isolated will become up to 38% less likely to suffer from stress and anxiety associated with their diagnosis of a terminal illness through the development of coping mechanisms. The patient's progress will be measured using our Palliative care Outcome Scale.

Through weekly psychosocial group sessions, attendees will become up to 38% less likely to suffer from depression and mental health as a result of discussion forums where links between thoughts, emotions and behaviours can be recognised. The patient's progress will be measured using our Palliative care Outcome Scale.

Through the weekly Carer Groups and participation in our activities, 90-100% of patient carers will become better equipped to express their anxieties and emotions surrounding death and dying, gaining respite and improved health and wellbeing from the sharing of experiences with others. Outcomes will be measured through user involvement questionnaires.

52% more new patients will be referred to the Enfield day service over three years, as a result of promotional work with local healthcare professionals, resulting in a 100% improvement in the health outcomes of patients, through their participation in healthy and enriching activities, measured through patient feedback and attendances.

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 would plan to continue the service beyond the three year funding period by actively fundraising upto 12 months before the project end date to ensure that the social hub can continue to develop in line with our own long-term and strategic aims.

Who will benefit?

About your beneficiaries

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

200

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

Haringey (2%)

Barnet (30%)

Enfield (68%)

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
Doctors	16,610	16,77	16,945	33,555
Physiotherapy	25,750	26,008	26,269	78,027
Psychosocial Therapies Lead	47,185	47,657	48,134	142,976
Social Workers & Bereavement	19,465	19,660	19,857	58,982
Art Therapist	5,000	5,050	5,101	15,151
Catering	24,800	25,048	25,299	75,147
Facilities & Building Management	28,280	28,563	28,849	85,692
Additional Staff Related Costs	26,670	27,205	27,751	81,626
Non Staff Related Costs	184,910	188,609	192,386	565,905
TOTAL:	378,670	367,800	390,591	1,137,061

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Restricted funds	NIL	NIL	NIL	NIL
Hospice Reserves	173,670	137,800	NIL	311,470
Fundraising Income	100,000	90,000	NIL	190,000
Retail Income	75,000	60,000	NIL	135,000
TOTAL:	348,670	287,800	NIL	636,470

What other funders are currently considering the proposal?

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

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Psychosocial Therapies Lead	30,000	30,000	30,000	90,000
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: March	Year: 2014
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Income received from:	£
Voluntary income	3,371,754
Activities for generating funds	1,788,827
Investment income	241,923
Income from charitable activities	3,322,476
Other sources	29,112
Total Income:	8,754,092

Expenditure:	£
Charitable activities	5,977,492
Governance costs	23,901
Cost of generating funds	2,116,886
Other	29,932
Total Expenditure:	8,148,211
Net (deficit)/surplus:	605,881
Other Recognised Gains/(Losses):	(89,058)
Net Movement in Funds:	516,823

Asset position at year end	£
Fixed assets	8,177,045
Investments	9,414,873
Net current assets	1,707,827
Long-term liabilities	(1,655,247)
*Total Assets (A):	17,644,498

Reserves at year end	£
Endowment funds	1,988,553
Restricted funds	150,889
Unrestricted funds	15,505,056
*Total Reserves (B):	17,644,498

* 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?
38%

Organisational changes

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

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.			
	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	0	0	0
Health Authorities	1,334,808	1,685,173	2,178,453
Central Government departments	946,317	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	2012 £	2013 £	2014 £
Thompson Family Charitable Trust	0	600,000	0
Garfield Weston Foundation	0	0	100,000
Jeffrey Kelson Foundation	0	77,000	0
Wolfson Foundation	69,000	0	0
Fidelity UK Foundation	0	50,000	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: **Robin Langrishe**

Role within **Director of Fundraising**
Organisation:

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City Bridge Trust



Investing in Londoners: Application for a grant

About Your Organisation

Name of your organisation: South Thames Crossroads- Caring for Carers	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Merton	
Contact person: Stefan Kuchar	Position within the organisation: Chief Executive
Organisation website: http://www.crossroadscareouththames.org	
Legal status of organisation: Registered Charity	Registration number: 1027026
When was your organisation established? 01/02/1986	

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
Please describe the purpose of your funding request in one sentence. We are seeking funding to develop a project to increase support for carers over 65 through facilitating neighbourhood peer support structures
When will the funding be required? 01/04/2015
How much funding are you requesting? Year 1: £49,324 Year 2: £48,281 Year 3: £48,747 Total: £146,352

Aims of your organisation

The primary aim of South Thames Crossroads is to relieve the stresses experienced by carers of children and adults who have care needs as a result of disability, illness or age, through the provision of community-based support. We cover the London Boroughs of Lambeth, Croydon, Merton, Sutton and Wandsworth.

Main activities of your organisation

The main activity is the provision of home-based respite care for the carers of older people, adults and children with physical and learning disabilities and adults with mental health issues.

We also run other activities including:

- Volunteer services project - We recruit and support volunteers throughout all of our services.
- A Young Carers Project - The organisation employs educational support workers, teaching assistants and sessional workers who support the work of the homework and youth clubs.
- Children's Project - Our children's clubs and after school clubs for children with disabilities also provide much needed short breaks to our carers.
- Employment Project - This project supports carers in employment matters. The project provides individual support, helps carers assess their skills and identify training needs.
- Mental Health Project - Support to carers of people with mental health problems with individual and flexible support incorporating information, advice, guidance, advocacy and appropriate signposting and referral.

Number of staff

Full-time	Part-time	Management committee members	Active volunteers
20	100	10	12

Property occupied by your organisation

Is the main property owned or leased or rented by your organisation?	If leased/rented, how long is the outstanding agreement?
Rented	12 months

Summary of grant request

AIM OF PROJECT: The aim of this project is increase access to support for carers over 65 through the facilitation of local peer support networks.

HOW IT WILL BE DELIVERED:

The project will initially be based in Lambeth in the first year and will expand to other SW London Boroughs in years 2 & 3. The project coordinator will recruit volunteer community connectors who will host three introductory meet-ups for carers in their local area. Once the three introductory meet-ups have taken place, group members will be able to continue as *friends on their own*. The groups will then grow organically outside the auspices of South Thames Crossroads and carers will develop friendships and provide support to each other. The volunteer connector will keep in touch with the group over the first 12 months to ascertain progress and assess outcomes and benefits for the carers. Carers will be linked and signposted to other services.

NEED: From our experience of 21 years working with carers, we know carers face a range of disadvantages including social isolation, poorer physical and mental health and financial insecurity. This is backed up by external research. Carers Trust in May 2012 discovered a range of findings including that: almost six in ten (58%) of the carers surveyed said that their mental health has been affected by being a carer, and almost two thirds (64%) of those polled said that apart from family and friends they have never accessed any other support or services such as respite breaks or counselling. Evaluation of our support groups set up for bereaved carers showed these groups were extremely beneficial as many carers have no friendship or support networks due to their caring responsibilities.

WHY WE ARE THE RIGHT ORGANISATION TO DO THE WORK: We have over 27 years experience working with carers. We cover the London Boroughs of Lambeth, Croydon, Merton, Sutton and Wandsworth. As a specialist carer's organisation we have a range of links into Health and Well Being Boards, CCGs and the Commissioning process that other smaller groups don't have. Due to our 27 years of experience delivering services on the ground we have a great deal of credibility within the boroughs we will be working in. We have delivered similar projects - including the set up of support groups for bereaved carers.

HOW THE PROJECT MEETS THE TRUST OUTCOMES: This project directly addresses the outcome within the Older People's Programme to offer carers aged 65 years and over better able to access support, advice and respite. The project will direct increase access to support this through creating self-sustaining support networks for carers over 65. It will also increase access to advice and respite as carers who attend the support groups will be signposted to our advice and respite services.

HOW THE PROJECT MEETS THE TRUST PRINCIPLES OF GOOD PRACTICE: All beneficiaries are encouraged to become involved in the governance of the organisation in a number of ways i.e. recruiting them onto the Board of Trustees, asking for regular feedback. Older people are involved in the management of the service through a range of means including on-going consultation and beneficiary involvement in planning. We have developed unique expertise in being pro-active about diversity within the carer's community through work with diverse carers such as the LGBT carers. We value and support volunteers who are provided with quality training and supervision. In terms of reducing our carbon footprint, we are working towards being a paper-less office, we recycle and we purchase recycled goods. Our offices are near public transport and we encourage staff and volunteers to take public transport.

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?

Carers Trust Quality Mark, Investing in Volunteers.

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.

- **A minimum of 60 carers over 65 in the first year receiving peer support through attending local support groups and 120 carers over 65 receiving peer support through attending local support groups in years 2 and 3 (180 over three years)**
- **A minimum of 40 volunteers over 65 recruited, trained and supported over three years.**
- **A minimum of 225 carers over 65 signposted to other carers support services**

What main differences or outcomes do you hope the activities you have described above will achieve? 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.

- * **Carers report improvements in their mental and physical health**
- * **Carers report a decrease in social isolation**
- * **Carers are better able to manage at home**
- * **Carers feel more resilient in their caring role**

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 integrate this project into our fundraising and business planning processes. During the final year of the project we will identify potential sources of income and begin to develop bids and applications to a range of grant-making trusts.

Who will benefit?

About your beneficiaries

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

60+13+75=148

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

Several SW boroughs

What age group will benefit?

65-74 (70%)

75 and over (30%)

What gender will beneficiaries be?

All

What will the ethnic grouping(s) of the beneficiaries be?

A range of ethnic groups

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 £
Staff Costs (inc of ENI and Pension)	32,424	33,031	33,647	99,102
Volunteer expenses	1,200	1,200	1,200	3,600
Promotion	1,250	1,000	850	3,100
Staff travel	1,300	1,300	1,300	3,900
Computer support	1,000	1,000	1,000	3,000
Volunteers' training	1,750	1,750	1,750	5,250
Rent, printing, 'phones, insurance	4,750	4,750	4,750	14,250
Staff recruitment	1,400			1,400
Staff supervision and financial management	4,250	4,250	4,250	14,250
TOTAL	49,324	48,281	48,747	146,352

What income has already been raised?

Please list amounts and main sources

Source	Year 1 £	Year 2 £	Year 3 £	Total £
TOTAL	0	0	0	0

What other funders are currently considering the proposal?

Please list funders and amounts

Funders	Year 1 £	Year 2 £	Year 3 £	Total £
TOTAL	0	0	0	0

How much is requested from the Trust?

Please list main expenditure headings and amounts

Expenditure heading	Year 1 £	Year 2 £	Year 3 £	Total £
Staff costs inc ENI and Pension	32,424	33,031	33,647	99,102
Volunteers' expenses	1,200	1,200	1,200	3,600
Promotion	1,250	1,000	850	3,100
Staff Travel	1,300	1,300	1,300	3,900
Computer support	1,000	1,000	1,000	3,000
Volunteers' training	1,750	1,750	1,750	5,250
Rent, printing, 'phones, insurance	4,750	4,750	4,750	14,250
Staff recruitment	1,400			1,400
Staff supervision and financial management	4,250	4,250	4,250	14,250
TOTAL	49,324	48,281	48,747	146,352

Finance details

Financial year ended - 31

Month: **March**

Year: **2014**

Income received from:	£
Voluntary income	18,645
Activities for generating funds	88
Investment income	2,992
Income from charitable activities	2,303,455
Other sources	
Total Income:	2,325,180

Expenditure:	£
Charitable activities	2,213,981
Governance costs	13,852
Cost of generating funds	10,687
Other	
Total Expenditure:	2,238,520
Net (Deficit)/Surplus:	86,660
Other Recognised Gains/(Losses):	
Net Movement in Funds:	86,660

Asset position at year end	£
Fixed assets	19,099
Investments	
Net current assets	596,266
Long-term liabilities	
*Total Assets (A):	615,365

Reserves at year end	£
Endowment funds	
Restricted funds	42,276
Unrestricted funds	573,089
*Total Reserves (B):	615,365

*** 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? **88%**

Organisational changes

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

Our care team has been re-structured with appointment of additional members of management and support workers.

Previous funding received

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last **THREE** years.

	2012	2013	2014
City of London (other than City Bridge Trust)			
London local authorities	1,610,590	1,287,643	1,448,947
London Councils			
Health authorities			
Central government departments			
Other statutory bodies			

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	2012	2013	2014
Big Lottery Fund	93,780	93,780	93,780
Trust for London		21,082	21,082
Walcott Foundation			20,000
BBC Children in Need	13,200	13,300	13,200
St Walter St John	14,478	14,478	14,478

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: **Stefan Kuchar**

Role within
Organisation: **CEO**

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Sydenham Garden	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Lewisham	
Contact person: Ms Despoina Bardosi	Position: Dementia Project Worker
Website: http://www.sydenhamgarden.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1108100
When was your organisation established? 01/01/2002	

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? 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. To request funds towards the cost of providing sessions for an on-going Sow & Grow group for people with early stages of dementia
When will the funding be required? 03/01/2014
How much funding are you requesting? Year 1: £12,764 Year 2: £13,025 Year 3: £13,295 Total: £39,084

Aims of your organisation:

Sydenham Garden is a well-being charity which promotes the physical and mental health of people living in South London Boroughs, principally Lewisham and Bromley. For the last twelve years, the charity has done this by providing co-workers (the name we give to our primary beneficiaries) therapeutic gardening sessions; opportunities for training with recognised qualifications; regular physical activity and creative opportunities.

We aim to promote inclusion and reduce prejudice by bringing together co-workers with different degrees of mental and physical ill health, volunteers and members of the local community to work together

Main activities of your organisation:

Currently, we offer: Four Garden sessions a week; two Art and Craft sessions; three Sow and Grow sessions (for those recently diagnosed with dementia); a Growing Lives session (in a functioning market garden) to build confidence, and a range of short courses and activities, plus a monthly community lunch. We have recently been approached by the South London and Maudsley Trust to provide a venue and gardening expertise for groups of asylum seekers/refugees who are experiencing Post Traumatic Stress Syndrome, and our currently piloting the group with 8 asylum seekers.

Overall, Sydenham Garden enables people to improve their quality of life, social interaction and physical and mental health in a supportive community environment.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	5	9	45

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?
Owned	

Summary of grant request

Sow and Grow is the name we give to the weekly sessions run for people with recently diagnosed with Dementia. Dementia mainly affects older people, as after age 65, the likelihood of developing dementia roughly doubles every five years. Bromley and Lewisham have a greater proportion of its population in the over 65 age category compared to the rest of London. An important minority of people have early onset dementia. This group require services tailored to their specific needs. Delaying the onset of dementia by 5 years would reduce deaths directly attributable to dementia by 30,000 a year (<http://www.alzheimers.org.uk/statistics>). For this reason we started the Sow & Grow course and take people recently diagnosed with early onset.

Our Sow & Grow course aims to support people with early onset dementia to live well with dementia, using gardening, cooking, art and activities of Cognitive Stimulation Therapy, as well as opportunities for reminiscence, reflection and discussion. Since 2013 we have been running three groups per week and our co-workers (our beneficiaries) are placed with us for 6 months. We are able to do this through local fundraising and by winning a contract with our local Clinical Commissioning Group (CCG). Between April 2013 - April 2014 26 co-workers completed our course (another 39 will have completed it by December 2014). Our evaluation conducted over the financial year 2013/14 shows our co-workers receive a rich and varied experience while taking part in Sow and Grow. Often the initial anxiety is offset quickly and the co-worker experiences a supportive and therapeutic programme, team and environment that almost certainly improve their well-being. The quantitative data strongly suggests high levels of improvement during their time at Sydenham Garden, especially in terms of independence and social inclusion and interaction. The qualitative data supports this assertion and it's clear that carers find Sow & Grow sessions just as valuable as the co-workers.

We would like to maintain the positive effects of Sow and Grow by implementing a long-term group for those who complete the 6 month course. The new group will be called "Sow and Keep Growing". It aims to preserve the healthy cognitive skills and thus help people with dementia to have a better quality of life. It will offer similar activities to those of the Sow and Grow groups but will provide a long-term stimulation. It will offer 10 places and in case of drop-outs the spaces will be filled by those on a waiting list. At the moment there are over 15 older people who have expressed interest in joining such a group.

We are also planning to offer an extra 48 weeks course of singing and dancing for anyone in the community who experiences dementia of any stage. Both singing and dancing stimulate the brain and provide a way for people with dementia and their carers to express themselves and socialise. The Singing Class will be led by facilitator with relevant experience. The Dance Class will be run by a trained facilitator from the "Circle Dance in Dementia".

Many of the Sydenham Garden's Trustees and groups' facilitators are volunteers of over 65 years old. All volunteers receive training (e.g. Dementia Training, First Aid), assist in the management of the project and attend regular volunteers' meetings. In addition, Sydenham Garden seeks to be an open and inclusive organisation which welcomes diversity. To monitor this we keep records of diversity and equal opportunities for all our co-workers and volunteers. Furthermore, Sydenham Garden has a Green Flag, has a 'Passivehaus' building, recycles water, uses solar heat, and preserves and cares for the nature reserve and its original inhabitants.

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 are working towards achieving the PQSSO quality mark

We also have the Green Flag Award 2014/15

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.

One Sow and Keep Growing group with on-going sessions that involve gardening, arts, cooking, reminiscence and cognitive activities based on Cognitive stimulation therapy programme

3 groups of Singing and Dancing sessions tailored to those diagnosed with dementia (24 weeks singing, 24 weeks dancing)

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.

Sow and Keep Growing: People will be more socially included and build long-term relationships with each other and other members of the community

Sow and Keep Growing: It will enhance and maintain the positive effects of the Sow and Grow course: ability to undergo physical activity; better mental wellbeing; higher levels of social inclusion, interaction and independence; improved quality of life.

Singing and Dancing: They will help people with dementia will have more opportunities to become socially included and build more relationships with other members of the community

Singing and Dancing: They will help people with dementia to improve their quality of life as they will receive more mental and physical mental stimuli

Singing and Dancing courses will help those diagnosed with dementia to improve and strengthen their relationships with their carers

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 group members will be contributing to sustain the new groups (£5 each per session for the Sow and Grow maintenance group and £3 for the singing/dancing group). The sustainability of the new groups will be reviewed every 4 months and

Who will benefit?

About your beneficiaries

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

46

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

Lewisham (22%)

Several SE London (78%)

What age group(s) will benefit?

45-64

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?

91-100%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Current annual salary of project worker	5,361	5,468	5,578	16,407
Costs of materials	494	509	525	1,528
Sing/Dance facilitator at £75 a week for 48 weeks: fee includes preparation time	3,600	3,672	3,745	11,017
Overheads (20% of Direct Project Costs)	1,891	1,929	1,970	5,790
Management contribution at 12.5% of project costs	1,418	1,447	1,477	4,342
	0	0	0	0
	0	0	0	0
TOTAL:	12,764	13,025	13,295	39,084

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Co-workers' contribution : £5a week -- assume average of 10 co-workers contribute each week - £50 a session for 48 weeks of an On-going Sow & Grow group	2,400	2,472	2,546	7,418
Co-workers' contribution @ £3 a week -- assume average of 12 co-workers contribute each week- £36 a session for 48 weeks of singing and dancing classes.	1,728	1,780	1,833	5,341
TOTAL:	4,128	4,252	4,379	12,759

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	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
Current annual salary of project worker	5,361	5,468	5,578	16,407
Costs of materials	494	509	525	1,528
Sing/Dance facilitator at £75 a week for 48 weeks: fee includes preparation time	3,600	3,672	3,745	11,017
Overheads (20% of Direct Project Costs)	1,891	1,929	1,970	5,790
Management contribution at 12.5% of project costs	1,418	1,447	1,477	4,342
	0	0	0	0
	0	0	0	0
TOTAL:	12,764	13,025	13,295	39,084

Finance details

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

Financial year ended:	Month: March	Year: 2013
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Income received from:	£
Voluntary income	9,886
Activities for generating funds	7,323
Investment income	232
Income from charitable activities	94,012
Other sources	0
Total Income:	111,453

Expenditure:	£
Charitable activities	112,879
Governance costs	548
Cost of generating funds	2,150
Other	0
Total Expenditure:	115,577
Net (deficit)/surplus:	-4,124
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-4,124

Asset position at year end	£
Fixed assets	440,113
Investments	0
Net current assets	79,777
Long-term liabilities	-35,000
*Total Assets (A):	484,890

Reserves at year end	£
Restricted funds	464,477
Endowment Funds	0
Unrestricted funds	20,413
*Total Reserves (B):	484,890

* 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?
51-60%

Organisational changes

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

Unaudited 31.3.14 Accounts show overall profit of £19,318 partly due to funding from Lewisham Clinical Commissioning Group which funds core costs for 3 years to 31.3.16. This enabled us to employ 2 new members of staff and to expand services to more people. The

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	2,365	2,365	0
London Local Authorities	4,000	400	0
London Councils	12,725	28,630	50,520
Health Authorities	15,956	6,848	38,156
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	2012 £	2013 £	2014 £
Big Lottery - Reaching Communities	27,748	15,680	0
Big Lottery Ecominds	21,120	0	0
Big Lottery Supporting Impact	0	15,634	15,636
The Henry Smith Charity	0	0	27,700
London Evening Standard Dispossessed Fund	10,000	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: **Despoina Bardosi**

Role within **Dementia Project Worker**
Organisation:

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Haven	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Hammersmith & Fulham	
Contact person: Ms Tasha Mason	Position: Head of Trusts and Foundation
Website: http://www.thehaven.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1061726
When was your organisation established? 04/01/1997	

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 More people accessing debt and legal services
Please describe the purpose of your funding request in one sentence. To continue to provide our free Welfare Benefits and Money Advice Service in order to improve the financial circumstances of cancer patients in London.
When will the funding be required? 06/01/2015
How much funding are you requesting? Year 1: £432,552 Year 2: £44,505 Year 3: £45,570 Total: £133,626

Aims of your organisation:

Our aim is to help people through the experience of breast cancer, which is often the worst thing that will ever happen to a woman and her family. We help them achieve the best possible quality of life, as they cope with the shock of their diagnosis and the unpleasant side-effects of their medical treatment, and long into the future. We provide all our services free of charge so that we are available to anyone who needs our help, including patients' partners and children.

We have three Havens, in London, Hereford and Leeds, and a growing outreach programme. Our Havens are tranquil day centres where Visitors receive a free in-depth programme of treatment and emotional support from skilled therapists, who liaise closely with each Visitor's GP and hospital team.

Main activities of your organisation:

Our completely free services are led by specialist cancer nurses and supported by experienced counsellors, nutritionists and therapists. Our Havens provide an individually-tailored programme of care for breast cancer patients, our Visitors, that includes emotional and psychological support, advice on healthy eating, information and advice on how to cope with the financial impact of cancer that can be severe, exercise, stress management and a range of individual therapies, groups and classes. We run a weekly drop-in service with our breast care nurse and have an entirely volunteer-run café offering nutritious and inexpensive meals. We also provide free counselling for our Visitors' partners and families.

To date we have supported over 12,000 Visitors with more than 150,000 individual therapy appointments. A recent service evaluation shows that 91% of Visitors report improvements to concerns and symptoms after coming to a Haven, and 80% stated that their therapy programme was essential for recovery.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
26	8	4	80

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?
Owned	

Summary of grant request

Many cancer patients are unaware of the financial support available to them and need help accessing it. This adds hugely to the stress caused by their cancer and affects the whole family, especially those in single parent families. Having cancer is hard enough, but when you are living on very little money it is desperately tough. Our Welfare Benefits and Money Advice Service, based at our London Haven, ensures that vulnerable cancer patients are able to access the support they need to allow them to cope during their illness and treatment and focus on the one thing that really matters: getting better.

Our Service provides cancer patients with the information and practical support they need to cope with concerns such as debt issues, entitlement to benefits, and employment and housing. Our free Service provides individual money advice and information for patients who are affected by any type of cancer and is available to anyone, anywhere - although of the 370+ patients our Service has helped in its 26 months of operation, three quarters of those accessing it are London residents. Our skilled and experienced Adviser provides a caseload service of individual advice as well as telephone consultations, drop-in sessions and regular seminars on money management and employment law.

Macmillan Cancer Support provided funding for the first two years of this Service and approved continuation funding for one year from May 2014; this expires at the end of May 2015. We would be extremely grateful for a grant from The City Bridge Trust to enable our Service to be maintained and expanded, and we anticipate reaching 750+ direct beneficiaries.

Our project will improve our Service, building on its strong foundation to increase effectiveness and capacity. We will do this by:

1. Keeping up with the high demand for our Service, which makes a real, tangible difference to the lives of cancer patients through its provision of free, specialised advice;
2. Training two new volunteers to assist our Adviser, who will provide basic level advice and ensure our Adviser can concentrate on more complex cases;
3. Expanding the free (and popular) seminar programme, run by our Adviser, which covers money management and employment law; and
4. Promoting the Service to reach more cancer patients across London, particularly those affected by cancers other than breast cancer and those who are least able to manage without this kind of support.

The ongoing aim of our Service is to ensure that cancer patients and their families:

- a) are more financially stable, with a focus on those who are most vulnerable because of poverty, ill-health and/or lack of access to relevant information;
- b) are more informed and confident about all issues that affect their financial situation.

Feedback from our Visitors is vital. Through focus groups, pilot groups and monitoring the effectiveness of our services we are able to continually adapt and share our provision to ensure we are best meeting the needs of cancer patients and their families, friends and carers. We welcome, and actively seek, comments and opinions from users in order to improve what we offer. From our record of the financial outcomes our Adviser has secured, and the feedback we receive from Service users, we know that this is a hugely valuable service. A key part of the Service going forward will be the introduction of trained volunteers to provide much-needed additional capacity.

Our Havens are open to anyone who could benefit from our help and we are mindful of reducing our carbon footprint - eg we use energy-saving light bulbs and ecological cleaning products, save electricity, limit printing and use recycling bins.

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

The Haven takes very seriously its responsibility to provide accurate advice and information for anyone accessing our services. We continue to be certified with The Information Standard for all information that we provide for our Visitors and have successfully completed our third annual review. We are currently applying for the Advice Quality Standard as we feel it would be beneficial to have this Standard in place as an assurance for our Visitors and those organisations referring their patients to us. We have begun the process of obtaining the QAS Accreditation and, if successful in our application for funding from The City Bridge Trust, would strive to have it in place before any grant awarded by the Trust was used.

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 a caseload Service offering cancer patients the information, advice and practical support they need to cope with their financial situation, including advice on debt, entitlement to benefits, employment and housing, to enable them to manage the financial impact of their illness and plan ahead.

Recruit and train two volunteers to act as 'first tier' support to assist our Welfare Benefits and Money Adviser and increase Service capacity throughout the project. We will benefit from the advice and expertise of the CAB regarding this volunteering model through our strong links with Wandsworth CAB.

Provide additional help with finances and employment through a timetabled schedule of free seminars held at our London centre. These will offer specialised advice on a number of issues such as budgets, managing and staying out of debt, returning to work and what to expect from your employer.

We aim for 15% of Service users by the project's end to be living with cancers other than breast cancer and will reach out to cancer patients in areas of high deprivation across London, to ensure our Service is used by those who are most financially vulnerable.

Increase access to our Service for hard-to-reach cancer patients (elderly patients and those from black and minority ethnic (BME) communities) by establishing specific outreach opportunities across London using local support groups, community groups and churches, to ensure these groups are aware of our Service and can access it.

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.

To empower cancer patients to become financially stable throughout their experience of cancer and beyond - helping them to mitigate the substantial costs associated with cancer and enable them to continue to provide for themselves and their families during a difficult time, and plan for the future.

To make cancer patients more informed and confident about all issues that affect their financial situation (ie. access to benefits, debt management, employment rights and housing) and where they can access help; our Service signposts patients to other agencies if their needs demand greater expertise than we can provide.

To improve London's money and debt environment through the dissemination of quality information support and advice, helping to prevent inappropriate use of services such as payday loans or credit cards that can often exacerbate existing problems. Skilled early intervention ensures patients manage sustainable and affordable repayments throughout their cancer journey.

To improve the financial circumstances of London's most financially vulnerable groups (due to poverty, ill-health and/or lack of access to relevant information), helping to reduce social deprivation and social exclusion within the capital. Accessing our Haven gives service users the chance to connect with others and develop peer support networks.

To empower cancer patients and give them the confidence to take the next step on their survivorship path - both personally and professionally - to support their wellbeing in the longterm, whatever shape this next step might take (eg reconnecting with family and friends, returning to the workplace or retraining).

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?

This Service is integral to maintaining our programme of holistic care and support for our Visitors and their families. We aim to fully fund the Service on a permanent basis through grants from trusts and foundations when any grant comes to an end.

Who will benefit?

About your beneficiaries

How many people will benefit directly from the grant per year? 750 <i>Revised to 500 over 3yrs Howard</i>
In which Greater London borough(s) or areas of London will your beneficiaries live? London-wide (100%) <i>13/2/15.</i>
What age group(s) will benefit? All ages
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? 1-10%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Welfare, Benefits and Money Adviser full time salary, NI and pension contributions	39,000	39,780	40,576	119,356
Annual training and conference attendance for Adviser inc.travel	100	210	104	414
Annual software subscriptions to 'Advice Pro' and 'Quick Benefits Calculator'	1,460	1,489	1,519	4,468
Volunteer costs (training, travel, lunch)	1,421	1,424	1,523	4,368
Monitoring and evaluation	817	833	1,065	2,715
Administration costs	754	768	783	2,305
	0	0	0	0
	0	0	0	0
TOTAL:	43,552	44,505	45,570	133,626

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	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
	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
Welfare, Benefits and Money Adviser full time salary, NI and pension contributions	39,000	39,780	40,576	119,356
Annual training and conference attendance for Adviser inc.travel	100	210	104	414
Annual software subscriptions to 'Advice Pro' and 'Quick Benefits Calculator'	1,460	1,489	1,519	4,468
Volunteer costs (training, travel, lunch)	1,421	1,424	1,523	4,368
Monitoring and evaluation	817	833	1,065	2,715
Administration costs	754	768	783	2,305
	0	0	0	0
	0	0	0	0
TOTAL:	43,552	44,505	45,570	133,626

Finance details

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

Financial year ended:	Month: May	Year: 2014
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Income received from:	£
Voluntary income	2,332,283
Activities for generating funds	263,293
Investment income	6,894
Income from charitable activities	0
Other sources	31,286
Total Income:	2,633,756

Expenditure:	£
Charitable activities	1,582,428
Governance costs	45,409
Cost of generating funds	635,017
Other	0
Total Expenditure:	2,262,854
Net (deficit)/surplus:	370,902
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	2,809,462
Investments	2
Net current assets	714,999
Long-term liabilities	(411,807)
*Total Assets (A):	3,112,656

Reserves at year end	£
Restricted funds	1,270,066
Endowment Funds	0
Unrestricted funds	1,842,590
*Total Reserves (B):	3,112,656

* 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:

Jane van Zyl has replaced Simon Lanyon as Operations Director, following his retirement in late May 2014.

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	0	0	1,000
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	2012 £	2013 £	2014 £
Walk the Walk	675,000	312,500	312,500
Macmillan Cancer Support	1,475	79,348	92,946
The Sodexo Foundation	30,000	52,500	23,924
The Eveson Charitable Trust	35,000	35,000	35,000
The Garfield Weston Foundation	30,000	30,000	30,000

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: **Tasha Mason**

Role within **Head of Trusts and Foundations**
Organisation:

APPENDIX A

(REVISED REQUEST)



The Haven's Welfare Benefits and Money Advice Service Project Budget Breakdown – February 2015

	Y1 (2015-16)	Y2 (2016-17)	Y3 (2017-18)	PROJECT TOTAL
	£	£	£	£
I. Baseline salary including on costs (NI and pension contributions)	39,000	39,780	40,576	119,356
II. Activity eligible for funding from The City Bridge Trust*	25,350	27,846	28,403	81,599
*Assumes a baseline of 65% of activity in Year 1 directed for the benefit of London residents, as shown by Service use to date (May 2012 to January 2015), and 70% for Years 2 and 3 in expectation of growth resulting from increased outreach activities across London				
Annual training and conference attendance				
Assumes 1 yearly training session in volunteer engagement/ welfare benefits advice run by Macmillan Cancer Support (London) and 1 yearly training session run by a law firm (London), plus local travel for these; yearly attendance at AdviceUK annual conference (Years 1 & 3 London, Year 2 Birmingham) including travel and accommodation in Year 2	100	210	104	414
Annual software subscriptions 'Advice Pro' and 'Quick Benefits Calculator'	1,460	1,489	1,519	4,468
Volunteer costs training and expenses - travel and lunch				
Assumes 2 volunteers per year, half a day website training with our Marketing Manager for each volunteer; each volunteer travelling to The Haven one day per week on average (London travel card of £8.50), including lunch from our kitchen (£5pp). Salary cost includes all on costs	1,421	1,424	1,523	4,368
Monitoring and evaluation				
(Midpoint evaluation at the end of Years 1 and 2, substantial evaluation at the end of Year 3. These to be conducted by our Senior Research Fellow (5 days in total), Information and Support Manager (3 days in total) and Haven Programme Manager (3 days in total). Salary costs include all on costs)	817	833	1,065	2,715

Administration costs				
(Handling one-to-one appointments and workshop bookings, queries and cancellations, as well as set-up/tear down for workshops. 1 hour per week for our Receptionist @£15.70 per hour includes all on costs)	754	768	783	2,305
TOTAL associated costs	4,552	4,724	4,994	14,270
TOTAL requested for associated costs from The City Bridge Trust: 65% of costs in Year 1 and 70% of costs in Years 2 & 3	2,959	3,307	3,496	9,762
PROJECT TOTAL	13,552	14,505	15,570	43,627
Initial project contribution requested from The City Bridge Trust	28,309	31,153	31,892	91,354
Funding already received				
The Freemasons' Grand Charity (for 2015-16 only; unrestricted within the project budget)	30,000			30,000
TOTAL contribution requested from The City Bridge Trust	13,552	31,153	31,892	76,604

NB: all costs assume a 2% yearly increase.

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Kingston Churches Action on Homelessness	
If your organisation is part of a larger organisation, what is its name? No	
In which London Borough is your organisation based? Kingston	
Contact person: Mr Matt Hatton	Position: Operational Director
Website: http://www.kcah.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1075890
When was your organisation established? 06/06/1993	

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. The grant will pay for the salary of one part-time Housing Adviser as part of the Housing Crisis Intervention Service (HCIS) for 3 years.
When will the funding be required? 01/01/2014
How much funding are you requesting? Year 1: £27,904 Year 2: £29,231 Year 3: £30,652 Total: £87,786

Aims of your organisation:

1. To work towards the eradication of the problem of homelessness in the London Borough of Kingston
2. To relieve the distress of homeless people by finding temporary accommodation "on the first rung of the accommodation ladder"
3. To support vulnerable people in maintaining their tenancies, avoiding a 'revolving door' of homelessness.
4. To improve the economic circumstances of clients by providing housing and benefits advice and a home in which to cook, thereby reducing the cost of food
5. To combat food poverty by providing vouchers for the local Food Bank and to improve the physical and mental health of clients, linking them with relevant support agencies
6. To bring those who are sleeping rough swiftly to a place of safety, and help the hard-to-engage link up with local services
7. To provide constructive activities and creative opportunities to raise self-esteem and motivation.
8. To support clients back into work through referral to the KCAH Job Club.

Main activities of your organisation:

1. Housing Crisis Intervention Service (HCIS) provides housing advice, welfare benefits advice and advocacy as well as a hostel/night shelter placement service for clients who face or are already experiencing street homelessness.
2. The 'Access Project' provides temporary supported accommodation to 37 single homeless people with low support needs for up to two years.
3. KCAH is the sole referral agency to the Joel Community Trust Night Shelter which runs all year round, providing shelter for 10 guests who would otherwise be rough sleeping or sofa surfing in the borough of Kingston.
4. A weekly Job Club to assist clients into employment, further education and training.
5. The Cook and Eat Programme in partnership with the Joel Project. Attendees can achieve City and Guilds Level 2 Qualification in Health and Hygiene and then assist in the delivery of the course to the next cohort.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
3	3	7	9

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	12 months

Summary of grant request

Evidence of Need:

The number of street homeless people and those seeking housing and benefits advice is a stark reminder of the high level of poverty amongst Londoners. There was an increase of 58% in the number of rough sleepers in 2012-13 from the previous year picked up in Kingston by 'Street Link', part of the Mayor of London's 'No Second Night Out' Scheme. Furthermore, Chain rough sleeper figures only reflect a proportion of those sleeping on the streets of Kingston due to the early interventions of HCIS. Last winter 21% of service users had slept rough for more than one week before entering the Temporary Winter Night Shelter Scheme. Over 200 people who would otherwise be rough sleeping or sofa surfing have used the scheme since its inception in 2009-10. 649 people in April 2012- March 2013 came through our doors with housing or benefit issues. 600 food vouchers were handed out to people in crisis.

Why we are the right people to do this work:

The HCIS holds the prestigious Advice Quality Standard's 'Quality Mark' for providing housing and welfare benefits advice. The Operational Director, who oversees the project, has 10 years' experience of housing and welfare benefits advice. One Housing Adviser is a Barrister in training and the other is a former service user.

The HCIS is a hugely successful service:

In 2013: 45% of clients seen were helped to find housing and another 6% were helped in the prevention of losing their home; HCIS recovered £257,017 of welfare benefit entitlements for clients.

How the project meets the Trust's programme outcome:

There will be more Londoners with improved economic circumstances due to:

- HCIS's referrals to the Great Feast (free hot food) and the Night Shelter at the Joel Project, where they will pay a small contribution towards their living costs.
- HCIS's referrals to debt and legal services
- HCIS's provision of housing and benefits advice including income tax with Advice Quality Standard (AQS) Certification
- HCIS's training in life skills including budgeting and supporting clients back into work through referral to our supported accommodation project, the Job Club at KCAH There will be fewer Londoners experiencing food poverty due to:
- HCIS's administration of food vouchers for the Food Bank
- HCIS's placement of clients in accommodation having somewhere to cook, thus reducing the cost of food.
- HCIS's referral to the Cook and Eat Programme in partnership with the Joel Project.

How the project meets the Trust's 'Principles of Practice'

- Client Focus Groups have been running over the past two years, giving feedback on the HCIS, which is reported back to the Board of Trustees.
- Clients can complete a questionnaire on the quality of service they receive from HCIS staff.
- KCAH has ex-service users who regularly volunteer for KCAH and an HCIS adviser is also an ex-service user. One ex-service user is currently on the Access Project Sub-Committee.
- Bi-annual Focus Groups allow current and ex-clients to become involved in evaluating the day-to-day running of the HCIS Service.
- KCAH gives volunteer opportunities to current and former clients when appropriate.
- KCAH offers an Activities Programme which can only be sustained through the contributions of service users and volunteers.
- KCAH has used clients as part of the staff recruitment process.

Environmental practice:

We recycle glass, plastic, paper and card, use double-sided photocopying, use ecologically responsible paper, conserve lighting and IT equipment is switched off at night. A member of KCAH has recently attended a KVA course (October 2013) on how to improve environmental standards and recommendations will be implemented.

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? **No**

What Quality Marks does your organisation currently hold?

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.

Over three years, 1350 new clients with housing or welfare benefit issues will be registered with HCIS and will benefit from information or advice or advocacy with 4,500 repeat visits taking place.

Over three years, 450 clients will be helped to find housing through referrals to appropriate housing providers and 225 clients over three years will be helped in the prevention of losing their home.

Over three years, 270 clients a year will benefit from income maximisation due to the HCIS benefit advice work including advocacy/benefit appeals/tribunals.

Over three years, 120 clients are referred by HCIS to the Job Club to secure employment.

Over three years 1800 food vouchers are handed out to people in crisis with 150 referrals to the Great Feast and 72 referrals to the Cook and Eat Programme.

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.

Over three years, 810 HCIS clients will experience an improvement in their economic circumstances due to help in receiving/maintaining benefits from advocacy/benefits appeals/tribunals resulting in improved economic circumstances for Londoners.

Over three years, 1800 clients who receive food vouchers, with 150 clients referred to the Great Feast at the Joel Project and 72 clients referred to the Cook and Eat Programme will result in fewer Londoners experiencing food poverty.

Over three years, 315 homeless clients who will be found accommodation through HCIS will result in improved economic circumstances for Londoners due to having somewhere to cook.

Over three years, 90 HCIS clients will experience increased self-esteem and confidence in their search for employment, a stepping stone towards improved economic circumstances for Londoners.

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?

1. By further applications to Charitable Trusts and Foundations and statutory bodies.

2. By strengthening our relationship with the Kingston Churches, local schools and businesses through the employment of a part-time Community Fundraiser.

Who will benefit?

About your beneficiaries

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

452

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

Kingston (73%)

Richmond (2%)

Several SW London (18%)

London-wide (7%)

What age group(s) will benefit?

16-24

25-44

45-64

65-74

75 and over

What gender will beneficiaries be?

All

What will the ethnic grouping(s) of the beneficiaries be?

White (including English/ Welsh/ Scottish/ Northern Irish/ British; Irish; Gypsy, Traveller or Irish Traveller; Any other White background)

Mixed/ Multiple ethnic groups (including White and Black Caribbean; White and Black African; White and Asian; Any other Mixed/ Multiple ethnic background)

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

Black/ African/ Caribbean/ Black British (including African; Caribbean; Any other Black/ African/ Caribbean background)

Other ethnic group (including Arab)

If Other ethnic group, please give details: **Middle Eastern, Latin American.**

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, NI & Pension: Part-time Housing Adviser	19,459	20,619	21,835	61,913
Salary, NI & Pension: Part-time Housing Adviser	19,459	20,619	21,835	61,913
Recruitment	1,000	0	0	1,000
Staff Travel	500	512	526	1,538
Volunteer Travel	600	616	630	1,846
Staff Training	1,000	1,980	2,030	5,010
Volunteer Training	660	676	694	2,030
Client Welfare & translation	1,000	1,026	1,050	3,076
Overheads including Legal, Professional, HR and Fundraising	12,130	12,414	12,704	37,248

TOTAL:	55,808	56,462	61,304	175,572
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Legacy	25,000	25,000	25,000	75,000
Albert Hunt Trust	3,000	0	0	3,000
Thames Homelessness Project	6,000	0	0	6,000
Marsh Christian Trust & Kingston Nursing Association	500	0	0	500

TOTAL:	34,500	25,000	25,000	84,500
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
✓ 29th May 1961 Charitable Trust	27,904	29,231	30,652	87,786
✓ Henry Smith	27,904	29,231	30,652	87,786
Charles Shorto Charitable Trust	27,904	29,231	30,652	87,786
Rowland Family Foundation	27,904	29,231	30,652	87,786

TOTAL:	111,616	116,924	122,608	351,144
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary Part-time Housing Adviser	19,459	20,619	21,835	61,913
Direct Costs	2,380	2,405	2,465	7,249
Overheads	6,065	6,207	6,352	18,624

TOTAL:	27,904	29,231	30,652	87,786
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Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	194,839
Activities for generating funds	0
Investment income	124
Income from charitable activities	345,065
Other sources	0
Total Income:	540,028

Expenditure:	£
Charitable activities	489,405
Governance costs	2,200
Cost of generating funds	0
Other	0
Total Expenditure:	491,605
Net (deficit)/surplus:	48,423
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	48,423

Asset position at year end	£
Fixed assets	2,150
Investments	0
Net current assets	176,603
Long-term liabilities	0
*Total Assets (A):	178,753

Reserves at year end	£
Endowment funds	0
Restricted funds	14,474
Unrestricted funds	164,279
*Total Reserves (B):	178,753

*** 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?
13-15%

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.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	67,358	65,272	69,919
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	2012 £	2013 £	2014 £
Big Lottery	0	32,254	40,539
LLoyds TSB	7,500	10,000	2,500
Kingston Magistrates Poor Box Fund	0	8,000	0
Adobe	7,252	5,000	0
Goldsmiths Company Charity	0	5,000	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: **Matt Hatton**

Role within **Operational Director**
Organisation:

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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Association of Chief Executives of Voluntary Organisations (ACEVO)	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Islington	
Contact person: Dr Karen Noakes	Position: Head of Health Policy and Services
Website: http://www.acevo.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1114591
When was your organisation established? 01/05/1987	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Strengthening London's Voluntary Sector
Which of the programme outcome(s) does your application aim to achieve? Fewer older Londoners aged over 75 years with depression and more reporting improved well-being More equalities organisations with enhanced voice, advocacy and representation skills
Please describe the purpose of your funding request in one sentence. The Loneliness Project will explore voluntary sector approaches to providing people with the skills to build resilience to periods of loneliness, particularly later in life.
When will the funding be required? 01/04/2014
How much funding are you requesting? Year 1: £29,500 Year 2: £0 Year 3: £0 Total: £29,500

Aims of your organisation:

ACEVO's vision is to inspire effective leadership in a modern enterprising third sector.

The objects of ACEVO are to promote the third sector for the benefit of the public by:

- o Liaising with charities, voluntary organisations, government agencies, private sector bodies and other groups on relevant issues;
- o Identifying needs in the third sector both proactively and reactively and establishing projects or policies to address them;
- o Providing information to the press and the public on the operation of, or problems encountered by, the third sector;
- o Providing advice and information on fundraising techniques appropriate for third sector organisations and charities; and
- o Acting as a representative of the third sector in relation to government policies and legislation.

Main activities of your organisation:

ACEVO is a national membership organisation of over 1500 chief executives working in the voluntary and social enterprise sector. Around 400 of our members are involved in health and care with many more working in public services that address the wider determinants of health.

ACEVO has unique, sector-leading expertise and voice in the areas of health and care. We have produced a number of research reports, including several written with partners such as the Foundation Trust Network and the NHS Alliance. Our latest report on prevention in health, the Prevention Revolution (March 2013), called for greater focus on tackling the social determinants of health, such as social isolation and inactivity, through the extension of preventative health and care provision, supported by the voluntary sector as both providers and advocates.

Our events calendar is well developed and allows us to engage the voluntary sector on health and care issues and how they might contribute to health, care and wider wellbeing.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
22	2	0	0

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	5 years

Summary of grant request

Loneliness is bad for your health. One research paper calculated that in the context of an individual's wellbeing, lacking social connections is as damaging as smoking 15 cigarettes a day. Social networks and friendships not only have an impact on reducing the risk of mortality or developing certain diseases, but they also help individuals to recover - in many practical as well as intangible ways - when they do fall ill.

Loneliness and social isolation are most often couched as problems to be discerned and dealt with in old age. Yet the fact is that loneliness is a huge risk factor for individuals of all ages. Increasingly loneliness and its negative effects are not just restricted to older people; many adults working age are living alone or living in shared accommodation without healthy levels of social connection. In some cases this is deliberate but in others it is a product of social factors, a consequence of changing social attitudes, alternative approaches to urbanization and a general fall in levels of social capital. (Interestingly, at the same time, our individual capacity to deal with loneliness while alone has been significantly diminished by those same social factors).

As with many complex, multifaceted problems, the solutions most often come from the ground up. We believe that the voluntary sector, local charities and local social entrepreneurs have a huge role to play in changing the narrative of gloom around loneliness; of providing practical, positive solutions to build social capital in society.

The Campaign to End Loneliness has done much to raise general awareness around loneliness, especially among the elderly. We want to take this a step further, with a focus on people living in London and a detailed examination of the practical ways in which new social ecosystems of entrepreneurs, charities and government can work together at the local and national level to overcome this issue. In so far as loneliness is a proxy for lack of social capital, the battle to overcome loneliness is a proxy for the building of capacity in the community. Problems like these cannot be dealt with by one agency; they require a community response.

The Loneliness Project will explore the role of voluntary, social and local approaches to reaching out to those in need and providing people with the skills to build up resilience to periods of loneliness in their lives, particularly later in life. It will seek to establish model ways of working for charities, social entrepreneurs and the state. Broadly, the project will look to establish practical solutions across the following five dimensions:

- 1) The increasing number of elderly people living in social isolation. Older people are particularly vulnerable to social isolation and loneliness as a result of loss of friends and family, mobility or income.
- 2) Loneliness and mental health. Loneliness can have an effect on our mental wellbeing leading to depression and/or anxiety. Having a mental health condition can also make us feel more socially excluded and lonely.
- 3) Urbanization and Loneliness. Exploring the link between increased urbanization and a breakdown in communication between people living in urban areas. We will also focus on certain groups who are more likely to be socially isolated such as people who are homeless. How do you build that most elusive of quantities, social capital?
- 4) Loneliness experienced as a result of discrimination -- How do you overcome the isolation of being isolated?
- 5) Loneliness as a public health issue. Feelings of loneliness and social exclusion can also lead to self medication. Alcohol and drug dependency is an increasing issue and not just restricted to young binge-drinkers.

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? **No**

What Quality Marks does your organisation currently hold?

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.

Our plan is to set up a steering committee of practitioners, whose responses would inform our research. We envisage the committee meeting 3-5 times over the course of the project to inform and drive the work, as well as a number of informal evidence gathering sessions.

We will also be able to draw on the expertise of ACEVO's membership of 1500 social and civic leaders, ACEVO's Health Special Interest Group of 400 health and social care charities and ACEVO's strong partnerships with local authorities and institutions. We also work closely with the Department of Health.

The flagship output will be a high-profile written & published report to be released around October 2014. We will provide a high profile launch event and are confident that we will be able to secure a government minister-level political speaker for the launch

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.

The voluntary sector in London engaged in practical solutions to supporting people in dealing with loneliness

The building of social capital in the city that addresses the issues of loneliness and social isolation

People of all ages being supported to build up resilience to periods of loneliness in their lives, particularly in older age.

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?

No

Who will benefit?

About your beneficiaries

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

0

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

London-wide (100%)

What age group(s) will benefit?

All ages

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?

0%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Director of Public Policy, 10 days at 500 per day	5,000	0	0	0
Researcher's time, 30 days at 250 per day	7,500	0	0	0
Steering Group Costs, 5 meetings at 500/day	2,500	0	0	0
Engagement events, 1 meeting at 1000/day	1,000	0	0	0
Publication costs , Print and Design	6,000	0	0	0
Special surveys, materials, literature review	2,500	0	0	0
Launch event, planning and delivery	5,000	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	29,500	0	0	0

What income has already been raised?

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

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
	0	0	0	0
	0	0	0	0
	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:	29,500	0	0	0

Finance details

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

Financial year ended:	Month: March	Year: 2013
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Income received from:	£
Voluntary income	311,250
Activities for generating funds	471,644
Investment income	8,163
Income from charitable activities	1,072,899
Other sources	135,000
Total Income:	1,998,956

Expenditure:	£
Charitable activities	1,690,671
Governance costs	61,982
Cost of generating funds	245,663
Other	0
Total Expenditure:	1,998,316
Net (deficit)/surplus:	640
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	640

Asset position at year end	£
Fixed assets	62,848
Investments	17,299
Net current assets	541,964
Long-term liabilities	0
*Total Assets (A):	622,111

Reserves at year end	£
Restricted funds	0
Endowment Funds	0
Unrestricted funds	622,111
*Total Reserves (B):	622,111

* 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?
21-30%

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.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0		0
London Local Authorities	0	0	0
London Councils	57,880	0	0
Health Authorities	0	0	0
Central Government departments	1,207,833	649,197	504,090
Other statutory bodies	44,343	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	2012 £	2013 £	2014 £
Big Lottery	55,000	37,564	0
Gulbenkian	34,000	0	0
	0	0	0
	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: **Karen Noakes**

Role within **Head of Health**
Organisation:

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



About your organisation

Name of your organisation: London Play	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Islington	
Contact person: Mr. Paul Hocker	Position: Play Development Team Manager
Website: http://www.londonplay.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1104731
When was your organisation established? 01/01/1998	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Strengthening London's Voluntary Sector
Which of the programme outcome(s) does your application aim to achieve? More organisations with improved capabilities in monitoring, evaluation and impact reporting
Please describe the purpose of your funding request in one sentence. To provide London's staffed adventure playgrounds with evaluation tools to measure their impact, strengthen their fundraising potential and boost their sustainability in a competitive environment.
When will the funding be required? 01/12/2014
How much funding are you requesting? Year 1: £37,360 Year 2: £47,694 Year 3: £52,920 Total: £137,973

Aims of your organisation:

London Play aims to ensure that every London child has access to quality, inclusive play opportunities. We campaign for more and improved play spaces and services, and support playwork in the capital by: working with providers to increase localised community managed play opportunities for children in London's 33 boroughs; raising the profile of play with politicians, decision-makers, parents, schools and other bodies that work with or influence children and young people; and providing more play opportunities through funded projects, wherever possible, in partnership with local play providers or community bodies.

As London's long-established second-tier play organisation, we work to improve networking, development, inclusion and quality in the sector as well as awareness of children's inalienable right to play.

"The right to play is a child's first claim on the community. Play is nature's training for life. No community can infringe that right without doing deep and enduring harm to the minds and bodies of its citizens." David Lloyd George (1925)

Main activities of your organisation:

We have over 355 members and run a calendar of events for the play sector, enabling the exchange of ideas, peer support and joint learning. We team up with members to source funding and deliver play events, initiatives, infrastructure and services in their boroughs. We promote and publish case studies and good practice in play from across London's 33 local authorities. We offer policy briefings to help the sector understand how play fits in with current policy objectives.

We also run awards schemes to recognise excellence in play in the capital, plus communication networks for play providers. We contribute to policy by participating in working groups, boards and expert advice panels, ensuring that the role of play in contributing to policy outcomes is explicitly recognised. We work with borough-level play organisations to influence their local authorities to support play and help those whose survival is threatened.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	4	10	12

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	Rolling annual contract, April

Summary of grant request

Need

In an age of austerity, the capital's adventure playgrounds, free, creative spaces of profound community benefit, are at risk of closure. The best countermeasure is to make arguments for funding backed by hard data supplied by evaluation: Play Works will show the sector how. Parents and local people who run playgrounds have told us how developing a viable funding strategy (based on hard evidence) takes a back seat to the immediate need to support staff and maintain a safe play environment. However without evidence thousands of children, adults and communities will suffer: Play Works will help the voluntary play sector to collect, analyse and present this evidence.

Delivery

Recruiting a part-time learning and evaluation mentor and independent evaluator they will roll the program out to 21 playgrounds over three years. London Play will also trial and develop online self-evaluation resources for play projects/playgrounds beyond the lifetime of the grant. The mentor and evaluator will ensure users are progressing, indicators are on track, and evaluate/review all work. Play Works will increase charities' efficiency; stability; giving users the tools they need evaluate; and providing a sustainability strategy.

Attending twilight seminars, quarterly "talking shops" and online discussion forums each site will receive funds to increase lead work capacity and host a consultative community event to collect data/share findings. A high-profile London wide event will launch the project evaluation report and disseminate findings/best practice. London Play will share learning with members/supporters: via our Playwire publication; London media; London-wide forums and Facebook/YouTube platforms. We will also submit a bespoke report to the Mayor of London/GLA Assembly to embed recognition of the good work and argue for long-term funding. Further dissemination includes writing an academic paper for the 2017 International Play Conference in Canada and approaching London boroughs to further reach the remaining 68 playgrounds.

Why London Play?

London Play is recognised as the capital's leading play charity and a centre for knowledge in this field. An umbrella organisation, we enable, deliver and support inclusive play, especially in areas of greatest need, while retaining understanding of the value of grass-roots organisations.

Aims/outcomes

Play Works is truly ground-breaking. For the first time, London's adventure playgrounds (the highest concentration in the UK) will come together to measure the impact their work has on children's global development and wellbeing. They will be equipped with definitive evidence to give their funding applications irrefutable data, and to justify and garner both community and political support.

21 play projects will have significantly improved evaluation systems; increase their funding; report better quality services; share their findings and best practice; and record evidence of the beneficial changes their services facilitate.

90 staff/volunteers will improve skills, knowledge and aptitude. 2,500 young people and 5,000 community members will benefit from enhanced, cost-effective, consistent and sustainable user-led services. Beyond the lifetime of the grant an additional 50 organisations, 150 staff, 100 volunteers, 25,000 children and young people, and 50,000 community members London alone.

Good practice

London Play is committed to using a 'theory of change' model to track the effectiveness of this work. We will renew our theory of change annually and track progress through internal monitoring and feedback from our partners. We will assess the legacy and impact of the programme (measuring indicators such as: new income raised, new programmes developed, user numbers, improved facilities, political/media support and interest, volunteer activity levels, refined aims/outcomes, etc).

Strengthening London's voluntary sector

Through improved evaluation and dissemination of best practice, the project will create a virtuous circle that will help London's play sector to improve its offering and provide valuable lessons to the voluntary sector at large.

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

London Play developed the Quality Mark Quality in Play which is the standard for the play sector and now managed by Play England, we also provide awards to the sector (including Life-time in play achievement award; Adventure Playground of the year award; Play Street of the Year award). At present we are working towards Level Two self-assessment of PQASSO.

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.

To train and develop knowledge of evaluation at 12 adventure playgrounds (in areas serving deprived Londoners) by providing: twilight training to staff and volunteers; three month training program to playground champions (staff); access to online tool kit to nine further play groups working remotely.

To hone and improve the evaluation skills of 12 adventure playgrounds (serving deprived Londoners) by providing: one-to-one mentoring to playground champions; quarterly peer support groups; developing evaluation plans and indicators; supporting participants to collect data, analyse and report on findings.

To raise awareness and change attitudes towards evaluation within the front-line London play sector by providing: support to participants to develop dissemination plans; online forums to gain peer support; develop and trial online evaluation toolkit (with nine trial participants); develop tracking systems for all users; develop communications/dissemination plan.

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.

Twelve adventure playgrounds report increased understanding, awareness and confident maintenance of evaluation within their organisation

Play projects report increased confidence to evidence and provide impact reporting

Play projects report increased skills in self-evaluation through use of online resources reporting

Much-needed recognition of how play benefits society and evidence to support it

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 online toolkit and learning resources will be the key output from this project, made available for free to all play providers at the end of the programme we envisage a further 100 groups benefitting (10x10years). London Play will continue to support the capital's 85 adventure playgrounds, the gold standard in play provision.

Who will benefit?

About your beneficiaries

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

3,500

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

Several SE London (40%)

Several SW London (10%)

Several NE London (30%)

Several NW London (20%)

What age group(s) will benefit?

All ages

0-15

16-24

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
Measuring the Difference Mentor salary x 3days a week at £32,221 including on-costs	19,333	19,719	20,114	59,165
0.5 day a week staff time for each playground @ £2256 per site	9,024	9,024	9,024	27,072
Community launch of learning @ £400 per playground and Consultation resources @ £200per playground	2,400	2,400	2,400	7,200
Main London-wide learning exchange (Hire of space, consumables on day)	0	0	2,250	2,250
Publication and distribution of project report	0	0	3,000	3,000
Head of communications and Policy (£37296.90 inc on-costs) one day per week	7,459	7,459	7,459	22,378
Consultant Evaluator costs inc support time (training and mentor) and developing the evaluation	4,400	3,000	4,200	11,600
Toolkit research and development	3,600	3,600	1,300	8,500
Dvpt Director Line Maagement (1 day per week) + Contribution to overheads @ 15%	11,109	11,041	11,808	33,957
TOTAL:	57,325	56,243	61,555	175,123

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Reaching Communities	3,730	3,730	3,729	11,189
Tudor Trust	5,186	5,270	5,505	15,961
	0	0	0	0
	0	0	0	0
TOTAL:	8,916	9,000	9,234	27,150

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Awards for All	10,000	0	0	10,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	10,000	0	0	10,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Measuring the Difference Mentor salary x 3days a week at £32,221 including on-costs	19,333	19,719	20,114	59,166
0.5 day a week staff time for each playground @ £2256 per site	5,524	9,024	9,024	23,572
Community launch of learning @ £400 per playground and Consultation resources @ £200per playground	0	2,400	2,400	4,800
Main London-wide learning exchange (Hire of space, consumables on day)	0	0	2,250	2,250
Publication and distribution of project report	0	0	3,000	3,000
Head of communications and Policy (£37296.90 inc on-costs) half day per week	3,730	3,730	3,730	11,189
Consultant Evaluator costs inc support time (training and mentor) and developing the evaluation	3,900	3,000	4,200	11,100
Toolkit research and development	0	3,600	1,300	4,900
Contribution to overheads @ 15%	4,873	6,221	6,903	17,997
TOTAL:	37,360	47,694	52,920	137,973

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	178,788	188,209	0
Health Authorities	0	0	45,000
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	2012 £	2013 £	2014 £
People's Millions	0	0	10,808
Heritage Lottery Fund (Play Street Past and Present)	0	0	29,300
Heritage Lottery Fund (Evacuee Play Trove)	1,500	21,862	34,838
Natural England	73,627	79,803	43,608
Social Action Fund (Natural Play Environments)	19,336	89,893	47,646

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: **Paul Hocker**

Role within **Development director**
Organisation:

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	7,218
Activities for generating funds	0
Investment income	47
Income from charitable activities	314,532
Other sources	0
Total Income:	321,797

Expenditure:	£
Charitable activities	332,581
Governance costs	4,078
Cost of generating funds	9,529
Other	0
Total Expenditure:	346,188
Net (deficit)/surplus:	(24,391)
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	346
Investments	0
Net current assets	85,021
Long-term liabilities	32,885
*Total Assets (A):	52,482

Reserves at year end	£
Endowment funds	0
Restricted funds	46,502
Unrestricted funds	5,980
*Total Reserves (B):	52,482

*** 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: Since May 2012, LP has operated under a snr management team of 3 people. In June 2014 it secured funding from the Tudor Trust for Development Director. Organisation have

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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Partnership for Young London	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? City	
Contact person: Ms Sharon Long	Position: Strategic Director
Website: http://www.partnershipforyounglondon.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1062226
When was your organisation established? 17/09/1997	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Strengthening London's Voluntary Sector
Which of the programme outcome(s) does your application aim to achieve? More organisations with improved capabilities in monitoring, evaluation and impact reporting
Please describe the purpose of your funding request in one sentence. To enable voluntary, community and social enterprise sector organisations to improve their monitoring, evaluation and impact reporting through the delivery of training and resources.
When will the funding be required? 02/02/2015
How much funding are you requesting? Year 1: £47,325 Year 2: £46,909 Year 3: £47,765 Total: £141,629

Aims of your organisation:**Aims**

Partnership for Young London is a charitable company limited by guarantee and was incorporated on 17 March 1997 for the advancement of the education and training of young persons and adults. It was registered as a charity on 6 May 1997. The main aim of Partnership for Young London is to support, promote and improve services for young people across London.

Our mission is:

'To provide leadership and vision about young people's services.'

What we do:

Connect - we bring together key leaders across the statutory, voluntary and private sectors to defend and develop essential services for young people;

Develop - we investigate and promote the most effective practice and innovation to ensure sustained impact and the best possible outcomes for young people;

Influence - we will work to ensure that the needs and rights of young people are at the top of public policy debates and that services across London are protected and prioritised.

Main activities of your organisation:

Partnership For Young London facilitates the following services:

Connect

Regional Networks, this includes: the London Policy Network for organisations across the region looking at policy and its implementation on the ground; Strategic Youth Engagement Board, focusing on young people's voice and influence across all partners; Commissioners Network supporting local authorities to share best practice and develop expertise.

A weekly update service: cascaded out to over 400 contacts across the youth sector

Develop

Capacity building support via Engage London, to over 1400 vcs groups supporting them in the following areas: commissioning, business planning, safeguarding, leadership, collaboration and supporting equalities groups.

Facilitation of safeguarding support and training out to VCS providers in partnership with local safeguarding boards across London.

Influence

Facilitation of links between local vcs providers and local authorities to regional and national government

Developing the London Youth Policy Alliance in partnership with London Funders

Supporting and attending various VCS regional and local networks to profile the needs of young people

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	2	9	4

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	Ongoing MoU with City

Summary of grant request

The need for this work has been identified through PYL's regional role highlighting;

- VCSE feedback on support needs around impact and negotiating evidence-based frameworks across youth services
- Increased focus on targeted services and the need to evidence impact
- Increased competition for funding, (50% cuts in some boroughs)
- Feedback from Engage London event for fifty groups on measuring impact
- Feedback from commissioners and local authorities
- National drivers i.e. the National Centre for Impact

Small VCSE groups highlight the need for support on demonstrating their impact and regional expertise/support provides a cost-effective solution to develop practice, and share expertise.

The work will be delivered through;

- The recruitment of a part-time delivery lead
- Local and regional training/support sessions
- Regional networking on thematic subjects
- Practitioners peer support programme
- A website and e-bulletin profiling resources, events and networking opportunities
- Production of resources and materials

PYL is best placed to deliver the work because;

Regional Specialist Youth Sector Knowledge - PYL is a regional hub for both the statutory sector and voluntary sector. Via Engage London, we have facilitated regional training and support programmes for 600 Youth VCS.

Evidence Base - PYL has a sound understanding of the various impact systems i.e. Project Oracle, the Young Foundation Framework, Impetus and Dartington SRU, and CES. We have facilitated pilot events/training sessions on evidencing impact.

Experience of delivering high quality services to the VCS - Through Engage London, we have scored 92% on contract compliance with London Councils and training scores are 87% (excellent/good.)

Established Connections and Partnerships - PYL has good links in place with local authority leads, Cabinet Office, London Councils, the GLA and a database of over 1600 VCS groups.

How this meets the trusts programme outcomes

The work will be focused on supporting VCS groups across the region to develop their skills and capacity in evidencing impact and sustaining their services. This will be achieved through; training, information and advice, regional networking, seminars, and online information hub. The services will be targeted at small to medium sized organisations, and all tools will be appropriate to the needs of groups.

How we meet the principles of good practice

Cascade benefit of the support-service provided via the following:

- Evaluation data on learning after each training session/network
- Online impact surveys with all participants
- Case studies on 12 organisations annually
- Focus groups with networks
- Links with local areas to review impact

Involve the feedback of organisations in continuous improvement of services, via our standardised evaluation framework;

- Analysis of evaluation feedback (with areas for improvement)
- Case studies reviewing impact, and future needs
- Online survey about future areas for development
- Quarterly and annual summaries of all feedback
- Facilitated discussion groups on services
- Supervision and line-management
- Informal feedback on emerging issues

Improve access by smaller, less well-resourced organisations, via the the following systems;

- Databases of 1700 small VCS group, local CVS and infrastructure, and 700 statutory youth leads
- Proactive outreach approach
- Strong links with commissioners, policy and youth leads in each local authority
- Training sessions prioritise small groups with limited funding
- Links with specialist equalities groups
- Facilitation of localised training programmes to support access

Sharing learning with the wider sector will take place via;

- Website page with downloadable resources and programme materials
- Social media to profile new resources and events
- Monthly e-bulletin with programme updates and all materials
- Regional networking with statutory and VCS leads, funders and policy makers
- Presentations at regional events/networks

Do you have a Vulnerable Adults policy? **No**

What Quality Marks does your organisation currently hold?

Partnership for Young London is currently reviewing its business planning processes and quality assurance system and as part of this process, we are assessing our need for appropriate quality marks. As we do not directly work with young people, the London Youth mark is not relevant to our services, although we actively promote this via our front line groups.

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.

The facilitation of 36 training sessions on evidencing impact for youth services over three years to 504 small to medium organisations across the region. These sessions will focus on engaging small groups, supporting them to understand the range of tools available and assess which are suitable to their specific services.

The facilitation of 9 regional peer practice network meetings over three years with 120 organisations. These sessions will enable groups to share their frameworks and resources for evidencing impact, get updates on new systems available and hear from a range of regional and national organisations about developing best practice.

The programme will produce 36 monthly email bulletins over the duration of the contract and these will be distributed out to 1500 contacts/organisations. These updates will offer briefings on resources, training and support opportunities and case studies across the region. These bulletin will increase the reach of the programme.

The programme will produce 6 briefing sheets/information packs which will be distributed out to 500 organisations, these will include; case studies of local practice, examples of tools such as the theory of change and profile latest research on measuring impact for youth services.

The development of a website page to be used as an online knowledge hub online with monthly updates receiving 500+ hits per year. This site will profile resources, downloads, showcase working examples of practice from the networks, create links to other resources and organisations offering support and advice.

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.

Increased knowledge of effective methods to demonstrate impact. The groups attending the training sessions and receiving the resources will have increased levels of knowledge about the various ways in which they can demonstrate impact, they will also have the opportunity to embed these skills through training sessions and follow-up support.

Improved ability to demonstrate the impact of youth services. Through the facilitation of the training and support programme, groups will be supported to develop their organisational approach to evidencing impact, and sharing what works with wider groups across the region.

Increased opportunities to share best practice across the region. Through the facilitation of both the training programme and the peer support networks, organisations will share best practice and various approaches

Improved planning processes in place to evidence impact and assess young people's progress. Throughout the programme, groups will be encouraged to develop their planning processes around impact assessment to create an evaluation framework across their delivery.

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?

This programme will create a range of materials and support programmes that will be sustained post the funding via the website. Additionally, we will build feedback from the support work into our wider policy network meetings to cascade out the learning from the programme and also support local structures of delivery into the future.

Who will benefit?

About your beneficiaries

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

200

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

London-wide (100%)

What age group(s) will benefit?

0-15

16-24

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
Development Lead (4 days per week at 32K pa plus on costs and 5% pension contributions)	29,184	29,621	30,066	88,871
Admin Support (0.5 day per week @ 21K pa plus on costs)	2,394	2,433	2,466	7,923
Office Costs, desk, telephone, photocopying etc, travel	1,200	1,300	1,400	3,900
Programme Costs -- events, training venues, refreshments 12 training sessions and 6-8 regional network meetings	10,000	10,200	10,400	30,600
Start-up Costs -- Specialist training, IT equipment Lap Top and portable projector	1,700	0	0	1,700
Resource Development, design production	1,000	1,000	1,000	3,000
Programme Management costs @ 10%	4,547	4,355	4,433	13,335
TOTAL:	50,025	48,909	49,765	149,329

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Start up costs (core budget)	700	0	0	700
Resources development (reserves)	1,000	1,000	1,000	3,000
Programme delivery	1,000	1,000	1,000	3,000
TOTAL:	2,700	2,000	2,000	6,700

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
N/A	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
Development Lead (4 days per week at 32K pa plus on costs and 5% pension contributions)	29,184	29,621	30,066	88,871
Admin Support (0.5 day per week @ 21K pa plus on costs)	2,394	2,433	2,466	7,923
Office Costs, desk, telephone, photocopying etc, travel	1,200	1,300	1,400	3,900
Programme Costs - events, training venues, refreshments 12 training sessions and 6-8 regional network meetings	9,000	9,200	9,400	27,600
Programme Management costs @ 10%	4,547	4,355	4,433	13,335
Start up costs	1,000	0	0	0
TOTAL:	47,325	46,909	47,765	141,629

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	41,325
Activities for generating funds	0
Investment income	3,240
Income from charitable activities	55,744
Other sources	1,359
Total Income:	101,668

Expenditure:	£
Charitable activities	103,680
Governance costs	12,297
Cost of generating funds	0
Other	0
Total Expenditure:	115,977
Net (deficit)/surplus:	-14,309
Other Recognised Gains/(Losses):	5,638
Net Movement in Funds:	8,671

Asset position at year end	£
Fixed assets	76,440
Investments	0
Net current assets	-14,309
Long-term liabilities	0
*Total Assets (A):	62,131

Reserves at year end	£
Restricted funds	0
Endowment Funds	0
Unrestricted funds	62,131
*Total Reserves (B):	62,131

* 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?
51-60%

Organisational changes

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

The organisation has undertaken a business planning review and also staffing structure review to ensure its sustainability. This has resulted in a change of structures, and created a more stable financial position. The budget forecast for this financial year indicates that

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	12,550
London Local Authorities	28,167	34,000	30,500
London Councils	0	0	37,472
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	2012 £	2013 £	2014 £
Leaders for London	7,000	0	0
Big Lottery	0	18,375	0
	0	0	0
	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: **Sharon Long**

Role within **Strategic Director**
Organisation:

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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Voluntary Action Islington Limited	
If your organisation is part of a larger organisation, what is its name? Not applicable	
In which London Borough is your organisation based? Islington	
Contact person: Mr. Mike Sherriff	Position: Chief Executive
Website: http://www.vai.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 291890
When was your organisation established? 01/02/1971	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Strengthening London's Voluntary Sector
Which of the programme outcome(s) does your application aim to achieve? More organisations with the skills to improve their volunteer management
Please describe the purpose of your funding request in one sentence. To help local organisations maximize potential from volunteer involvement by providing training and consultancy to managers, staff, and volunteers and sustaining improvements using online tools.
When will the funding be required? 02/02/2015
How much funding are you requesting? Year 1: £47,952 Year 2: £48,921 Year 3: £0 Total: £96,873

Aims of your organisation:

Voluntary Action Islington aims to:

- * Provide support to our members (voluntary and community organisations in Islington)
- * Improve the effectiveness of local voluntary and community organisations
- * Develop the voluntary sector in Islington
- * Mobilise our members to influence change.

Main activities of your organisation:

We:

- Provide an information service to our members
- Provide basic capacity building support, especially to smaller and newly forming groups
- Promote and facilitating volunteering
- Enable our members to act together to influence change by supporting networks

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
5	1	11	18

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	10 years

Summary of grant request

This request is for a grant over a two year period to work with at least 30 community organisations in Islington to develop their skills to improve volunteer management. Feedback we have received from local organisations has led us to have a particular focus in this request on improving induction for new volunteers and creating new roles which involve volunteers supervising other volunteers. We will share the resources and learning that we develop through this project with the wider sector using an online facility and a social media platform. As a result of the project local voluntary organisations will have better policies and practices in place to manage volunteers. They will have developed new volunteering roles and improved the quality, consistency and range of the services they deliver to residents of Islington.

As the membership organisation for local community organisations and the accredited Volunteer Centre for Islington we are the right organisation to deliver this work. One of our core purposes is to improve the effectiveness of local organisations and we have a strong track record in delivering capacity building programmes, particularly with smaller less well-resourced groups.

Increasingly organisations that we work with are seeking help with the induction and management of volunteers. They are also interested in creating new volunteer supervisor roles to enable them to develop their services and activities. 90% of groups we work with on capacity building programmes say that they are looking for volunteers and many want to develop their existing volunteers to become volunteer co-ordinators. Local community centres/hubs also depend on volunteers to provide many of their services. They have a lot of interest from residents in volunteering but have said to us that paid staff need more help with managing volunteers and that it is often the case that people interested in volunteering do not have a very clear understanding about what is involved. Our project request responds to this feedback. It builds on Voluntary Action Islington's track record of working with organisations, including positive feedback from previous occasional courses that we have run on the management of volunteers.

This project would be delivered using a combination of one to one support to local community organisations, training courses that we would run with local organisations, and the development of online resources to support and sustain practice improvements. The training programme will include a course about managing volunteers, an introduction to volunteering course and a course for volunteers who are taking on supervisory roles. We will ensure that at least 25% of participants are from organisations with no full time staff, as they have particularly fed back to us that this type of support would assist them to develop their services.

The project will be delivered by one of our Project Officers (half time) with input from our Senior Project Officer, who would particularly be involved in the development and delivery of the training programmes. We would engage freelance associates as necessary to assist with the delivery of the training.

We will obtain feedback from participants in the project after each training course and one to one meeting. We will monitor use of the online resources that we develop. We will conduct a survey with the organisations whose personnel have been involved in the project after 12 months and 23 months to ascertain what changes they have made as a result of taking part and what the impact of this has been on the quality, consistency, and range of services they provide. We will use this feedback to improve the delivery of this project and inform our future service delivery.

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 are an Investors In People Organisation. We are the accredited Volunteer Centre for Islington.

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.

We will deliver 24 training workshops on effective management of volunteers. These will involve 150 staff from 30 local voluntary organisations. We will provide participants with links to relevant online resources.

We will provide one to one advice about volunteer management to 60 staff. This will include working with staff from 24 organisations to develop a volunteer induction programme and with staff from 8 organisations to develop volunteer supervisor roles.

We will deliver 24 introduction to volunteering induction programmes with 24 organisations. These will involve 144 participants.

We will work with 8 organisations to deliver 12 introduction to supervision workshops for volunteers who are taking on the supervision of other volunteers.

We will develop online resources and use of a social media platform to support the organisations that we are working with to share learning, contacts and other relevant information. We will work with a volunteer with digital communication skills to deliver this activity.

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.

30 local voluntary organisations have reviewed and improved their policies and practices for inducting, managing and supervising volunteers. This will include at least 8 organisations with no full time staff.

144 people will have a better understanding about what is involved in volunteering as a result of taking part in introduction to volunteering/induction programmes

8 organisations will have introduced new supervisor roles that will have been taken up by 18 volunteers. As a result they will have been able to develop their programme of services and activities. This will include 4 organisations with no full time staff.

Online resources and a social media platform to support the management of volunteers will have been developed and used by people from 30 organisations to develop and improve policy and practice. This resource will continue to be used after the project has been completed.

30 organisations will have increased their service delivery or improved the quality and consistency of their service delivery as a result of taking part in the project.

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 plan to sustain improvements by producing online resources that can be used after the project is completed and by developing the use of relevant social media so that organisations and individuals can share experience and collaborate, both during the project and after it has been completed.

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staffing	31,513	32,143	0	63,656
Premises	924	924	0	1,848
ICT, stationery, post, phones	2,420	2,468	0	4,888
Insurance, audit, compliance	1,190	1,213	0	2,403
Management, finance administration	13,405	13,673	0	27,078
Training courses	8,100	8,100	0	16,200
Volunteer expenses	400	400	0	800
	0	0	0	0
	0	0	0	0
TOTAL:	57,952	58,921	0	116,873

What income has already been raised?

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

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
Staffing	31,513	32,143	0	63,656
Premises	924	924	0	1,848
ICT, stationery, postage, phones	2,420	2,468	0	4,888
Insurance, audit, compliance	1,190	1,213	0	2,403
Management, finance, administration	3,405	3,673	0	7,078
Training courses	8,100	8,100	0	1,620
Volunteer expenses	400	400	0	800
	0	0	0	0
	0	0	0	0
TOTAL:	47,952	48,921	0	96,873

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	50,859
Activities for generating funds	0
Investment income	2,333
Income from charitable activities	516,138
Other sources	3,372
Total Income:	572,702

Expenditure:	£
Charitable activities	536,880
Governance costs	7,842
Cost of generating funds	3,045
Other	0
Total Expenditure:	547,767
Net (deficit)/surplus:	24,935
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	70,076
Investments	0
Net current assets	616,651
Long-term liabilities	(76,952)
*Total Assets (A):	609,776

Reserves at year end	£
Endowment funds	0
Restricted funds	19,596
Unrestricted funds	259,812
*Total Reserves (B):	279,408

*** 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: Since our most recent accounts statutory income and funding from sources such as the Big Lottery has continued to decrease. The number of staff employed by VAI and our annual expense has also reduced. We are generating funds

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	256,017	239,444	137,764
London Councils	39,136	0	0
Health Authorities	0	0	0
Central Government departments	0	0	5,000
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	2012 £	2013 £	2014 £
Henry Smith Charity	0	25,000	25,000
Trust for London	26,250	0	0
Cripplegate Foundation	20,000	0	0
	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: **Michael John Sherriff**

Role within **Chief Executive**
Organisation:

Who will benefit?

About your beneficiaries

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

166

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

Islington (100%)

What age group(s) will benefit?

All ages

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%