

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Lambeth Somali Community Association	
If your organisation is part of a larger organisation, what is its name? no	
In which London Borough is your organisation based? Lambeth	
Contact person: Mr Ahmed Omar	Position: Coordinator
Website: http://www.lamsom.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1102904
When was your organisation established? 20/09/1990	

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. Part time Project Worker who will work and support older people using a pool young volunteers that the right training of how assist older people
When will the funding be required? 25/07/2018
How much funding are you requesting? Year 1: £5,356 Year 2: £0 Year 3: £0 Total: £5,356

Aims of your organisation:

To meet the needs of the Somali Community In Lambeth and surrounding boroughs.
 To provide bilingual advocacy for families with young children
 To provide extra curriculum to school age children in our supplementary school sessions at the evening and weekends.
 To support older members of the community to relief isolation and lack of movement and improve their quality of life by helping them to active in the community and take part activities.

Main activities of your organisation:

* We large Supplementary School in which 120 children from the age of 5 to 14 years old attend every week. children receive support with school work particularly core subjects (English, maths and science). The children also participate weeks sport activities held in nearby park.

* We run bilingual advocacy sessions in which many families with children receive support with contacting utilities agencies, benefits, school placements, GPs and job centers.

* Drop in sessions in which young unemployed people get support with completing job application forms, CVs and helping them with job interviews techniques.

* General advice and signposting activities in which we direct clients to other service providers and partnership organisations.

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Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	1	6	8

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	15 years

Summary of grant request

We need to organise Somali Elderly Project in which a part time project worker and our volunteers will run activities for a group of Somali elderly mainly women who are in their late seventies and eighties. The numbers of older people from Somali Refugee Community have risen rapidly in the last five years. The biggest problem that these elderly women are facing is isolation as they are usually confined to inside their flats all day. There are no other facilities or activities that they can join to socialise. As a result, many of them are suffering from health problems related to their lack of movement and lack of socialization. Many of them are on medication for Vitamin D deficiency and joint pains. Many of these women who used to be our service users are no longer able to come and get support in the centre without assistance. We have a pool of young volunteers that can make all the difference to their needs. These women's access to majority of services are problematic. The barriers they face include language issues and lack of knowledge of what is available for them and their limited movement. Their financial situation is also in a bad condition since they are not aware of what support they are entitled to and how to claim.

The project will plan the following weekly activities:-

- * Taking a group of elderly to the park twice a week. There are a number of parks in the vicinity, like Larkhall Park in West Stockwell. Volunteers will help them to come out and walk to the park where they will meet together and will be encouraged by volunteers to organise activities by themselves in the park like walking between their houses and to the park, stretching their body, walking around the park and timing themselves how long they take to finish one full round. We will provide water and snack in the park and let them relax and talk.
- * Bringing them to the centre and let them have coffee together and socialise which is what they missed culturally. Our volunteers will encourage them to do some activities like decorating the walls of the centre, doing some tailoring using our sewing machines. We are expecting that the number of elderly we can possibly support will be around 35 over 75 a year. And will target those who are in need the most or the most isolated ones. Our support will prioritise for those who have no relatives living with them or near them and those that are more frail than others. We hope this support will enable them to socialise more which will relieve them from their isolation. While they are in the centre we will make coffee, tea, light food for them and let them organise themselves and share their stories and experience in life which will help them to boost their morale and give them relief from their isolation.
- * Organising meetings between youngsters attend in our supplementary school and these elderly women in half terms to share their different experience and educate each other. The aim of these meetings is that young people will talk about the life of this country while elderly women will tell stories about back home and what they did when they were at their age which we believe will be fascinating to compare two different cultures.
- * Empowering them to be healthy and encourage them to be active and go out from their flats whenever possible and eat healthily. Because the other concern is that most women eat less or when they eat they eat unbalanced diet.

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.

Will take a group of elderly to the park by volunteers twice a week. Our volunteers will help them to come out and walk to the park where they will meet together and will be encouraged by volunteers to organise activities by themselves in the park.

Bringing them to the centre and let them have coffee together and socialise which is what they missed culturally. Our volunteers will encourage them to organise themselves and do some activities like decorating the walls of the centre, doing some tailoring using our sewing machines.

Making them coffee, tea, light food and let them organise themselves and share their stories and experience in life and sing cultural songs which will help them to boost their morale and give them relief from their isolation. Old Small People love talking and that is what currently missing.

Organising meetings between youngsters attend in our supplementary school and elderly to share their different experience and educate each other. Young people will talk about life of this country while elderly will tell stories about back home and what they did when they were at their age to compare.

Empowering them to be healthy and encourage them to be active and go out from their flats whenever possible and eat healthily. Because the other concern is that most women eat less or when they eat they eat unbalanced diet.

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.

Old people's mobility will improve.

They will be able to come out of their house and walk to the park

Old people will feel less isolation

more socialized and more active and take part physical activity like dancing and singing

Old people will feel Less depression and will

feel happier and confident to help themselves in the future.

Old people will be more aware of the services available for them in the locality.

Old people's quality of life and well being will be improved.

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 are expecting to continue beyond the end of your funding and are planning to continuously and vigorously fund-raise and train more young volunteers who will champion this work in the future.

Who will benefit?

About your beneficiaries

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

35

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

Lambeth (75%)

Wandsworth (15%)

Southwark (10%)

What age group(s) will benefit?

65-74

75 and over

What gender will beneficiaries be?

Male

Female

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

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

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
Part time Project Organiser (6 hours/week x£9.95/hr + DBS check cost)	2,686	0	0	2,686
5 Volunteers expenses(DBS, safeguarding training)	950	0	0	950
Overhead cost(heat, electricity,water, telephone, internet)	750	0	0	750
Publicity	120	0	0	120
Food and refreshments	500	0	0	500
Travel cost	350	0	0	350
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	5,356	0	0	5,356

What income has already been raised?

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

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Part time Project Organiser (8 hours/week x£9.95/hr + DBS check cost)	2,686	0	0	2,686
5 Volunteers expenses(DBS, safeguarding training)	950	0	0	950
Overhead cost(heat, electricity,water, telephone, internet)	750	0	0	750
Publicity	120	0	0	120
Food and refreshments	500	0	0	500
Transport cost	350	0	0	350
	0	0	0	0
TOTAL:	5,356	0	0	5,356

Finance details

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

Financial year ended:	Month: March	Year: 2017
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Income received from:	£
Voluntary Income	3,059
Activities for generating funds	3,923
Investment income	0
Income from charitable activities	14,800
Other sources	0
Total Income:	21,782

Expenditure:	£
Charitable activities	14,643
Governance costs	1,387
Cost of generating funds	3,200
Other	0
Total Expenditure:	19,230
Net (deficit)/surplus:	2,536
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	0

Asset position at year end	£
Fixed assets	259
Investments	0
Net current assets	766
Long-term liabilities	4,019
*Total Assets (A):	1,025

Reserves at year end	£
Restricted funds	14,800
Endowment Funds	0
Unrestricted funds	0
*Total Reserves (B):	2,536

*** 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%
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Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:
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There has been no organisation changes in this charity.

Previous funding received

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

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	6,000	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	0	0	0

Previous grants received

Please list the grants received by your organisation from charitable trusts and foundations (other than City Bridge Trust) during the last THREE years. List source, years and annual amounts. Please include the 5 largest only.

Name of Funder	Year 3 £	Year 2 £	Most recent £
Walcot foundation	15,000	0	0
BBC Children In Need	7,000	7,000	7,000
	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: **Ahmed Omar**

Role within **Coordinator**
Organisation: