

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Good Food Matters</b>	
If your organisation is part of a larger organisation, what is its name? <b>N/A</b>	
In which London Borough is your organisation based? <b>Outside London</b>	
Contact person: <b>Ms Victoria Williams</b>	Position: <b>Director</b>
Website: <a href="http://www.foodmatters.org">http://www.foodmatters.org</a>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1111235</b>
When was your organisation established? <b>31/03/2004</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Resettlement and Rehabilitation of Offenders</b>
Which of the programme outcome(s) does your application aim to achieve? <b>More ex-offenders successfully and sustainably resettled in the community and re-offending rates reduced</b> <b>More offenders and ex-offenders receiving help and support to improve their mental health</b>
Please describe the purpose of your funding request in one sentence. <b>Food Matters Inside and Out: Food activities to support 'through-the-gate' prisoners to aid resettlement, health and wellbeing.</b>
When will the funding be required? <b>01/09/2018</b>
How much funding are you requesting? Year 1: <b>£37,255</b> Year 2: <b>£37,976</b> Year 3: <b>£38,751</b>  <b>Total: £113,982</b>

**Alms of your organisation:**

Food Matters is an action-based food policy and advocacy organisation. We deliver projects through innovative, participatory, whole-food-systems approaches to establish healthy, sustainable, fair food as the norm for everybody. Food Matters works collaboratively to build capacity in communities where we work and works strategically to inform sustainable and just food policy.

Over the past 14 years Food Matters has worked to establish itself as an influencing organisation focussing on community development issues and initiatives using food as a lens. We believe that to engender change, action has to take place at both community and policy level. Our community food work aims to build capacity so change in the community is possible. Alongside our community focus we develop and run training projects, community mapping and undertaken research and evaluations providing evidence to inform strategic policies that support long term behaviour and societal change towards sustainable and just food systems.

**Main activities of your organisation:****1. Training & Evaluation**

Food Matters develops, delivers and manages practical projects to build food skills and food knowledge, in order to demonstrate feasibility and inform the policy evidence base. We work collaboratively on projects which further our aims. We develop and deliver training to build capacity among individuals, communities and organisations to make changes in their food systems and their lives.

**2. Facilitation**

We have a strong participatory ethos based on wide experience and expertise in the use of participatory approaches to community development. We focus on facilitating research, evaluation, action-planning and community mobilisation using Participatory Appraisal (PA) in a range of different circumstances and with diverse groups and organisations.

**3. Research**

We undertake research to understand particular issues and their impact on local communities in order to provide evidence to inform local and national food policy. We provide information and advice to statutory and voluntary-sector organisations to further their knowledge and understanding of the issues.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>0</b>	<b>5</b>	<b>5</b>	<b>0</b>

**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?
<b>Rented</b>	<b>1 year</b>

## Summary of grant request

Within the factors that contribute to the successful rehabilitation and resettlement of prisoners, food plays an important role. A healthy diet positively impacts on physical health; evidence suggests that it similarly impacts on the mental health and behaviour. Many prisoners have problematic family backgrounds e.g. violence in the home, substance misuse. They may never have been taught to cook, make healthy choices and have little experience of eating socially as a family. For parent prisoners whose children have been placed in care, cooking, shopping, and budgeting contribute to the parenting skills needed to live together again as family upon release.

Prisoners can become institutionalised around food provision, particularly those without access to cooking facilities. Generally, a central kitchen provides the prison population with three meals a day. There is little opportunity to learn food-related life skills or experience social eating, since meals are often eaten alone in cells.

The Food Matters Inside and Out Project will support 'through-the-gate' prisoners, by enhancing their knowledge and life-skills, to help them cope with day-to-day living, and support their relationships, health and well-being upon release.

Within a prison we will initially perform a food audit, to determine how prisoners obtain their food in prison, what knowledge level and skills they have around food and what food issues are important to them. We will work with the prison to deliver interventions suitable for the needs of that prison's infrastructure, resources and prison population e.g. gender specific, to support prisoners 'through-the-gate'. Interventions could include: courses, workshops, cooking sessions, information materials e.g. booklets, toolkits, and on-line information for the Custodial Management System (CMS).

Upon release, we aim that prisoners will have:

- ? Increased knowledge and positive attitude towards their own and where relevant, their family's, balance of food and eating patterns.
- ? Skills and knowledge related to healthy eating, meal planning, cooking, food shopping and budgeting.

Food Matters runs food projects in men's and women's prisons, involving: healthy eating and cooking courses, food audits, consultancy to catering services, focus groups and health promotion. We have positive relationships with several prisons, where we have worked previously, or who are keen to work with us. We have demonstrated that our courses result in significant increases in participants' knowledge and attitude around healthy eating as well as a significant positive change in eating behaviour.

Food Matters is experienced in running cooking, budgeting and healthy eating courses and workshops with groups in the community including offenders released on licence and parents of children at risk.

Our project will help address key factors important for successful resettlement and rehabilitation:

1. Living skills: cooking, food-shopping, budgeting
2. Self-care: knowledge and positive attitude towards healthy eating, changing disordered eating patterns.
3. Physical, mental and emotional health & well-being: eating balanced, nutritious food; controlling cravings
4. Friends & community: eating and cooking socially

5. Relationships & family: strengthening ties with food e.g. passing on family recipes, cooking together, eating together
6. Parenting & caring: shopping and cooking skills to provide balanced, nutritious family meals; cooking and eating as a family.
7. Positive use of time: understanding how food-shopping, cooking, social eating are activities for health, emotional well-being and relationships.

We will engage with prisoners to find out what would best help them have a positive resettlement. We will do this through focus groups, one-to-one conversations and prison-wide via on-line questionnaires. We will work with all prisoners and develop inclusive courses to meet the needs of people from all backgrounds.

Food Matters has a comprehensive environmental policy including travel, stationery, premises and pension investments. We encourage and value volunteers, so also offer paid internships where possible.

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?

**Currently none but we are aiming to apply for the PQASSO quality mark over the next year.**

### **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.

**Prison food audit ? including observations, focus groups, interviews relating to staff and prisoner activities.**

**Resettlement courses/ workshops ? for targeted groups of prisoners close to release, adapted to meet the needs of the prison and the group of service-users**

**Specialised Parents' courses/ workshops - for targeted groups of prisoners close to release with children, adapted to meet the needs of the prison and the group of service-users; linking courses to related activities such as family days.**

**Development of booklets and toolkits ? general and specific to parents, covering healthy eating, shopping, budgeting, meal planning.**

**Evaluation of project ? evaluating changes in knowledge attitude and behaviour around food.**

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.

**Positive change in prisoners' knowledge and attitude of healthy eating**

**Positive change in prisoner's knowledge and attitude around healthy eating for their family (where appropriate)**

**Increase in cooking, meal planning, shopping and budgeting skills**

**Positive change in prisoners' attitude to the importance of time spent food shopping, cooking and social eating**

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 the project, and have applications to charitable trusts and foundations in development. Additionally, we are in discussion with prisons regarding statutory funding for elements of the project to sit alongside charitable funding. This may take the form of a statutory grant or tendered contract. We have had positive discussions with prisons about a mix funding model.**

## Who will benefit?

### About your beneficiaries

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

**85**

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?

**Male**

**Female**

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

**A range of ethnic groups**

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

**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
Project Manager	13,041	13,303	13,569	39,913
Food Matters Inside & Out Project Lead	20,198	20,612	21,024	61,834
Project Administrator	17,900	18,258	18,623	54,781
Overhead: rent, IT, phone calls, postage, Insurance etc	11,121	11,203	11,287	33,611
Travel	3,600	3,600	3,600	10,800
Over-night accommodation	600	600	600	1,800
materials and printing	3,000	3,000	3,000	9,000
food costs / ingredients	1,000	1,000	1,000	3,000
External evaluation	3,000	3,000	3,000	9,000
<b>TOTAL:</b>	<b>73,460</b>	<b>74,576</b>	<b>75,703</b>	<b>223,739</b>

### 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
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
29th May 1961 charitable trust	10,000	10,000	10,000	30,000
Evan Cornish Foundation	30,000	30,000	0	60,000
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Food Matters Inside & Out Project Lead	20,198	20,612	21,024	61,834
Project Administrator	4,285	4,410	4,585	13,280
Overhead: rent, IT, phone calls, postage, Insurance etc	6,072	6,254	6,442	18,768
Travel	3,600	3,600	3,600	10,800
Over-night accommodation	600	600	600	1,800
materials and printing	1,500	1,500	1,500	4,500
food costs / ingredients	1,000	1,000	1,000	3,000
<b>TOTAL:</b>	<b>37,255</b>	<b>37,976</b>	<b>38,751</b>	<b>113,982</b>

## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2017</b>
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Income received from:	£
Voluntary Income	0
Activities for generating funds	0
Investment Income	0
Income from charitable activities	119,287
Other sources	26,482
<b>Total Income:</b>	<b>145,769</b>

Expenditure:	£
Charitable activities	130,727
Governance costs	2,000
Cost of generating funds	0
Other	0
<b>Total Expenditure:</b>	<b>132,727</b>
<b>Net (deficit)/surplus:</b>	<b>13,042</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement In Funds:</b>	<b>0</b>

Asset position at year end	£
Fixed assets	2,238
Investments	0
Net current assets	89,601
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>91,839</b>

Reserves at year end	£
Restricted funds	29,000
Endowment Funds	0
Unrestricted funds	62,839
<b>*Total Reserves (B):</b>	<b>91,839</b>

**\* 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:

N/A



## Previous funding received

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

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	0	5,500	0
Health Authorities	0	0	0
Central Government departments	0	0	33,332
Other statutory bodies	14,000	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 £
Alexandra Rose Charity	49,425	0		43,859
Esmee Fairbairn	25,400	25,400		40,901
Awards for All	0	0		10,000
	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: **Victoria Williams**

Role within                      **Director**  
Organisation: