

The City Bridge Trust

Bridging Divides: Application for a grant



About your organisation

Organisation Details

Name of your organisation:

Bonny Downs Community Association

If your organisation is part of a larger organisation, what is its name?

n/a

In which London Borough is your organisation based?

Newham

Contact person:

Mr. Peter Laing

Position:

Chief Executive

Website:

<http://www.bonnydowns.org>

Social Media Accounts:

@bdca247

What Quality Marks does your organisation currently hold?

PQASSO Level 1

Legal Status

Legal status of organisation: **Registered Charity**

Charity Number:

1071625

Company Number:

3625785

CIC Number:

Bencom Number:

When was your organisation established? **03/09/1998**

Aims of your organisation:

The mission of BDCA is to bring people together, break down barriers and build people up. Our strategic objectives are to:

1. Help people to connect so that we reduce isolation and have a more integrated community.
2. Support people to be physically active, so that we have a healthier community.
3. Encourage people to take time to reflect in our busy society, so that we can improve our mental health and wellbeing.
4. Provide opportunities to keep on learning so that we have a knowledgeable and skilled community.
5. Create opportunities for people to give of their time and / or money so that we can inspire local action and increase capacity to effect positive change.
6. Help more people to celebrate so that we encourage an attitude of thankfulness and celebration ? even in the midst of life?s disappointments and challenges.
7. Provide support for people in difficult times, so we develop a more resilient and caring community.

Main activities of your organisation:

Bonny Downs Community Association delivers or hosts community projects in four previously derelict local spaces that we have renovated and brought back into community use: The Well Community Centre, Flanders Playing Field, Bobby Moore Pavillion and the Grow Together Be Together Community Garden.

BDCA's Children & Families Project runs an after school club, holiday schemes, toddler groups, courses for parents, and holistic support for families in poverty.

BDCA's Youth Project provides a twice weekly youth club and annual leadership programme to support 'at risk' young people.

BDCA's Sports Project provides affordable physical activities to improve the health of residents of all ages.

BDCA's Poverty Response Project delivers a weekly foodbank, benefits and debt advice and a day centre for homeless people.

BDCA's Food Project provides local residents with opportunities to grow, share and learn about healthy food in our community garden and café.

BDCA's Elders Project delivers daily activities for older people and advocacy for elders in crisis.

Your Staff & Volunteers

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
2	43	8	92
Do you have a Safeguarding policy? Yes			
Are the following people in your organisation subject to DBS checks?			
Paid Staff Yes	Volunteers Yes	Trustees / Management Committee Members Yes	

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	9 years

Environmental Impact**What action have you taken in the past year to progress environmentally sustainability principles and practice?**

BDCA had an Eco-Audit from City Bridge Trust in 2017, with a follow-up visit from '3 Acorns' in June 2018. The report notes that we have acted on one of the main recommendation and found funding to replace the 30-year-old heating system at The Well with an eco-friendly boiler. In the last year we have also introduced recycling at both sites, switched to recycled paper, and reduced paper use by setting printers to double-sided. The after school club is teaching children about recycling and advice workers have had a workshop on helping vulnerable clients use green tips to reduce living costs. Our café has used more organic food from our garden, and donated food. We are saving energy by turning off radiators, lights and heaters, and replacing light bulbs. Trustees have adopted an Environmental Policy which will be monitored at board meetings to ensure we continue to implement the recommendations.

Finance Details

Organisation Finances

	Year of most recent audited / examined accounts	Current financial year forecast	Next financial year budget
End of financial year date	31/03/2017	31/03/2019	
Grants & donations:	£404,633	£388,507	£0
Earned income:	£366,514	£399,815	£0
Other income:	£572	£300	£0
Total income:	771,719	£788,702	£0
Charitable activity costs:	£700,510	£766,999	£0
Cost of raising funds:	£17,432	£19,863	£0
Other costs:	£6,817	£0	£0
Total expenditure:	£724,759	£786,862	£0
Free unrestricted reserves held at year end:	£218,096	£193,633	£0
What is your organisation's reserves policy? The trustees are currently reviewing our reserves policy in line with our newly developed risk appetite policy to ensure that reserves are managed in a positive and proactive way. As it currently stands, our policy is to hold reserves equivalent to six months running costs to cover the orderly winding down of activities should future funding be withdrawn.			
For your most recent financial year, what % of your income was from statutory sources? 11-20%			

Organisational changes

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

Thanks to recent funding from the Tudor Trust, BDCA are formalising our new senior management team structure. Three Senior Managers will line manage Project Coordinators to reduce the number of direct reports to the CEO, improve staff support and ensure that organisational activities are delivered to a high standard; oversee safeguarding; develop partnerships and develop a digital strategy.

Grant Request

Under which of City Bridge Trust's programmes are you applying?
Connecting the Capital

Which of the programme outcome(s) does your application aim to achieve?
Connecting the Capital\Londoners experiencing inequality or disadvantage have greater wellbeing and independence through Improved access to arts, sports and other community facilities and services

Please describe the purpose of your funding request in one sentence.
To improve the wellbeing and independence of vulnerable elders aged 65+ in Newham by providing exercise classes, social and creative activities, advocacy and day care.

When will the funding be required? 01/12/2018

Is this request to continue work that is currently funded or has been funded in the last year by:

City Bridge Trust?

Another funder? (If so which)
Big Lottery Reaching Communities

How much funding are you requesting?

Year 1:
£32,406

Year 2:
£33,194

Year 3:
£35,182

Year 4:
£35,776

Year 5:
£36,381

Total Requested: £172,938

You and your grant request

What, specifically, are you applying for (your project)?

What, specifically, are you applying for (your project)?
We are seeking funds to expand our Active and Connected project for older people in Newham, meeting a need highlighted by a recent evaluation of the project and a growing population of older people within Newham. We would use this grant to provide:

Five new activities to improve the physical and mental health of elders aged 65+

Eight hours of advocacy a week to help meet practical needs of those in poverty

? A new day care centre on two days a week for those who have a higher level of care need, which will mean they can be part of the community.

To achieve this the grant will cover 50% of the salary of the Project Coordinator who leads our whole programme of activities and support for elders and will develop the day centre; 33% of the Elders? Advocacy Manager?s salary; and £5,000 towards activity running costs.

What are the changes you hope to achieve?

Through this project: 1) Vulnerable older people in Newham will be much less isolated and lonely. At the end of 2017, 100% of the 87 users completing our end-of-year survey reported that they had made friends at The Well, and 88.5% reported feeling less lonely and isolated as a result of attending our activities.

2) Older people will have improved physical and mental health. The same survey showed that our project improved older people's levels of physical activity (63%), mentally stimulating activity (64%) and social activity (94%). As a result, 56.3% of our survey respondents reported reduced usage of statutory health services since attending our programme.

3) Vulnerable elders will have increased resilience so they can live independently for longer. An impressive 96.6% of our survey respondents reported being better able to manage and be more independent, partly thanks to 373 hours of advocacy sessions during the year.

How do you know there's a need for this work?

In Newham, 41% of older people live in income deprived households (2015), the 3rd highest proportion in the country. Many suffer poor health: Women in Newham can expect 61 years of healthy life, and men just 58. Age UK warn that East Ham South has is 'very high risk' of loneliness amongst people aged 65+ and POPPI statistics predict a 33% increase in Over 65s in Newham from 2017 - 2025 (compared with 17% across England). Newham Council has already cut £173M over five years with a further £1.1M to come in 18/19, including services for older people. Day centres and community centres have closed, including the Hartley Centre less than mile from The Well.

There is only 1.3 minutes of advice provision available per person per year in Newham. Changes to welfare entitlement and online application systems leave elderly people in poverty, making our advocacy service vital.

How will the work be delivered - specifically, what will you do?

We will run three weekly exercise classes for elders, a weekly arts and crafts session, and a weekly social including a coffee morning and lunch club. We anticipate 8,500 - 9,200 attendances a year.

We will deliver eight hours a week of advocacy assisting 40 elders in poverty a year to secure benefits such as ESA and support them with PiP assessments; help elders to get the support they need to live safely at home; help elders with mobility issues to apply for transport services so that they can get out; secure suitable accommodation when people's ability to live independently diminishes; give practical and emotional support to bereaved elders; arrange support for carers of elders with dementia.

We will launch a new day centre at the Well, as there is a massive shortage of day care for elderly people with higher needs, who have Personal Budgets to pay for it.

Why are you the right organisation to do this work?

BDCA's Active and Connected Elders Project has a 15-year track record of delivering a daily programme of activities and services that help protect vulnerable elderly residents from suffering preventable illness, isolation and hardship. Last year there were 10,706 project attendances and 464 unique project users, and a team of 47 volunteers including an active Steering Group. An external project evaluation (February 2018) concluded it is a 'well-established, well-respected and effective initiative. Feedback from users, volunteers and staff is overwhelmingly positive. The project's impact is clearly life changing for some and significant to many.'

Being part of a larger community association means the elders' work is well-managed and secure, and expresses the values of inclusion, celebration and empowerment that run through all our work. It means the elders' work includes the most disadvantaged, through links with BDCA's foodbank, and it links older people with the wider community through intergenerational events.

How does your work complement and not duplicate other services within your area?

We are part of the Staywell Consortium bringing together statutory and voluntary services for older people in Newham, and referring people to each other's services. At our meetings we share what we are doing and schedule similar activities like coffee mornings on different days across the borough. The main other local provider is Newham Council, who started a small library-based programme of exercise classes and other activities for elders, very similar to ours, after visiting our project. When we noticed this duplication we met with their staff and asked them to schedule their activities on different days of the week.

In terms of day care for older people, there are only two providers in Newham, one in Chargeable Lane in Canning Town and Subco specifically for Asian Elders in Manor Park and we have consulted with them to establish need. There is no equivalent advocacy service for elders.

How will this proposal meet the Programme Outcome(s) under which you are applying?

We will enable older Londoners experiencing inequality or disadvantage to have greater well-being and independence through improved access to arts, sports and other community facilities and services.

This project will improve wellbeing and independence by running daily activities including exercise classes, arts and crafts and social activities at our community centre, and specifically by adding five new sessions. It will enable the participation of elders who aren't mobile enough to access the programme at the moment, by launching a day centre on two days a week. This will mean elders with a higher level of need are not trapped at home but can spend the day with other people, taking part in enjoyable activities. Advocacy will help the most disadvantaged elders to resolve problems with housing, benefits, and other paperwork that are causing them pain and distress. This will help them live independently for longer and improve their wellbeing.

How will you ensure that your project will hear and represent the views and needs of disadvantaged people and/or diverse communities?

User-centred service was highlighted as one of BDCA's strengths in our PQASSO assessment in October 2017. A large proportion of those who use our Elders' project are disadvantaged in different ways including poverty, disability and learning difficulties. Referrals from BDCA's foodbank and night shelter, and other agencies to our advocacy service ensure that users of the project include the most disadvantaged elders. We gather individuals' views through annual anonymous surveys and external evaluations that involve interviews and focus groups. Users can represent their views and needs to the user steering group, or as part of it. The Advocacy manager is available by appointment to hear and represent elders with specific needs. In addition, all members of staff will listen and help. Our February 2018 evaluation found, "Staff genuinely care about the project and its users and go the extra mile in terms of getting to know people and offering support."

How does your project engage and empower individuals and/or communities to come together on this issue? Will you be working with people who are particularly excluded?

All project users are warmly encouraged and welcomed to take ownership and leadership of the work, in line with our values of inclusion and empowerment. In 2017, 1,777 volunteer hours were given by 47 elders who helped generate new ideas for groups and activities, support practical work, and took part in running the project through the Steering Group and focus groups. The user steering group meets quarterly to help plan yearly activities, and volunteers and steering group members attend training sessions along with staff. We are proud of the level of commitment our volunteers and steering group have shown. An external evaluation in February 2018 reported, "Volunteers and users seem often to be amazed at the extent of their enjoyment of and commitment to the project. They may have come thinking they would find something to do but are surprised that what they have found is a sense of belonging."

Is the focus of your project meeting an already identifiable need (acute or otherwise) or are there elements which are preventative and/or incorporate early action?

Our Active and Connected Elders project provides activities that prevent ill-health, isolation and serious hardship. A range of exercise classes, cultural and social events help older people maintain their physical health and mental wellbeing, and workshops on e.g. staying warm or falls help prevent particular problems. By having regular activities, friends, maybe a volunteering role and feeling connected to the community, people's lives are happier and more purposeful, and they know people who they can turn to for help with any difficulties or needs that arise as they grow older? an effective safety net. Some elders will be referred at the point of need, particularly for advocacy at a time of crisis such as financial hardship or bereavement when they have nowhere else to turn. Along with this specific help, they will be welcomed to participate in other activities which will build up their resilience for the future.

Who might you need to work closely with in delivering this project - whether before, during or afterwards?

At BDCA we believe change cannot be achieved alone and we are fully committed to collaborative working, particularly with organisations that share our vision and values. Our approach to partnership working always seeks a win - win outcome for all involved. In 2017, BDCA worked in active partnership with 93 other organisations.

The Active and Connected Elders Project currently works in active partnership with organisations including: The Steer Foundation, West Ham United, East Ham Active, Department for Work & Pensions, Newham Council, Newham Clinical Commissioning Group, Bonny Downs Baptist Church, Wortely lodge, Staywell Consortium, and NHS. Our partnership with Newham Community Prescriptions (heart disease/diabetes programme) is very successful, with a waiting list for classes, and we continue to offer Health Promotions and Active Centres programmes with Newham council.

Our aim as a funder is to help people move positively between any of the four stages of Surviving, Coping, Adapting and Thriving. For your project at which of these stages will most people begin their journey?

Most people who initially come to the project are Surviving or Coping. They are just ?getting through? the day, and their lives. They feel undervalued and unsure about where they fit into their community at their age.

Added to this a number are coping with issues of bereavement, poverty, debt, isolation, loneliness etc. meaning they come needing friendship, acknowledgement, training, help and advice. We know this from user surveys and questionnaires.

We see people changing their attitude to feeling included, more empowered, celebrating life and thriving. Nearly everyone chooses to stay and get involved.

?I became a recluse after the shock of losing my beloved husband but BDCA has brought me back into the community. The trip to Richmond and the cruise along the Thames have been highlights of my year. The Well is a marvellous place and I feel that I really belong here.? ? Jean

Will there be any elements of this project that will help you or your beneficiaries to reduce your environmental footprint?

We have run workshops for elders on Warmer Homes, saving energy, saving water, and sustainable homes, led by the same environmental consultants who have helped BDCA improve energy efficiency at The Well. These give older people tips for staying warm in winter and reducing the cost of running their homes. Although aimed at keeping them safe and healthy and coping with bills, it leads to them reducing the amount of energy and water they use and therefore reducing their environmental footprint, if they follow the advice.

The elders team, along with the rest of BDCA encourages effective use of resources through re-use, recycling and reducing food miles by growing food locally for the cafe, and these messages are passed on to elders through e.g. workshops about how to recycle.

What are the main activities or outputs you want to deliver?

Five weekly sessions lasting at least 1 hour each, for elders aged 65+ including: Tai Chi, Music and Movement, Line Dancing, Arts and Crafts, Coffee morning/lunch club with games/quizzes/discussion for mental alertness.

Day care centre running two days/week by the end of the project that will enable isolated elders (12 per day) who have nowhere they can go to spend the day with others at our community centre and access the range of support and activities available.

Advocacy service eight hours a week benefiting an average of 40 elders 65+ a year, providing help with benefits, bereavement, housing, health and transport issues.

What 3 main differences or outcomes do you hope the activities you have described above will achieve?

Elders aged 65+ in Newham experiencing inequality or disadvantage will have reduced isolation and loneliness so they can access and give support through social networks.

Elders aged 65+ in Newham experiencing inequality or disadvantage will have improved physical and mental health so they remain fitter and healthier for longer.

Elders aged 65+ in Newham experiencing inequality or disadvantage will have increased resilience so they can cope with crises and live independently for longer.

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Project co-ordinator salary	34,500	35,190	35,894	36,612	37,344	179,539
Project assistant salary	26,125	26,562	27,162	27,705	28,259	135,814
Advocacy manager salary	26,083	26,606	27,137	27,680	28,234	135,740
Staff training and development	800	800	800	800	800	4,000
Marketing, telephone, print, stationery	1,200	1,200	1,200	1,200	1,200	6,000
Volunteer costs	2,500	2,500	2,500	2,500	2,500	12,500
Activity running costs	32,782	33,437	34,106	34,788	35,484	170,597
Management and overheads	12,399	12,629	12,880	13,128	13,382	64,419
TOTAL:	136,389	138,924	141,679	144,413	147,203	708,609

What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Big Lottery Fund	69,526	70,311	0	0	0	139,837
Income from charges for activities	10,000	10,000	10,000	10,000	10,000	50,000
Income from new day centre	0	3,000	6,000	6,000	6,000	21,000
Donations	5,000	5,000	5,000	5,000	5,000	25,000
TOTAL:	84,526	88,311	21,000	21,000	21,000	235,837

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Merchant Taylors Consolidated Charities for the Infirm	16,507	16,825	0	0	0	33,332
Oliver Stanley Charitable Trust	3,000	0	0	0	0	3,000
Lennox Hannay Charitable Trust	10,000	0	0	0	0	10,000
Drapers Charitable Fund	15,000	0	0	0	0	15,000
TOTAL:	44,507	16,825	0	0	0	61,332

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Project co-ordinator salary (50%)	16,399	16,705	17,947	18,306	18,672	88,029
Advocacy Manager salary (8 hrs/week)	8,608	8,860	9,037	9,217	9,402	45,123
Activity costs	5,000	5,000	5,000	9,217	9,402	25,000
Management and overheads	2,399	2,629	3,198	3,252	3,307	14,786
TOTAL:	32,406	33,194	35,182	35,776	36,381	172,938

Who will benefit?

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

250

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

Newham

Does this project specifically target any groups or communities?

This project will specifically work with the following age groups:

65-74

This project will specifically work with the following gender groups:

Male

This project will specifically work with the following ethnic groups:

Mixed / Multiple ethnic groups

If Other ethnic group, please give details:

This project will specifically work with Deaf and disabled people:

Yes

This project will specifically work with LGBTQI groups:

No

This project will specifically work with other groups or communities:

How will you target the groups/communities you have identified? What is your expertise in providing services for these groups?

We have a track record of providing an inclusive service that brings together people of different cultures and backgrounds. We have activities accessible to people with disabilities and the proposed day centre and minibus will further meet their needs.

Are there any groups or communities you think your organisation will find hard to include through this project?

Yes - please specify

If yes, please specify which groups or communities? Where possible using the categories listed above.

Men and Asian/Asian British elders have been identified by our monitoring as under-represented among our users.

If yes, what steps will you take to make your services accessible to and meet the needs of the groups/communities you have identified?

Our steering group has introduced activities designed to appeal to men, and a men-only session. To reach Asian elders we will hold events celebrating different cultures? festivals, inviting people to contribute and bring friends.

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: **Peter Lalng**

Role within **CEO**
Organisation: