

The City Bridge Trust

Bridging Divides: Application for a grant



About your organisation

Organisation Details

Name of your organisation: Calthorpe Project	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Camden	
Contact person: Ms. Louise Gates	Position: Project Co-ordinator
Website: http://calthorpeproject.org.uk/	Social Media Accounts: www.facebook.com/calthorpeproject; Twitter.com/CalthorpeProj/
What Quality Marks does your organisation currently hold? London Youth Quality Mark - Bronze	

Legal Status

Legal status of organisation: Charitable company			
Charity Number: 292578	Company Number: 01888351	CIC Number:	Bencom Number:
When was your organisation established? 14/11/1982			
Aims of your organisation: ??An inner city oasis: a community garden and centre where people grow and learn together taking care of each other and the environment.?? The objects for which the Company is established are: (A) To promote the benefit of the inhabitants of the King's Cross area (hereinafter called the 'area of benefit') without distinction of sex or of political, religious or other opinions by associating the local authorities, voluntary organisations and inhabitants in a common effort to advance education and provide facilities in the interests of social welfare for recreation and leisure-time occupation with the object of improving the conditions of life for the said inhabitants; (B) To establish or secure the establishment of a community centre and to maintain and manage, or to co-operate with any local statutory authority in the maintenance and management of, such a Centre for activities promoted by the Company and its constituent bodies in furtherance of the above objects.			

Main activities of your organisation:

The Calthorpe Project is an open garden and community hub in Kings Cross, Camden. Recognized as an inner-city oasis, The Calthorpe Project brings together people of different ages, cultures, and abilities to enjoy open green space, learning and recreational facilities. We have more than 30,000 visits to our ½ hectare garden annually, in addition to those who attend our events and take part in our programmed activities. Our service users range from new-born babies to retired people over 80 years of age.

Our activities include:

A supported volunteering and horticultural training programme for people with disabilities, mental health issues and challenges related to aging.
Supported organic allotments for disadvantaged and older people
Sustainable food growing incorporating a closed loop food cycle, vegetarian cafe and waste recycling facility.
Supervised environmental activities for children aged 0-14 and their families.
Sports development including coaching and training for young people.
Community classes and activities with partner organisations the Mary Ward Centre and Explorer Scouts.

Your Staff & Volunteers

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
4	12	7	53
Do you have a Safeguarding policy? Yes			
Are the following people in your organisation subject to DBS checks?			
Paid Staff Yes	Volunteers No	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	20 years

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

We have recently received funding to conduct a community consultation and feasibility into the installation of solar panels on the roof of our building to generate 15 kWp of solar energy meeting 40% of our requirements. We currently have solar panels for our anaerobic digester that composts cooked food waste from our café and local residents. The food waste generates organic liquid fertilizer and biogas used to heat our indoor growing spaces during the winter. We offer training sessions in anaerobic digestion, organic food growing and upcycling timber. We demonstrate rain water harvesting in our early year's garden and water collected from our greenhouse fills our pond. We separate our waste and have a weekly recycling collection. Our café uses biodegradable takeaway boxes and drinking containers and our early year's crèche uses biodegradable baby wipes. Around 50% of our cleaning products and rubbish bags are also biodegradable.

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	31/03/2018	31/03/2019
Grants & donations:	£293,839	£239,784	£295,533
Earned income:	£45,362	£61,435	£65,000
Other income:	£261	£140	£0
Total income:	339,462	£301,359	£360,533
Charitable activity costs:	£317,524	£304,520	£301,533
Cost of raising funds:	£69,326	£75,000	£59,000
Other costs:	£0	£0	£0
Total expenditure:	£386,850	£379,520	£360,533
Free unrestricted reserves held at year end:	£96,283	£18,122	£18,122

What is your organisation's reserves policy?

The Calthorpe Project aims to accumulate between 3-6 months operating costs. The Calthorpe Project is also responsible for maintaining and insuring Fixed Assets including property, which has been valued for insurance purposes at £1,080,000 (the Valuation?). A description of the building and the Valuation is more particularly described in the Replacement Cost Assessment report dated 8 August 2016 and prepared by Earl Kendrick Chartered Surveyors. In the event of an insurance claim the Valuation allows for replacement costs of the building, estimated to take up to 24 months to totally rebuild.

For your most recent financial year, what % of your income was from statutory sources?
21-30%

Organisational changes

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

We have seen a significant reduction in reserves due to the failure of several large grant applications. The salary cost for key staff is therefore being paid out of reserves. We have updated our fundraising strategy and no longer employ a part time fundraiser.

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 fund a supported volunteering programme based on gardening to improve social and physical well-being for economically disadvantaged people who are older, live with disabilities or with mental health challenges.

When will the funding be required? **15/10/2018**

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

City Bridge Trust?
No

Another funder? (if so which)
Big Lottery's Reaching Communities

How much funding are you requesting?

Year 1:	Year 2:	Year 3:	Year 4:	Year 5:
£37,006	£47,740	£38,208	£38,684	£39,170

Total Requested: £200,808

You and your grant request

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

The Calthorpe Project's Supported Volunteering programme will enable an average of 115 economically disadvantaged local people to participate in well-being activities in our ½ hectare, accessible green space, per year. Volunteers with physical / learning disabilities, mental distress, age-related physical/ mental challenges or people suffering exclusion and social isolation due to cultural/language barriers are directly supported to participate in year-round garden activities, including:

- ? growing food for their own consumption
- ? propagating plants from seeds and cuttings
- ? maintaining growing spaces and herbaceous borders
- ? organising and/or participating in cultural food growing and sharing events

The Volunteer Manager provides ongoing pastoral care and encourages volunteers to discuss projects, other interests, personal development and challenges. We offer training so participants can complete tasks to gain AQA accreditation and progress to other volunteering opportunities. We also support volunteers to participate in social, civic and recreational activities at the Calthorpe and beyond.

What are the changes you hope to achieve?

We aim to empower our volunteers to better manage their own lives in ways that are more satisfying, and meet their needs through activities that are aimed at improving well-being and resilience. We want people to take what they learn in the garden into their every-day lives.

We want to improve access to green space and the benefits of gentle exercise and healthy eating for disadvantaged people. Similarly, we support people to overcome social isolation by bringing people together and helping them practice social skills. We encourage people to express their needs, interests and opinions in constructive ways.

We also hope to improve community cohesion despite the age, ethnic and economic differences among our diverse local population. Our volunteers model this by working together, and also make significant contributions to maintaining the garden and producing community events that bring local people together.

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

We conducted a needs assessment in 2017 which included a review of ONS statistics and a survey of garden users.

Economic deprivation is high in our ward, with 42% of residents economically inactive. Economic and social polarisation has increased, making our role as a community centre ever more important. Our area ranks high on loneliness/ isolation, with 53% of people 65+ living alone. This is reflected in the increase of older people coming to us with referrals from GP's for exercise and social activity.

Our role as a green space has never been more critical. Pollution levels in central London are unacceptably high. All eight LSOAs in our ward are in the worst 20% nationally for the 'Living Environment' indicator (includes: housing in poor condition, housing without central heating, air quality and road traffic accidents.) Five of the eight LSOAs in our ward are amongst the most deprived 100 nationally.

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

The Volunteer Manager receives referrals and holds an initial intake meeting which includes a needs & risk assessment, registration, baseline evaluation and orientation.

Volunteers who require one-to-one support have regularly scheduled sessions with the Volunteer Manager. They receive gardening and horticultural training and an AQA certification, if desired.

People ages 65+ may opt to join an older people's gardening group. The weekly sessions start with 90 minutes of gardening, followed by a lunch that always includes harvested vegetables and special dishes prepared at home. We discuss the principles and benefits of healthy eating, and share recipes.

We provide supported allotments which may be run by individuals, families or social groups, such as older female Bangladeshi gardeners.

Volunteers are encouraged and supported to socialize, including helping and befriending newer volunteers. They work together to develop entries for gardening competition and produce community events such as the Chelsea Fringe and Open Days.

Why are you the right organisation to do this work?

We have successfully delivered supported volunteer gardening for over 25 years, continuously improving using a co-production process, to ensure that we deliver the outcomes that our beneficiaries value and need. To gauge our success, we collect feedback from participants, their care coordinators and referral agencies that measure and describe our impact. In 2017, the last year of our Big Lottery funded programme, 50 out of 53 supported volunteers reported increased physical and mental wellbeing through their participation at the Calthorpe.

Specifically:

83% gained confidence

75% got more exercise

73% learned new skills

70% felt less lonely

50% improved recovery from illness or injury

Our long standing partnerships are a further testimony to the quality of service we deliver. We have been receiving referrals for at least 5 years from: Hillside Clubhouse, Thrive, City and Islington College Supported Learning, Westminster Kingsway College Supported Learning and Westminster Employment Service.

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

We have the only green space in the local area that offers supported gardening, food growing and AQA training in horticulture for disadvantaged older people and people with disabilities.

Both our Director and our Volunteering Manager actively build relationships with other local services so we can stay abreast of what is on offer and collaborate rather than duplicate efforts. The Calthorpe is a member of C4, Camden's consortium of community projects and the London Association of City Farms & Community Gardens, a consortium of open green projects.

We partner to provide services. For example, our Spanish speaking older gardeners needed to learn English in order to navigate the NHS, so we partnered with the Mary Ward Centre to provide English for Health classes. We allow organizations that have specialist skills but not space to run programmes for local people, including the Refugee Connection and Community by Design.

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

This project supports people with economic disadvantage, disability and/or older people to access and actively participate in well-being opportunities, while contributing to a community environmental project.

We partner with local health providers, social care agencies and educational programmes to reach people who may not know about our service. The Volunteering Manager works with each new referral individually to identify and address barriers to participation. This includes ongoing pastoral care through 1-to-1 sessions, and consultation with the referral agency. The volunteers themselves form a social network through which new participants are befriended and encouraged to take part in activities. As an open access project, participants engage with the wider community daily, and particularly when we host community and social events.

Our volunteers provide approximately 4000 hours of service per year that maintains the garden, improves the local environment and demonstrates good environmental stewardship.

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

The Calthorpe Project was created by the community and continues to be accountable to local people through its membership and open access policy. Our trustees represent disadvantaged communities, including people from BME backgrounds, people with disabilities and older people.

In 2016 we were designated a Camden Council Strategic Partner, in recognition of our understanding of and provision for disadvantaged residents. We meet regularly and they provide us with up-to-date information and analysis. We are also a member of the Kings Cross Safer Neighbourhood Panel, as crime is a significant local issue.

We survey our users annually and talk with them often. For example, parents who regularly bring children after school told us that not only do they love outside space, but as a safe space we offer a critical alternative to local streets. This has informed both our sports offer and our play scheme.

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?

The Calthorpe actively supports local people to participate in decision making about their local area. We host meetings for the Mount Pleasant Association which represents local views on the development of the area around the Royal Mail Group's Mount Pleasant sorting office. We encourage our participants to attend the meetings and support them to express their views. As a result issues that are important to our users are represented in the planning priorities. This includes:

- ? Air pollution
- ? Traffic management/intrusion/control ? parking, bicycles, street furniture
- ? Encouraging the excellent primary schools and supporting the cause of a Secondary School south of the Euston Road
- ? Retaining and enhancing local green spaces and increasing green spaces where possible ? and insisting that new developments have green roofs and green walls

Staff members and volunteers support those with disabilities or language barriers to participate in these meetings.

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?

The project is designed to meet individual needs and goals. Many participants are looking for activities that can help them manage their conditions and lead more fulfilling lives. For example, some of our older participants have been referred to us because gardening is good exercise for people with arthritis. Some of our participants with mental health conditions find that gardening and spending time outside improves their mood and helps them manage anxiety. Our 1-to-1 training enables volunteers with learning disabilities to learn at their own pace and eventually go on to other volunteering projects.

Additionally, the project can act as an early intervention for older participants and those whose underlying conditions may get worse with age. For example, one of our participants recently had a heart operation. Although she cannot do any gardening at the moment, she still comes and meets with her group to socialise while she recuperates.

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

We have active partnerships with organizations who refer clients to us: Hillside Clubhouse Thrive, City and Islington College supported learning, Westminster Kingsway College supported learning, Westminster Employment Service and more recently, Camden NHS, Islington NHS and Age Concern. We are currently in discussions with Camden Alcohol Service and St. Mungo's to work with their clients as well.

Our Volunteer Manager stays in contact with the key worker as long as the client stays with us. Together they monitor progress and address any issues.

We partner with outside organizations to deliver activities. We work with UCL, and recently hosted a plant orbiter to grow herbs. This summer we are partnering with Community By Design to run upcycling workshops for volunteers to make signs for the garden.

The Volunteer Manager supports clients to move on. For example, we recently placed a volunteer with Groundwork for a paid apprenticeship.

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?

Our project is a mix of participants at the Coping and Adapting stages. Some of our participants are merely coping and are referred by GPs or social care agencies because they are socially isolated, spending most of their time indoors and not getting exercise or eating well. A gentle project like ours can help reconnect them to the outside world, stimulate their interest and encourage them to set goals or make plans. Our aim is to develop their resilience so that they can use what they have learned with us outside the garden.

We also receive referrals from colleges and other charities for people who are in the adapting stage. They may already be engaged in learning or volunteering and want to expand their skills by learning gardening. Many of our participants who train for the AQA fall into this category.

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

Our volunteers take a full and active role in every aspect of our work. They help us maintain our ½ hectare garden which includes vegetable and flower beds, a woodland play area, a wild garden planted with native species, a pond and beehive.

Volunteers also take part in our 'Living Lab' project, which is a closed-loop food-waste-energy system. We grow a wide range of foods; harvest produce to create nutritious meals in our community café; digest food waste to create renewable biogas and liquid fertilizer; use the fertilizer to enhance plant growth; and use biogas for cooking and heating indoor growing space in winter.

All of the volunteers at the Calthorpe take pride in the environmental role that we play in the community and take lessons about reducing environmental impact back home to friends and families.

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

Supported allotment gardening 5 days per week for 28 economically disadvantaged people per year including 12 older Bangladeshi women, 9 older people ages 60+ and 3 families totalling 7 people (parents and children). All ages.

Weekly 2-hour, 1-1 supported gardening activities and horticultural (AQA) training for 50-70 people per year with complex needs including physical/learning disabilities, mental health challenges, long term unemployment and history of substance misuse. Ages 18-65.

Two, 3-hour older people's gardening and social groups per week for 20-40 older people per year. Sessions include healthy lunch. One group will be offered in Spanish and one in English. Ages 65+.

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

Increased social connections and improved emotional wellbeing for people who socially isolated due to economic disadvantage, age, disability or mental distress.

Increased physical activity and healthier eating for older people and people with disabilities.

Improved community green space for Kings Cross area via 4,000 volunteer hours annually.

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
Volunteer Manager Salary (35 hrs scale 27 plus NI and pension)	30,780	31,366	31,681	31,999	32,320	158,146
Project running costs (utilities, rent, outreach and publicity)	8,452	8,748	9,054	9,371	9,699	45,324
Monitoring and Evaluation, including external evaluation in year 2	2,000	12,000	2,000	2,000	2,000	20,000
Volunteer Expenses (transport, lunch)	715	740	766	793	820	3,834
AQA Award Scheme costs (20 people £20 each)	400	400	400	400	400	2,000
Equipment and activity costs (seeds, compost, tools and gardening consumables)	2,500	2,588	2,678	2,772	2,869	13,406
Line management costs	2,790	2,818	2,846	2,875	2,903	14,232
Administration costs	2,560	2,611	2,663	2,717	2,771	13,322
	0	0	0			0

TOTAL:	50,197	61,270	52,088	52,925	53,782	270,264
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Westminster Kingsway College	900	900	900	900	900	4,500
Plant sales	2,000	2,150	2,250	2,350	2,450	11,200
Corporate volunteer days	5,000	5,000	6,000	6,000	6,000	28,000
hording rental & pitch	5,350	5,429	5,510	5,591	5,674	27,554

TOTAL:	13,250	13,479	14,660	14,841	15,024	71,254
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
	0	0	0			0

TOTAL:	0	0	0	0	0	0
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Volunteer Manager Salary (35 hrs scale 27 plus NI and pension)	30,780	31,366	31,681	31,999	32,320	158,146
Project running costs (utilities, rent, outreach and publicity)	4,226	4,374	4,527	4,685	4,849	22,662
Monitoring and Evaluation, including external evaluation in year 2	2,000	12,000	2,000	4,685	4,849	20,000

TOTAL:	37,006	47,740	38,208	38,684	39,170	200,808
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Who will benefit?

How many people will directly benefit from the grant per year? 115
In which Greater London borough(s) or areas of London will your beneficiaries live? Camden
Does this project specifically target any groups or communities?
This project will specifically work with the following age groups: 16-24
This project will specifically work with the following gender groups: Male
This project will specifically work with the following ethnic groups: Asian/ Asian British (Including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)
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 been providing supported volunteering for people with disabilities, older people and members of the Bangladeshi community for 25 years. People are referred to us through these networks as well as Age UK, St. Mungo's, and

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

No

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

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

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: **Louise Gates**

Role within **Director**
Organisation: