

# The City Bridge Trust

## Bridging Divides: Application for a grant



### About your organisation

#### Organisation Details

Name of your organisation: <b>Magpie Dance</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Bromley</b>	
Contact person: <b>Mr David Ward</b>	Position: <b>Fundraising and Development Manager</b>
Website: <b><a href="http://www.magpiedance.org.uk">http://www.magpiedance.org.uk</a></b>	Social Media Accounts: <b><a href="https://www.facebook.com/magpiedance">facebook.com/magpiedance</a>; <a href="https://twitter.com/magpiedance">twitter.com/magpiedance</a></b>
What Quality Marks does your organisation currently hold? <b>Affiliate (CDMT)</b>	

#### Legal Status

Legal status of organisation: <b>Registered Charity</b>			
Charity Number: <b>1062185</b>	Company Number: <b>3292609</b>	CIC Number:	Bencom Number:
When was your organisation established? <b>01/04/1985</b>			
<b>Aims of your organisation:</b> Our mission is to enable people with learning disabilities to reach their full personal, social and artistic potential through dance. Our work is designed to build their confidence, self-esteem and communication skills through dance, leading to life opportunities including paid and volunteer opportunities, Improvement in physical health, social inclusion and mental wellbeing. Through our focus on ability, rather than disability, we curate programmes which cater for people of all ages with a range of learning disabilities, and which crucially provide a pathway for participants to fulfil their creative potential through advanced training, choreographic development, and national performance opportunities. Magpie Dance offers people with learning disabilities a place to be a part of, all year round, rather than short-term, a place where they say ?I belong?, where they have peers, and can support others as well. For many of our participants this is their only opportunity to socialise, take part in long-term sustained creative physical activity and travel outside their home.			

**Main activities of your organisation:**

Our primary activity is the delivery of twelve weekly dance classes across Bromley and South London for over 400 people aged 4 upwards with learning disabilities every year. We also run annual Easter and Summer schools. Our classes are largely age defined, with some catering specifically for those dancers with a high level of talent and motivation to stretch and develop their ability. One of our existing classes is an Inclusive drop-in session, which encourages participation from learning disabled and non-learning disabled people. Through attending classes, dancers are also able to become Peer Mentors. This 12 month programme enhances communication skills, independence and leadership, enabling participants to take greater responsibility in classes and greatly aiding prospects for them to find volunteering and work opportunities outside of Magpie Dance. Alongside classes we seek out performance opportunities for all our dancers, which range from high-profile national events, to performances in local theatres, shopping centres, and public spaces.

**Your Staff & Volunteers**

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
<b>2</b>	<b>3</b>	<b>11</b>	<b>30</b>

Do you have a Safeguarding policy? **Yes**

**Are the following people in your organisation subject to DBS checks?**

Paid Staff <b>Yes</b>	Volunteers <b>Yes</b>	Trustees / Management Committee Members <b>No</b>
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**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>In-kind by Churchill Theatre</b>

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

- a. Through the recent adoption of a cloud based internal system, we ensure all staff and trustees can access the most up to date documents in a secure digital format therefore dispensing with the need for hard copies
- b. All of our promotional material is now available on line. We are now focussing on promoting our work predominantly digitally
- c. When printing is needed we recycle all paper and print on recycled paper
- d. We are moving towards online registrations for sessions which we are phasing over the next twelve months. This will mean that all class registrations will be completed digitally
- e. The majority of our freelance office staff work remotely, minimising the use of cars or transport for travel
- f. When conducting group meetings, we offer remote workers or trustees the opportunity to video conference

## 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:	£300,855	£254,242	£0
Earned income:	£42,182	£27,832	£0
Other income:	£371	£0	£0
<b>Total income:</b>	<b>343,408</b>	<b>£282,074</b>	<b>£0</b>
Charitable activity costs:	£242,417	£222,576	£0
Cost of raising funds:	£32,579	£30,000	£0
Other costs:	£66,475	£68,000	£0
<b>Total expenditure:</b>	<b>£341,471</b>	<b>£320,576</b>	<b>£0</b>
Free unrestricted reserves held at year end:	£110,118	£71,616	£0
<b>What is your organisation's reserves policy?</b>			
We hold a minimum of three months reserves with the aim of operating with six months reserves. This is so as to permit an orderly winding-up over a six-month period should the Trustees conclude at any time that the charity is no longer able to continue as a going concern.			
For your most recent financial year, what % of your income was from statutory sources?			
<b>1-10%</b>			

### Organisational changes

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

**As identified in the accounts, our founder and Artistic Director of 32 years, Avril Hitman, retired in July 2017. Avril has been succeeded by Chief Executive, Thalie Martini, and two part-time Co-Artistic Directors ? Natasha Britton (Youth) and Allison Ferrao (Adults).**

## Grant Request

Which of the Trust's programmes and priority areas will your application deliver?  
**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 support the consolidation and expansion of Magpie Dance's work over the next three years, by underpinning core activity and contributing towards growth in outputs.**

When will the funding be required? **21/01/2019**

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 (majority funder)**

How much funding are you requesting?

Year 1:

**£33,334**

Year 2:

**£33,333**

Year 3:

**£33,333**

Year 4:

**£0**

Year 5:

**£0**

**Total Requested: £100,000**

**What 3 main differences or outcomes do you want to achieve through your funding proposal?**

Decreased social isolation ? participants will engage in regular activity outside of their home, and make friendships with people from their community. They will be encouraged to share progress, success and enjoyment with their peer group, and gain the confidence to engage with further Magpie Dance or external activities.

Increased physical health ? participants will have greater coordination and overall physical fitness, greatly enhancing their overall quality of life and reducing risk of developing additional health conditions. Participants will be able and encouraged to live healthier lives and take a more active role in classes as fitness develops.

Increased mental health and positivity ? participants will gain the skills and independence to develop volunteer and work opportunities both in and outside of Magpie Dance. They will feel more positively towards themselves and the future, benefitting both participants and their families.

**What are the main activities or outputs you will deliver to achieve these differences?**

12 weekly classes for people with learning disabilities ? these classes cater for participants aged 4 years upwards, and for people with differing levels of ability in, and commitment to, dance. They will take place in Bromley, Catford, Beckenham and Battersea.

Peer Mentoring ? a structured programme which enables participants to develop as leaders and ambassadors. Participants are able to progress at their own pace, and the programme leads to formal leadership positions within Magpie Dance classes and a far greater likelihood of participants gaining additional volunteer and work opportunities externally.

Public performances ? all participants are able to benefit from performing in, and engaging with, the public. These build confidence, a sense of achievement and an opportunity to showcase their creative work as well as help change perceptions about the what people with learning disabilities can achieve.

## You and your grant request

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

We are applying for revenue support towards our 12 weekly dance classes for people with a learning disability in Greater London. These sessions cater for a range of abilities and ages, and also offer progression routes for talented and ambitious learning disabled dancers. Your support will help pay for core classes requirements ? including practitioner and musician fees, equipment and resources, and venue hire - as well as contribute towards the costs involved in developing and administering activities.

### **How will the project described achieve your stated outcomes?**

We want to enable learning disabled people to enhance their mental and physical health, self-fulfilment and confidence, and wider life prospects through engagement with regular dance activity.

We want to see participants:

- enhance their physical health to lead more active lives, preventing long-term health issues prevalent among people with a learning disability
- enhance their mental health by reducing social isolation, building self-esteem and promoting positive thinking
- develop their independence by creating their own choreography, taking up volunteering and Peer Mentoring programmes at Magpie Dance, and supporting their ability to attend classes and performances by themselves, or with support from qualified individuals

We want to change their lives for the better by providing them with the skills and independence to engage with volunteering and work opportunities both within, and outside, Magpie Dance ? opening horizons to opportunities that they may never have thought open to them.

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

People with learning disabilities often have smaller social networks and/or fewer opportunities for creating friendships (Tizard Learning Disability Review, 2013). This means they have reduced social support, and increased risk of social exclusion and loneliness. National Institute for Health and Care Excellence research states 40% of adults with learning disabilities experience mental health problems at any point (compared to 17% of general UK population (source: Mind)), exacerbated by living in more challenging family circumstances, having fewer friends and experiencing discrimination.

Stress and isolation are also significant challenges for families and carers of people with learning disabilities, as highlighted by Scope's survey of 1,500 parents / carers of disabled children (2014). 92% of parents surveyed feel isolated with 47% seeing their GP due to stress and worry. Cuts in local services and benefits changes have also impacted with 69% stating they have had difficulties accessing local services over the past year.

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

We will deliver 12 weekly classes for people with a learning disability, and one Easter and Summer school annually. These will take place across Bromley and South London, including new sessions in Lewisham and Wandsworth. These classes consist of four strands:

Open classes (any ability) ? Minis (4 to 7 year olds); Junior (8 ? 15); Youth (16-25); Adult (26+)

We will deliver 2 Youth, 2 Junior and 2 Adult classes per week. Minis is a new offer, and we shall evaluate the demand for this class over Year 1.

Open technical (any ability, including non-learning disabled dancers, drop-in class) ? Adults (18+)

Choreographers (more advanced) ? Adult (26+)

There will be 2 Adult Choreographers sessions per week to ensure dancers are provided with a high level and intensity of training

Technical (most advanced incorporating contemporary technique and ballet) ? Youth (16 ? 25); Adult (18+)

**Why are you the right organisation to do this work?**

Magpie Dance has been working in Bromley and South London since 1985, developing a national reputation for the quality and innovation of our work with people with learning disabilities.

Not content to rest on our reputation, we continue to find better and more impactful ways to deliver our activities, and deliver considerable benefits to our participants. For example, our co-Artistic Directors have recently completed work on a new Quality Framework for Magpie Dance, creating a clear and comprehensive tool to effectively measure and guide progress for individual participants over their time with us. The Framework combines the learnings of our work over the past 30 years, with new approaches to assessment and delivery, and is already being used to demonstrate best practice across the sector.

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

People with learning disabilities have limited opportunities to take part in a regular creative physical activity in Bromley and the surrounding areas. For many participants we receive feedback that this is the only physical activity they engage with on a regular basis. With increasing local authority cuts their support focuses on basic care and short-term provision rather than providing an environment to develop skills, build confidence and socialise more long-term. Magpie Dance is unique in what we offer to children and young people with learning disabilities. There are no other organisation in South East London offering sustained creative dance activities for children and young people with learning disabilities.

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

In class we have ?facilitators? rather than ?teachers?. The role of the facilitator is to support the participants to find their own creative responses to ideas generated in session and guide them in structuring these ideas into dance. The choreographic input from the participants is therefore integral to the delivery of any project. For those who are less able to communicate the facilitators have regular feedback sessions to find out what they enjoy, what they would like more of and to choose themes for new dance work. This feedback and communication takes place using a number of methods including Wldgit, Makaton signing, and speaking, depending on the individual needs.

Evaluation of each participant is made at each session, with facilitators completing termly evaluation for each participant in line with our quality framework and annual evaluations curated by our Artistic Directors with verbal and written feedback from each participant and parents/carers.

**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?**

People with learning disabilities often find themselves excluded from society. Due to limited independence, difficulties communicating and reduced social groups, they are often excluded from day to day activities and opportunities that most would take for granted.

We reach out to this community through support groups, social services, and schools to raise our profile and bring learning disabled people and their families together into an environment where they are empowered to achieve their full personal, social and artistic potential through dance.

We offer annual social activities and events for participants and their families to meet and enjoy entertainment informally. We also attract a high number of volunteers who support Magpie Dance?s work and participants through assisting in sessions, assisting and running events and supporting participants to access transport to sessions and events.

Through public performances we are able to promote a positive impression of people with a learning disability.

**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?**

Whilst our project helps to address some already identifiable and wide-spread needs within our community ? such as aforementioned disadvantage around social isolation, independence and life prospects - It also works towards preventative measures around physical and mental health.

The physical and health challenges facing people with learning disabilities are significant. Adults with learning disabilities are half as likely to play sport at least once a week as the general population (Sport England 2016). They are more likely to lead sedentary lifestyles, with over 80% engaging in levels of physical activity below the minimum recommended by the Department for Health.

Our work helps to stave off long-term physical ill health through the provision of regular exercise, catering for people of all ages. 50% of our current participants have been with us for ten or more years, demonstrating how our community benefit from and are committed to engaging with us long-term.

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

We have good relationships with referral organisations such as special schools, colleges, day centres, social workers, Bromley Mencap, Burgess Autistic Trust, Bromley and Lewisham Colleges, Lewisham Parent Network, Kaleidoscope Centre for Children and Young People, Bromley Mytime and the Creative Learning department at Churchill Theatre. All these organisations have the potential to reach out to thousands of people with learning disabilities with whom they either work with directly or are a member of their services or organisation.

Magpie Dance is a founding member of the LINKED Consortium: a partnership with Trinity Laban Conservatoire of Dance, Candoco professional dance company, and Greenwich Dance to provide dance for young people with disabilities in a more unified way.

Our relationship with Churchill Theatre is one of our most crucial and successful long-term relationships. As well as providing free or discounted spaces for class and Easter/Summer schools, the Theatre provide our office accommodation in-kind.

**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?**

Many of our participants will commence at 'coping'. Life is getting harder for many people with learning disabilities due to recent cuts on local authority and voluntary sector services and reductions in personal budgets leading to a significant drop in long-term sustainable activities and an increasing focus on basic care. This means that most people with a learning disability are coping through access to basic care, but have little opportunity to develop skills, friendships and independence through additional activities to lead more fulfilling lives. This is what Magpie Dance is able to provide - demonstrating to participants and their families/carers that they can live fulfilling and thriving lives with a learning disability, and that they can achieve great things if provided with the right opportunities in a supportive environment.

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

We will continue to reduce demand on paper use by publishing most of our publicity and marketing campaigns on line and we will continue to support our freelancers to work meet remotely where possible. Where touring is concerned for Magpie dancers and staff we will support them to access discount travel so as to minimise the use of cars. Magpie Dance promotes physical health and a healthy lifestyle generally, leading to more active participants who are less likely to have to rely on carbon transportation in their daily lives.



## 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
Youth Groups	83,837	86,352	88,942	0	0	259,131
Adult Groups	56,550	58,246	59,994	0	0	174,790
Community Classes	21,644	22,294	22,963	0	0	66,901
Contemporary Class	10,641	10,960	11,289	0	0	32,890
Ballet class	4,585	4,723	4,865	0	0	14,173
Catford classes (Mini and Junior)	8,638	8,897	9,164	0	0	26,699
(New) Adult class	0	17,000	17,200	0	0	34,200
Core and administrative costs	134,681	138,722	142,883	0	0	416,286
<b>TOTAL:</b>	<b>320,576</b>	<b>347,194</b>	<b>357,300</b>	<b>0</b>	<b>0</b>	<b>1,025,070</b>

### What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Big Lottery (confirmed)	100,000	100,000	0	0	0	200,000
Arts Council England (confirmed)	32,000	16,000	0	0	0	48,000
Class fees (expected)	27,832	28,666	29,526	0	0	86,024
Trusts and donations (confirmed)	70,151	2,500	0	0	0	72,651
<b>TOTAL:</b>	<b>229,983</b>	<b>147,166</b>	<b>29,526</b>	<b>0</b>	<b>0</b>	<b>406,675</b>

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

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Heritage Lottery Fund	33,333	16,666	0	0	0	49,999
Henry Smith Charlty	23,715	25,674	26,604	0	0	75,993
Leverhulme Trust	0	10,220	10,220	0	0	20,440
Smaller trusts and foundations	30,500	40,000	25,000	0	0	95,500
<b>TOTAL:</b>	<b>87,548</b>	<b>92,560</b>	<b>61,824</b>	<b>0</b>	<b>0</b>	<b>241,932</b>

### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Core and administrative costs	15,000	12,000	10,000	0	0	37,000
Youth Groups	10,833	10,833	11,333	0	0	32,999
Adult Groups	7,500	7,500	9,000	0	0	24,000
(New) Adult class	0	3,000	3,000	0	0	6,000
<b>TOTAL:</b>	<b>33,333</b>	<b>33,333</b>	<b>33,333</b>	<b>0</b>	<b>0</b>	<b>99,999</b>



## Who will benefit?

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

**420**

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

**Bromley**

**Lewisham**

**Wandsworth**

**London-wide**

Does this project specifically target any groups or communities?

**Yes - please enter details below**

This project will specifically work with the following age groups:

This project will specifically work with the following gender groups:

This project will specifically work with the following 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?

**To reach as many people as possible we will work with referral organisations (detailed in previous answer) and through traditional print and online marketing resources. We have been working with people with learning disabilities for over 30 years.**

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: **David Ward**

Role within                      **Fundraising and Development Manager**  
Organisation: