



Community Infrastructure Levy Neighbourhood Fund

Assessment Pack – November 2023

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COMMUNITY INFRASTRUCTURE LEVY NEIGHBOURHOOD FUND

The Running Charity (ref. 21600)

Amount requested: £42,652

Amount recommended: £42,652

Purpose of grant request: Do Good, Feel Good: promoting wellness in the City of London through a programme coach for disadvantaged young people and a holistic health club.

Type of cost: Revenue

Ward(s) benefitting: All Wards

The Applicant

The Running Charity (TRC) is a charitable incorporated organisation (charity no. 1157501) registered in 2014 and established with the mission to utilise the power of running and holistic wellbeing to transform the lives of young people who are vulnerable or at risk. TRC aims to enhance mental and physical health, develop social inclusion and integration by facilitating a running community. TRC specifically target young people who are homeless or at risk of becoming so, aiming to improve their life skills and opportunities for stable housing. It offers development and support services to provide pathways to employment, further education or achieve personal ambitions. TRC is based in the City of London operating across London, Manchester and Leeds.

Background and detail of proposal

TRC is seeking funding of £42,652 towards a full-time Youth Programmes Coach as well as a contribution towards programme costs to develop a health and wellbeing programme and community running club.

The Youth Programme Coach will focus on building and managing a new referral and delivery partnership within the City, supporting young people to achieve improved mental health and essential life skills. Initially, the coach will engage with young people who are referred on a 1:1 basis establishing trust and assessing their specific needs, transitioning into TRC's group sessions as trust is built. TRC takes a trauma-informed approach to its work and deliver bespoke support dependent on the individual's needs – connecting and supporting young people through complex health, housing and social care issues. This often involves collaboration with social workers, local authority housing teams, hostels, health services etc. Funding will enable the Youth Coach to work with 30 young people, delivering 100 1:1 and personal development sessions, along with 200 group sessions and events. Participants mental wellbeing will improve - 90% of young people will improve their mental health outcomes. Group sessions will support young people to reduce their

isolation, improve communication skills, support networks, physical and mental health, it is anticipated that 90% of young people will improve their physical health outcomes. This will be scored by pre and post Warwick-Edinburgh Mental Wellbeing Scale and the charity's 5-pillar survey.

Funding requested will also provide access to a newly designed coach education course. Those interested will have the option to attend and gain Leadership in Running and Fitness through England Athletics and will be mentored and trained by TRC's coaches to deliver and build a career in coaching. Young people that show exceptional commitment will also be provided opportunities to gain higher level qualifications and be provided paid coaching hours.

TRC is also requesting a small proportion of funding to contribute towards programme costs for a health and wellbeing programme and community running club. This will be partially funded by Fleet Street Quarter Business Improvement District (BID) with TRC having an application under consideration by the Mace Foundation. TRC will engage with a range of businesses; delivering mental wellbeing workshops, provide running and health activities and increase opportunities for young people to gain apprenticeships and work experience, as well as giving residents and workers in the City access to services and a community that will improve their physical and emotional health. Collaborating with local businesses and community groups to deliver an inclusive health and wellbeing programme and running club throughout the Square Mile. This work will be overseen by a full-time employee and supported by graduates of TRC's programmes which will increase delivery capacity and providing increased social mobility to the graduates and an inclusive, accessible opportunity for all. The programme lead will run 300 group health and wellbeing interventions: including running and outdoor fitness sessions, walking clubs and mental health and wellbeing workshops. TRC has substantial experience in delivering activities to corporate partners spanning various sectors, including major sports brands, investment banks, property developers, and legal firms.

TRC is planning for long-term sustainability to ensure this work can continue in the City, strengthening its impact.

Financial Information

TRC's income is derived mainly from donations, grants and gift-in-kind. The organisation has worked on diversifying its income as well as developing multi-year funding opportunities. TRC has been careful to ensure manageable steady growth development as opposed to quick unsustainable development. TRC's reserves policy is to hold at least six months of operating costs, and it currently sits just over this target.

Recommendation

TRC has a track record of delivering this unique work with significant outcomes. This work has strong community benefit with the Youth Programme Coach focusing on young people within the City identified by a range of local referral partners. The nature of the work taking a trauma-informed approach and tailoring support to the individual strengthens young people to make lasting change and achieve positive outcomes. This project meets the aims of the Community Infrastructure Levy

Neighbourhood Fund through the provision of infrastructure. Supporting young people to access a coaching accreditation will further widen community benefit, with the health and wellbeing opportunities reaching out to residents and workers within the City establishing a community network. Funding is recommended as follows:

£42,652 for one year to support Do Good, Feel Good: promoting wellness in the City of London funding a full-time programme coach for disadvantaged young people and contributing to support costs for a holistic health club.

COMMUNITY INFRASTRUCTURE LEVY NEIGHBOURHOOD FUND

The Lord Mayor's Appeal (ref. 20192)

Amount requested: £90,000

Amount recommended: £90,000

Purpose of grant request: To support the programme [We Can Be] in navigating a challenging external environment with rising running costs and transition to a sustainable future operating model.

Type of cost: Revenue

Ward(s) benefitting: All

The Applicant

The Lord Mayor's Appeal (TLMA) is a company limited by guarantee without share capital incorporated in 2012 and governed by a Board of Directors the majority of whom are Aldermen of the City of London plus three Non-Aldermanic Directors. The Lord Mayor of the City of London is the Chair of the Board. TLMA's vision, to create a 'Better City for All', aims to find solutions to the most pressing societal issues in London and beyond. TLMA is uniquely positioned to be able to convene business, experts and not-for-profits to jointly develop initiatives and demonstrate their impact. Its work is structured around four thought leadership programmes. The Power of Inclusion programme helps empower and educate organisations to create inclusive and diverse workplace cultures. This is Me changes attitudes to, and reduces the stigma around, mental health in the workplace. City Giving Day celebrates businesses and employees charitable and volunteering achievements and We Can Be champions inclusivity and social mobility by empowering young people to see the City as a viable career option. TLMA also supports other charities and voluntary bodies through its Annual Appeal and related grant making (2022 partner charities – Duke of Edinburgh's Award, National Numeracy, Place2Be, OnSide and Samaritans).

Background and detail of proposal

We Can Be was borne of the 2016 Girlguiding Girls' Attitudes Survey statistic that said 64% of young women between the ages of 17 and 21 believed that, all being equal, a man would be hired over a woman. Established in 2018 and rebranded in 2023 in response to feedback from participants who identified as non-binary, We Can Be is an annual series of workshops and events that develops the skills and ambitions of young women from disadvantaged backgrounds across London through exposure to other women in the City. The programme capitalises on TLMA's network of contacts and relationships across the City allowing young women to engage with some of the most influential organisations and inspiring role models that other early careers programmes and apprenticeships are not able to leverage. The mutually beneficial programme supports City organisations to access tomorrow's talent, helping to drive the City towards a more diverse and equitable workforce. Typically

each year approximately 250 young women (school year groups 10 and 13) from 22 schools are matched with 21 City businesses. TLMA works directly with schools to select participants who may not see themselves as 'belonging' in the corporate world or who may not have been encouraged to consider such paths. 80% of participants are young people of colour and/or from disadvantaged backgrounds including those receiving free school meals, eligible for Pupil Premium, those in care or a care leaver, young parents and carers, refugees and asylum seekers.

We Can Be is focussed around an all-day event that runs in the Spring term. Participants spend the morning with their host organisations taking part in office tours, meeting women at all levels of the organisation, including those that have taken a less conventional route into their business, and participating in role playing activities to tackling the myths that exist and explore the breadth of roles in a typical City organisation. All participants and hosts come together in the afternoon to network and participate in a panel discussion. Post event, attendees have the opportunity to participate in two further skills workshops and 30-40 young people are offered a year's 1:1 mentoring support currently co-ordinated by the Girls Network.

Since returning to face-to-face delivery post-covid the budget for delivering We Can Be has significantly increased primarily due to the costs of suitable City venue hire. Tapered funding across the next three years is requested to support the continued face-to-face delivery of the programme whilst TLMA grows engagement numbers, earned income and programme sponsorship. Grant funding will enable TLMA to increase and diversify programme participation steadily over five years to 1,000 participants from 50 schools hosted at 50 City businesses with 40 participants offered 1:1 mentoring by 2028.

In line with CILNF recommended good practice for organisations working directly with young people and vulnerable adults, TLMA is currently developing a safeguarding policy, related procedures and undertaking training which is expected to be in place by the New Year.

Financial Information

TLMA generates its income through annual donations from the majority of Livery companies, individual donations, thought leadership programme sponsorship and participation fees, and fundraising events run through its trading subsidiary (TLMA Trading Ltd) which covenants its profits to the charity. Income is variable year on year dependent on fundraising appetite. The We Can Be programme is part funded via sponsorship from LGT Vestra and Evelyn Partners. TLMA's reserves policy is to set aside sufficient unrestricted reserves to enable the wind-down of the charity. This is currently estimated as between £160,000 to £200,000 to which the lower of £25,000 or 1.5% of the net sum raised each year is retained as turnover increases. The free unrestricted reserves in excess of the operational reserve are available for distribution to partner charities. In 2024 We Can Be will relocate to the Guildhall at a discounted rate of £42,400 including audio-visual and catering costs. TLMA will meet the shortfall for the delivery of the programme from its unrestricted reserves until We Can Be becomes self-funding in 2028.

Year end as at November 2022	2022 Signed Accounts £	2023 Projected £	2024 Budget £
Income & expenditure:			
Income	2,154,775	2,676,842	2,065,237
Expenditure	(2,168,895)	(2,526,812)	(2,065,237)
Surplus/(deficit)	(14,120)	150,030	0
Reserves:			
Total restricted	0	40,000	40,000
Total unrestricted	1,124,817	1,234,847	1,234,847
Total reserves	1,124,817	1,274,847	1,274,847
Of which: free unrestricted	1,124,817	1,234,847	1,234,847
Reserves policy target	198,644	223,644	248,644
Free reserves over/(under) target	926,173	1,011,203	986,203

Recommendation

TLMA are uniquely placed to deliver this EDI project providing much needed workplace exposure and pathways to employment for disadvantaged young people. We Can Be has the power to affect real change in the City and create direct benefit for the organisations operating there. By opening up the City to a new pool of talent, whilst simultaneously creating links with influential City organisations, TLMA has the ability to help organisations work towards more diverse, inclusive and equitable workplaces ultimately leading to more future proof organisations and workers. The programme directly delivers two of the City of London's EDI objectives by both enabling career progression and developing workforce that reflects the composition of our communities, and by enabling opportunities for everyone to flourish and reach their full potential regardless of socio-economic background. Funding is recommended as follows:

£90,000 tapered across three years (Year 1 £40,000; Year 2 £30,000; Year 3 £20,000) to support The Lord Mayor's Appeal in navigating a challenging external environment with rising running costs and transition the We Can Be programme to a sustainable future operating model, subject to the sign off of appropriate safeguarding policy and procedures.