

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Attention Deficit Disorders Uniting Parenting in Havering, Barking & Dagenham and the Surrounding Area (Add+up)	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Havering	
Contact person: Ms Sheila Keeling	Position: Development Manager
Website: http://www.addup.co.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1091461
When was your organisation established? 01/11/1997	
Aims of your organisation: The objects of the charity are: (1) the relief of sickness by the provision of information, advice and treatments to those affected by Attention Deficit Hyperactivity Disorders (and any co-morbidities), their families and carers, particularly in the London Boroughs of Havering, Barking and Dagenham; and surrounding areas (2) the advancement of public education regarding Attention Deficit Hyperactivity Disorders (and any co-morbidities). Mission Statement: Add+up supports, nurtures and educates families living with and professionals working with ADHD. We do this by recognising and celebrating the uniqueness of each person with passion, commitment and a smile - whilst keeping the family at the heart of everything. we share a single aim; That children with ADHD should not be disadvantaged in any way by their condition.	
Main activities of your organisation: Our Support Centre is open week days, we offer a telephone help line and an out of office emergency contact. A library of relevant books and information leaflets, Website, Facebook page and Twitter account. We advocate at school meetings, transitions, statement reviews and medical assessments, offering support and guidance. We deliver our own specific ADHD training package to educators and other professionals including voluntary sector organisations. We help complete forms including benefit and housing, we refer to other services when required.	

Activities include; After School & Homework Clubs and a Saturday Drama Project, term time and school holiday activities.
 Family outings, Christmas parties and fundraising family social events.
 We have developed and deliver our parent/child programme "The Monster Inside" and a training package for all children & young people to learn about hidden disabilities.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	8	9	7

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?
Rented	Annually

Grant Request

Details of grant request

Under which of City Bridge Trust's programmes are you applying? <p style="text-align: center;">Improving Londoners' Mental Health</p>
Which of the programme outcome(s) does your application aim to achieve? <p>More children and young people receiving specialist help, resulting in improved mental health</p>
Please describe the purpose of your funding request in one sentence. <p>To offer a stable post for the Development Manager on a full time basis to meet the increased demand for our services to families.</p>
When will the funding be required? 01/05/2014
How much funding are you requesting? Year 1: £30,611 Year 2: £31,223 Year 3: £31,848 Total: £93,682
Do you plan to continue the activity beyond the period for which you are requesting funding? If so, how do you intend to fund it? <p>At the end of year two we will seek and apply to other sources of funding to ensure the continuation of this essential project.</p>
If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Summary of grant request

ADHD (Attention Deficit Hyperactivity Disorder) is thought to affect 3-9% school age children and 2% adults. Children affected by ADHD have; short attention spans, become easily distracted and frustrated which can result in aggressive behaviour. ADHD is directly associated with school failure, exclusion, isolation and poor future prospects. They also find it difficult to develop peer relationships. This project is needed because there is no other proactive group offering support to families living with ADHD in East London. Through awareness raising, and lobbying The House of Lords, the proposed Special Educational Needs Code of Practice has been amended to read: Social, Mental and Emotional Health and lists ADHD and other associated co-morbidities. This will impact on our services as more children are identified, increasing referrals to us.

The Development Manager will work to develop existing and new services to meet the emerging needs the SEN Code of Practice will create including, updating and delivering our training packages while continuing to raise awareness of ADHD.

Our activities are designed and delivered to help children: manage their disability, take responsibility for their actions, make informed choices leading to a clearer understanding of their disability and ultimately raising confidence and self esteem. Through regular consultation with service users, we will develop new services while improving existing services/activities which are open to all.

Our aim is to break the negative cycle children with ADHD live in and we believe this project is vital to their life chances. We believe we're investing in these children when they're still in education making their time at school a positive experience, that they maximise opportunities offered by education ensuring a better future for themselves. Testimonials from parents and children we have supported attest to the life changing influence of the work we've done.

We aim to empower parents/carers with information, giving them confidence when meeting professionals involved with their children's care. Our services and activities meet families' needs helping them cope with the diagnosis and survive the crises they experience. With 16 years experience providing support for families living with ADHD we have grown and developed into a successful, award winning organisation, respected for our work. We have honed our skills and our services over the years but want to continuously learn alongside our families as new challenges present including child safety issues.

In 2009 we received the "Community Recognition Award" at the Havering Business Awards for our outstanding work in the community followed by other awards. Our success and strong reputation ensures families who need support find us. As children move into further education or employment we may lose them, although we acquire new families hence the need continues. Many families continue their involvement, supporting our development and advising from the benefits of their experiences.

Good relationships with consultants and other professionals has resulted in us being involved in an improved service delivery for children with ADHD. We know from our experiences, that our work significantly improves life chances for the children.

We appreciate the invaluable support of our volunteers, their time and commitment helps us to raise income, maintain high levels of support and enables the child/adult ratios of safe working that is required to achieve our aims.

To improve our carbon footprint we source local suppliers, reusing/recycling where possible, printing double-sided and only what is necessary and purchasing the most energy efficient electrical equipment.

Without the security of this post there would be a negative impact on service users who would struggle to find appropriate support elsewhere. This would adversely affect their health, education and the local community ultimately increasing costs for the taxpayer.

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.

120 children and young people with ADHD and siblings will have access to 35 days of art and craft activities during school holidays each year.

45 children with ADHD and siblings will participate in "The Monster Inside" programme group workshops. Three two hour workshops three times each year for groups of 10 children alongside workshops for their parent/carers.

24 young people with ADHD will be trained to become volunteer/mentors. They will support children at projects and access available training to assist them, while still being recognised as service users who are vulnerable young people

150 - 250 parent/carers will have access to the Support Centre, help and advice line and out of office emergency contact for assistance with completing benefit forms and support letters, statement reviews and any other related forms. Advocacy and support at meetings.

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.

Children will be brought together in a safe and comfortable environment with staff who understand the condition they are living with. The children's confidence and self esteem will be raised and appropriate peer relationships formed as they learn to manage their ADHD and how to make informed choices.

Children will have improved skills to manage their ADHD and an opportunity to share their issues with their peers while learning to problem solve. Parents will learn new skills to manage their family differently and to support their children by learning to use the principles of the programme at home.

Young people will gain new skills by attending staff and planning meetings and learning how to conduct themselves thus preparing them for the workplace. They will learn how to work with and manage small groups of children with ADHD, thus building their own confidence and self esteem

Parent/carers will have access to a place where they can see someone face-to-face when they need to. They will be empowered with knowledge and information about how to conduct themselves appropriately in meetings with professionals working with their children in order to facilitate the best outcome for their family.

Who will benefit?

About your beneficiaries

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

600

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

Havering (85%)

Barking & Dagenham (10%)

Several NE London (5%)

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

White (including English/ Welsh/ Scottish/ Northern Irish/ British; Irish; Gypsy, Traveller or Irish Traveller; Any other White background)

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

71-80%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary, London Weighting, on-costs & Pension	37,712	28,446	39,194	115,352
Rent	2,132	2,175	2,218	6,526
Administration	2,326	2,371	2,419	7,116
Insurance & Audit	1,230	1,255	1,279	3,764
Payroll costs	149	151	154	454
Staff Travel	271	276	281	828
Maintenance/repairs	142	145	148	435
Hospitality & refreshments	132	134	137	403
Management fee @ 10%	4,409	4,495	4,583	13,487

TOTAL:	48,501	49,448	50,414	148,363
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Lloyds Foundation	16,000	0	0	16,000
London Borough of Havering	0	14,200	14,200	28,400
	0	0	0	0
	0	0	0	0

TOTAL:	16,000	14,200	14,200	44,400
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary	30,611	31,223	31,848	93,682
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	30,611	31,223	31,848	93,682
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Finance details

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

Financial year ended:	Month: March	Year: 2013
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Income received from:	£
Voluntary income	38,084
Activities for generating funds	4,906
Investment income	8
Income from charitable activities	66,159
Other sources	0
Total Income:	109,157

Expenditure:	£
Charitable activities	119,413
Governance costs	500
Cost of generating funds	134
Other	0
Total Expenditure:	120,047
Net (deficit)/surplus:	-10,890
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	JM £19,798 20,298
Long-term liabilities	JM 0 500
*Total Assets (A):	19,798

Reserves at year end	£
Endowment funds	0
Restricted funds	1,769
Unrestricted funds	18,029
*Total Reserves (B):	19,798

* 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?
31-40%

Organisational changes

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

Previous funding received

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

	2010 £	2011 £	2012 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	22,600	36,000	36,000
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	0	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	2010 £	2011 £	2012 £
BBC Children in Need	10,057	2,590	6,043
Metropolitan Police Property Act Fund	4,132	0	5,350
Awards For All	9,417	0	0
Baily Thomas	7,000	0	0
Help A Capital Child	0	2,907	1,825

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: **Sheila Keeling**

Role within **Development Manager**
Organisation: