

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Tikva	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Hackney	
Contact person: Mrs Sarah Rapaport	Position: Project Co-ordinator
Website: http://www.tikvahope.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1108649
When was your organisation established? 05/10/2003	
<p>Aims of your organisation:</p> <p>Tikva was founded by parents of adult children with severe learning disabilities, in the Orthodox Jewish (Charedi) Community. The parent-carers, ageing and at the point of collapse after many years of caring, saw the desperate imperative for them to take care of their own escalating needs as well as focus on the current and long term needs of their adult children with disabilities. They identified a gap in services both for support for themselves and quality programmes for their adult children with disabilities. The aim of Tikva is to improve the lives of the adults with disabilities as well as those of their ageing parent/carers.</p>	
<p>Main activities of your organisation:</p> <p>Tikva is a two pronged organisation providing: For adults with learning/emotional Disabilities: Extra curricular activities/short breaks focusing on independent living, arts activities and healthy sport activities and healthy lifestyles. Activities include: 1) 22 club sessions throughout the year where participants are engaged in sports, arts and crafts and positive social interaction. 2) Eight trips during the year which incorporate rambles, football and horse riding 3) An annual short break away from home, which is the highlight of the year for participants, and for their parent/carers as desperately needed respite. They are cared for by highly experienced and dedicated support workers who know most of them well. Activities are geared towards their individual needs, again with a focus on social interaction, arts, crafts and sporting events and independent living skills. For the parent-carers, Tikva provides art therapy and counselling sessions, spa and de-stressing events, and social events. Participants are supported to remain physically and emotionally healthy despite their overwhelming challenges.</p>	

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	2	4	10

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	five years

Grant Request**Details of grant request**

Under which of City Bridge Trust's programmes are you applying? Making London More Inclusive
Which of the programme outcome(s) does your application aim to achieve? Disabled people actively taking part in the arts or sport Disabled people reporting increased well-being as a result of taking part in the arts or sport
Please describe the purpose of your funding request in one sentence. To enable us to run out of hours arts and culture, and sports projects for 20 adults with learning and emotional disabilities.
When will the funding be required? 04/05/2014
How much funding are you requesting? Year 1: £22,732 Year 2: £23,414 Year 3: £24,116 Total: £70,262
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? We will continue to fundraise both within and outside of the community. We will foster our links with Local Authorities in a quest to persuade them to provide more funding than they do at present. We will request contributions from individuals' personalised budgets if the need arises.
If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached? Not Applicable

Summary of grant request

NEED

Tikva targets learning/emotionally disabled adults, from Hackney/Haringey Charedi communities, with multiple disadvantages: **DISABILITIES** -Excluding them from local mainstream arts, culture & sporting activities. **CULTURAL NEEDS**, (eg gender separation) proscribing generic Hackney activities suited to their disabilities. **DEPRIVATION**- Parents are retired, on low income or income related benefits, limiting access to arts, culture/sporting activities. During the day, they attend centres with limited facilities, and few opportunities for arts/culture/sports.

Besides needing these specific activities, they desperately need extra-curricular occupation. Home from their day centres at 4pm, long evenings stretch ahead before bedtime at 10/11pm. Weekends are boring arid deserts; They and their families grate on each others' nerves during those long stretches with nothing to do and nowhere to do it; stress and tension mount.

Sporting activities are vital due to their sedentary lifestyles. Most are obese, with little interest besides food. Sports invigorate them, making them feel better and offering new interests and feelings of accomplishment, sadly lacking within this deprived group. Tikva provides their **ONLY** opportunity for sporting activities.

Arts/culture element will encourage connection with their culture, develop motor skills, and meet their human need for satisfaction/accomplishment when producing beautiful and useful items.

Although adults, they lack independent living skills- making friends, interacting with peers, taking turns, making choices, communicating/sharing -- skills this project will teach.

DELIVERY

22 two hourly weekend clubs for 20 users, with six careworkers & 4 volunteers, including Sports: football, dancing aerobics. Arts/culture: sand art, mosaic design, beadwork, drumming, pottery/model making for sensory development, music making/singing. 8 daytrips to sporting venues will offer power walks, horseriding, bowling, canoeing/rowing.

1 annual Sleepaway -- Activities will reinforce skills learnt throughout the year , including archery, dancing, boating, bowling, football, horseriding. Arts/crafts include beadwork, sand art, painting, music making, singing, pottery, bubble art - other activities users request.

PROJECT WILL AIM TO ACHIEVE:

1. Access to sports resulting in better health, fitness/ wellbeing of 20 disabled users.
2. Access to arts/culture activities, boosting users' self esteem and quality of life, resulting from mastering skills/abilities in producing beautiful/useful items.
4. Users developing networks of support/friendship by making new and retaining old friendships.

RIGHT ORGANISATION TO DELIVER

Established by parents of disabled adult children presently trustees, Tikvas' services are userled, reflecting everchanging but basic needs. Tikva developed skills, knowledge/experience in running the activities, enjoying unique interaction with users and parent/carers; this, plus strong track records, an outstanding reputation, and being part of the community it serves, makes Tikva the ideal organisation to deliver the work.

TRUST'S PROGRAMME OUTCOME UNDER WHICH WE ARE APPLYING

We described above how our project will meet this outcome.

Our Project will meet the Trust Programme's Outcome of "Disabled People Reporting Increased Well-being as a Result of Taking Part in the Arts or Sport".

The arts/sport component will result in disabled users reporting increased wellbeing.

Learning/emotionally disabled adults will live more independently due to skills and knowledge gained.

GOOD PRACTICE PRINCIPLES

Users participate in planning, management, running and content of programmes; careworkers are skilled at eliciting this input from disabled users.

We welcome people from all backgrounds and value diversity in ability, disability, nationality, age and background. This is a men's project because of Charedi requirement for single gender activities. Women use a sister organisation.

Tikva supports volunteers, providing induction, in-service training, supervision and annual appreciation events.

Management/staff/users/volunteers are encouraged to reduce carbon footprint, using natural and/or low energy lighting, turning off unused appliances, opening windows - precluding air conditioning- wearing extra layers - precluding heating - reusing cups, drinking tap water - not bottled, walking to work and using electronic means rather than paper whenever feasible.

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.

22 Weekend, 2 hour club sessions per year, for 3 years, consisting of on site activities, focusing on sports such as football, dancing to music, and aerobics; and arts and cultural activities including sand art, music making, pottery, model making and singing, mosaic design, beadwork, drumming, pottery/model making.

8 daytrips per year for 3 years, focusing on sport and physical activity such as orienteering, archery, brisk power walks where their ability allows, horse riding, bowling, football, canoeing and rowing

1 annual seven day sleepaway for 3 years, focusing on sports, arts and independent living. Skills learnt throughout the year will be reinforced. Sports will include archery, dancing, boating, bowling, football, horse riding. Arts/crafts will include beadwork, sand art, painting, music making, singing, pottery, bubble art, and other activities requested by users.

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.

20 adults with disabilities will improve their health and fitness, and sporting skills.

20 adults with disabilities will improve their co-ordination and fine motor skills, and learn new skills such as bead making, pottery, drumming and singing skills.

20 adults with disabilities will improve their self-esteem and self-confidence in their interactions with each other and the outside world.

20 adults with disabilities will improve their social skills, leading to them making new friendships and consolidating old ones.

35 parents/carers of adults with disabilities will have reduced stress and better emotional health as a result of the respite they will experience due to this project

Who will benefit?

About your beneficiaries

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

20

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

Hackney (75%)

Haringey (10%)

Barnet (15%)

What age group(s) will benefit?

16-24

25-44

45-64

What gender will beneficiaries be?

Male

What will the ethnic grouping(s) of the beneficiaries be?

Other ethnic group (including Arab)

If Other ethnic group, please give details: **Charedi**

What proportion of the beneficiaries will be disabled people?

91-100%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
1. CLUB SESSIONS & TRIPS: transport, rent	3,800	3,914	4,031	11,745
Activity costs (Entrance Fees, arts materials, trips)	300	309	318	927
Staff costs	7,212	7,428	7,651	22,291
2. SLEEPAWAY: Accommodation, food, household	4,200	4,326	4,456	12,982
Transport and staff costs	6,820	7,025	7,236	21,081
Activity costs (equipment, entrance fees)	400	412	424	1,236
ADMIN: (Calculated as 53% of organisational costs): Rent	2,205	2,271	2,339	6,815
Phone, postage, IT and internet	1,871	1,927	1,985	5,783
Admin wages	7,186	7,402	7,624	22,212
TOTAL:	33,994	35,014	36,064	105,072

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Hackney Community Grants	7,000	0	0	7,000
Maccabi Sports	1,500	0	0	1,500
	0	0	0	0
	0	0	0	0
TOTAL:	8,500	0	0	8,500

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

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
1. CLUB SESSIONS : transport, rent	2,200	2,266	2,334	6,800
Arts materials	200	206	212	618
2. TRIPS: Transport and Entrance fees	1,700	1,751	1,804	5,255
3. SLEEPAWAYS: Accommodation, food, household	4,200	4,326	4,456	12,982
Transport and staff accommodation, food and household	3,180	3,275	3,374	9,829

Activity costs (equipment, entrance fees)	400	412	424	1,236
4. ADMIN COSTS: Office rent	2,205	2,271	2,339	6,815
Phone, postage, IT and internet	1,871	1,927	1,985	5,783
Admin wages	6,776	6,979	7,189	20,944
TOTAL:	22,732	23,414	24,116	70,262

Finance details

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

Financial year ended:	Month: December	Year: 2012
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Income received from:	£
Voluntary income	91,656
Activities for generating funds	0
Investment income	0
Income from charitable activities	0
Other sources	0
Total Income:	91,656

Expenditure:	£
Charitable activities	79,638
Governance costs	3,818
Cost of generating funds	0
Other	0
Total Expenditure:	83,456
Net (deficit)/surplus:	8,200
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	8,200

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	23,365
Long-term liabilities	0
*Total Assets (A):	23,365

Reserves at year end	£
Endowment funds	0
Restricted funds	18,255
Unrestricted funds	5,110
*Total Reserves (B):	23,365

* 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? 0%
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Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts: We have recently been fortunate enough to recruit an additional Trustee who brings valuable people management and organisational skills to the organisation from her role as supervisor of the marketing department of a commercial enterprise. We are actively working to recruit more Trustees.

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	10,000	13,000	13,000
London Councils	0	0	0
Health Authorities	6,810	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 £
Lloyds TSB	15,600	15,600	0
Awards for All	10,000	10,000	0
Bailey Thomas Charitable Trust	0	5,000	1,000
Maccabi GB	1,500	1,500	1,500
Learning for Carers	0	3,375	0

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: **Mrs Sarah Rapaport**

Role within **Project Co ordinator**

Organisation: