

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Carers Network Westminster</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Westminster</b>	
Contact person: <b>Ms Annette Furley</b>	Position: <b>Chief Executive</b>
Website: <a href="http://www.carers-network.co.uk/">http://www.carers-network.co.uk/</a>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1097723</b>
When was your organisation established? <b>29/05/2003</b>	
<p><b>Aims of your organisation:</b></p> <p>Carers Network was founded in 1991 to provide key services for unpaid carers in the city of Westminster and Hammersmith &amp; Fulham. Our vision for London is to create a city where the valuable role and contribution of unpaid carers is not just supported, but valued. Through the provision of advice, support networks, and training, we aim to:</p> <ul style="list-style-type: none"> <li>• Empower carers to make informed choices to help them care effectively and sustainably</li> <li>• Support carers to maintain a healthy family &amp; social life alongside their caring role</li> <li>• Give carers access to the learning, leisure and employment opportunities they need</li> <li>• Ensure that the physical &amp; emotional health of carers is protected and promoted</li> <li>• Give carers the power to influence policy and shape the services that affect them</li> <li>• Champion the needs, rights and value of carers in our community</li> </ul>	
<p><b>Main activities of your organisation:</b></p> <p>We currently help more than 2,000 people in London who are providing unpaid care to a spouse, family member or friend. We work within the boroughs of Westminster, Hammersmith &amp; Fulham; offering carers a range of services. These include:</p> <ul style="list-style-type: none"> <li>• Expert advice &amp; information from our support workers, events, website, magazine &amp; support groups</li> <li>• Emotional support and social opportunities through our community network, social events &amp; respite breaks</li> <li>• Special projects to help carers achieve physical, emotional and economic wellbeing, e.g. assisting carers to access training and employment opportunities</li> </ul> <p>We provide a tailored service to every carer; supporting them to identify their needs and</p>	

### Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
9	2	10	30

### 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	12 months

### Environmental Impact

City Bridge Trust wants to help voluntary sector organisations to have a positive environmental impact. Please tell us how much your organisation is already doing to have a positive environmental impact using the definitions below to help you decide.

**Getting started: We try not to be wasteful and have introduced some simple 'green actions'.**

## Grant Request

### Details of grant request

Under which of City Bridge Trust's programmes are you applying?

**Older Londoners**

Which of the programme outcome(s) does your application aim to achieve?

**Carers aged 65 years and over better able to access support, advice and respite  
Older Londoners having increased awareness of benefits, finance, housing and other rights**

Please describe the purpose of your funding request in one sentence.

**Supporting those caring for someone who is dying, (particularly where the person wishes to die at home), with tailored services before and after patient's death**

When will the funding be required? **02/06/2014**

How much funding are you requesting?

Year 1: **£37,750**

Year 2: **£43,787**

Year 3: **£49,214**

**Total: £130,751**

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?

**Project will bring considerable savings to local public services (by supporting more people wishing to die at home to do so/reducing unnecessary hospitalisations) therefore project evaluation will provide a robust case for continued investment from local statutory sector. The project will also train up to 18 volunteers to provide continued support beyond the period.**

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

## Summary of grant request

A 2012 survey showed that though 81% of people would prefer to die at home, only 18% do so, with 53% of people in England dying in hospital despite this being the least preferred option. Our project is for End of Life (EOL) carers - those providing unpaid care to a terminally ill spouse, friend or relative to help them remain at home for longer and in many cases to die at home if they wish. EOL carers typically provide round-the clock care such as administering meals and medications, and helping with basic personal care. Carers Network conducted a consultation with 89 EOL Carers in 2011 which found that carers want:

- More involvement in the EOL care plans for the people they support
- Timelier carer assessments/reviews to accommodate rapidly changing caring roles
- Timelier referral to local palliative care services to avoid reaching a 'crisis point'
- Counselling after bereavement, as well as emotional support to transition from caring role

Our consultation found bereaved carers often experience profound social exclusion, further compounding the impact of end of life caring upon carer wellbeing. Our consultation also uncovered poor communication between carers and EOL agencies, particularly with regard to EOL care plans. In our wider/more general survey of our Carers (March 2012), respondents told us they would like to meet other carers more often, have better access to social activities/breaks from caring, and have increased access to support workers.

This project will provide an EOL Carer Support Worker (EOLCSW), to support EOL carers at three critical points:

### 1. End of Life Planning:

From the point where the cared-for person has received a terminal prognosis, carers will be supported to prepare fully for the end of life period. This could include guidance on formalising advance decisions about medical interventions, and other practical considerations. The EOLCSW will help the carer to identify and set in place the necessary support (community-based services, respite breaks, benefits etc.) well ahead of time.

### 2. End of Life:

During the end of life period, the EOLCSW will help carers access key services and offer emotional support during this often difficult period.

### 3. Transition from caring:

After the cared-for person's death, the EOLCSW will support carers to access services such as counselling, local community support networks, and social events with other carers. Longer-term Carers Network can support bereaved EOL carers into learning and volunteering opportunities with Carers Network and other local organisations.

We are able to engage carers from all backgrounds through our diverse network of local carer groups which includes carers of older people, people with learning disabilities, and carers from BME communities. We also work in close partnership with GPs and palliative care organisations.

The project is strongly aligned to the Older Londoners programme outcomes, particularly safeguarding the health and wellbeing of older Londoners who are carers, including carers of people with Alzheimer's and other form of dementia. We will increase carer awareness of entitlements such as respite provision and benefits, and will help bereaved EOL carers to

## 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.

**Support 65 EOL carers per year for three years by developing tailored plans for each carer outlining specific needs and plans for advocacy and referrals as necessary, providing telephone/in-person support, and delivering two free End of Life Care events per year offering relevant information, guidance and resources**

**Supporting any EOL carers bereaved within the project period to transition beyond caring role -- offering access to bereavement counselling, respite breaks, social event with other carers, access to community support groups and pathways to volunteering and mentoring roles in the local community**

**Conduct thorough evaluation of project to inform wider sector, develop recommendations and professional resources, and work with national and local stakeholders (e.g. GPs, hospital discharge teams, hospices, social services, and medical charities) to embed project learning and recommendations for improved EOL carer support across all services**

**Implement project exit strategy by training up to 18 Carer volunteers in End of Life Carer support, developing suite of online resources for EOL carers, and brokering continued provision from local statutory and community agencies beyond the three year project**

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.

**EOL carers will have improved physical health and emotional wellbeing before and throughout end of life period, through better and more timely planning for end of life, and improved access to support and services, including respite breaks**

**Older Londoners will have increased knowledge and choice about end of life issues, through better and more timely planning for end of life, and improved guidance and support provided to EOL carers before and throughout end of life period, including entitlements such as benefits**

**Bereaved carers will have improved wellbeing, and reduced levels of social exclusion, by accessing relevant services, support networks and opportunities for social and community engagement after the death of a cared for person**

**End of Life care stakeholders (both local and national) will have increased understanding of EOL Carer needs, through our project evaluation work and subsequent partnership working to embed recommendations and good practice across all services**

**Two London boroughs will have improved long-term EOL carer provision in the community through the training of 18 new EOL Carer Support Volunteers, development of online resources for EOL carers, and continued local provision from statutory/community agencies brokered through the project**

## Who will benefit?

### About your beneficiaries

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

**65**

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

**Westminster (50%)**

**Hammersmith & Fulham (50%)**

What age group(s) will benefit?

**65-74**

**75 and over**

What gender will beneficiaries be?

**All**

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

**A range of ethnic groups**

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

**11-20%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
EOLCSW Support Worker & 'on-costs'	33,696	34,706	35,748	105,150
Supporting staff & volunteer costs	1,000	7,850	8,055	16,905
Office set-up & recruitment cost	1,200	0	0	1,200
Proportional contribution to admin/overheads	5,354	6,731	6,911	18,996
End of Life Care training & events budget	3,000	3,000	3,000	9,000
Support worker travel budget	2,500	2,500	2,500	7,500
Online resources for carers and volunteers	0	0	2,000	2,000
Project evaluation cost (consultancy fees)	2,000	0	2,000	3,000
Respite breaks for carers (20 carers per year)	4,000	4,000	4,000	12,000
<b>TOTAL:</b>	<b>52,750</b>	<b>58,787</b>	<b>64,214</b>	<b>175,751</b>

**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

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

Source	Year 1	Year 2	Year 3	Total
Childwick Trust	10,000	10,000	10,000	30,000
Trusthouse Charitable Foundation	5,000	5,000	5,000	15,000
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>15,000</b>	<b>15,000</b>	<b>15,000</b>	<b>45,000</b>

**How much is requested from the Trust?**

Expenditure heading	Year 1	Year 2	Year 3	Total
Towards EOLCSW salary/on-costs	33,696	34,706	35,748	104,150
Funding towards carer respite breaks	4,000	4,000	4,000	12,000
Towards carer information & social events	0	3,000	3,000	6,000
Towards volunteer coordinator salary	0	2,081	6,466	8,547
Contribution to administration & overheads	54	0	0	54
	0	0	0	0
<b>TOTAL:</b>	<b>37,750</b>	<b>43,787</b>	<b>49,214</b>	<b>130,751</b>

~~37,750~~    ~~43,787~~    ~~49,214~~    ~~130,751~~  
 37,750    42,000    43,000    122,750

## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2013</b>
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Income received from:	£
Voluntary income	8,579
Activities for generating funds	0
Investment income	324
Income from charitable activities	421,501
Other sources	0
<b>Total Income:</b>	<b>430,404</b>

Expenditure:	£
Charitable activities	396,639
Governance costs	12,382
Cost of generating funds	8,266
Other	0
<b>Total Expenditure:</b>	<b>417,287</b>
<b>Net (deficit)/surplus:</b>	<b>13,117</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>0</b>

Asset position at year end	£
Fixed assets	8,021
Investments	0
Net current assets	196,150
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>204,171</b>

Reserves at year end	£
Endowment funds	0
Restricted funds	52,966
Unrestricted funds	151,205
<b>*Total Reserves (B):</b>	<b>204,171</b>

\* 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?  
91-100%

### 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.

	<b>2010 £</b>	<b>2011 £</b>	<b>2012 £</b>
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	367,045	385,239	419,651
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.

<b>Name of Funder</b>	<b>2010 £</b>	<b>2011 £</b>	<b>2012 £</b>
	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	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: **Annette Furley**

Role within                      **Chief Executive**  
Organisation: