

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Sonshine Club</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Hackney</b>	
Contact person: <b>Mrs Rachel Gruber</b>	Position: <b>Chair</b>
Website: <b>http://n/a</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1124803</b>
When was your organisation established? <b>10/05/2004</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Improving London's Environment</b>
Which of the programme outcome(s) does your application aim to achieve? <b>More people reporting improved wellbeing through greater use of open spaces and through growing and greening initiatives</b> <b>More young people understanding the benefit of growing local food and its nutritional value</b>
Please describe the purpose of your funding request in one sentence. <b>Grow2Eat Eat2Grow Healthy is an environmental project empowering children to improve their wellbeing by growing their own food and enjoying green eco-active projects.</b>
When will the funding be required? <b>01/05/2014</b>
How much funding are you requesting? Year 1: <b>£9,890</b> Year 2: <b>£12,890</b> Year 3: <b>£10,890</b>  <b>Total: £33,670</b>

**Aims of your organisation:**

The SONshine Club endeavours to improve the education, health and wellbeing of all children within the community of Stamford Hill, by providing access to a number of well designed recreational, educational and healthy lifestyle activities regardless of health, financial or social status.

Since its establishment, the SONshine club has worked tirelessly to successfully break down a number of barriers to access, and as a result has been able to provide much required input to the hard to reach parts of the community.

A significant factor in the charity's success to date is its steadfast ambition and ability to integrate a diverse spectrum of children and families, from 'mainstream' children, to those with a wide variety of needs into its activities.

The SONshine club is unique in its approach to providing both a fun and educational component to all of its groups, seeking the help of specialists e.g. qualified gardeners, specialist teachers, where it is felt this could enhance the service.

**Main activities of your organisation:**

Summer gardening club  
 Happy 2B Active exercise classes  
 Motor Skill groups for children with motor/movement delay

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>0</b>	<b>5</b>	<b>4</b>	<b>8</b>

**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>5 years</b>

## Summary of grant request

This project is targeted at 80 children aged 8-13 years on low income, living in overcrowded housing from the Orthodox Jewish community in Hackney. During the summer months, weekly sessions will take place in Springfield Park where children will learn how to grow fruits, herbs and vegetables from seed. Environmental activities introducing them to the natural world, and the importance of using natural resources such as energy, water and waste in a sustainable way will be incorporated into the sessions. They will learn the importance of healthy eating and a healthy lifestyle, including physical activity and healthy ingredients.

Harvesting and eating food that they themselves have grown and sharing it with their families who will be encouraged to join them in these activities as supporting volunteers, to inspire their children to achieve wellbeing particularly families in poverty. They will learn the importance of earthworms, waste matter will be composted, with fertiliser sourced from the Edmonton Waste Centre, reducing the unsustainable use of peat-based fertilisers and encouraging the children to use the Council's food waste recycling service.

The Volunteer adults working with the children will include older members of the community, making the project intergenerational, with older/younger community members enjoying healthy activities together thus supporting and promoting health and wellbeing for all and supporting independent living.

There is growing evidence that contact with the natural environment, including food growing and wildlife engagement, provides multiple benefits in terms of education, health and community cohesion.

Over 20% of Hackney's school population has special educational needs, the most common being behavioural, social and emotional difficulties. The term 'nature deficit disorder' has been used to link these problems with a lack of contact with the natural environment, particularly in urban areas. Children today spend less time in natural places than previous generations. This project is promoting more use of outside spaces and natural habitats.

We have consulted with our current users about this project, and the way it has been designed is a direct result of their input at focus groups and questionnaires we have organised. These focus groups will continue to direct the running and implementation of the project, i.e. which activities will be prioritised, which kind of foods will be grown, and how the groups will be organised.

This project would directly deliver on a number strategies and reports at the local, regional and national scale including the following:

Mayor of Hackney's Manifesto Commitments:

"We will support those Hackney residents who wish to grow their own food by increasing the spaces available for food-growing, including on our estates"

\*The Joint Strategic Needs Assessment 2009 noted the links between the natural environment and health and specifically called for:

- 'Green' activities involving a combination of physical activity and practical conservation such as allotments and 'Green gyms' to benefit mental health.

\*Short Review of Local Food Growing 2010 recommended supporting and promoting local food growing in Hackney. This report included an evaluation of current food growing in Hackney and the associated benefits.

\*The 2006 report 'A Lot to Lose' by the London Assembly's Environment Committee notes that the benefits of local food growing are not just environmental and health-related. They also found significant social, financial, and community benefits- where growing brought together residents from a diverse variety of backgrounds and interests.

\*Natural England Position Statement has called for Local Authorities to use contact with the natural environment to deliver their social, economic and environmental priorities (NB Natural England is the Government's advisor on the Natural Environment).

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

**We have permission from Hackney council to use the bowling green in Springfield park for our project**

Do you have a Vulnerable Adults policy? ~~No~~ **YES**

What Quality Marks does your organisation currently hold?

### **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.

**16 gardening sessions per year for 80 young people who have limited/no access to a garden. Young people learn how to plant and harvest sweetcorn, beetroots, carrots, tomatoes, potatoes, leeks and are able to carry over their newfound knowledge to continue planting at home eg. windowsill containers, grow bags.**

**8 interactive Environmental Awareness workshops per year for 80 young people, incorporating composting, recycling, beast hunts, and identifying a variety of trees.**

**Weekly/fortnightly outdoor sport sessions for 40 young people, trying out a range of sports including football, netball, aerobics.**

**80 young people enhance biodiversity in a local park by planting flowers and CREATING loggeries, miniature gardens, bookmarks from their favourite leaves.**

**6-8 older volunteers lead the gardening sessions, sharing their knowledge and experience with the young people in a hands-on, fun setting.**

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.

**80 young people increase their awareness of healthy living, and have the skills and knowledge to make a healthy lifestyle a reality for themselves and their families/friends. Enjoying the fruits (and veg!) of their labour, boosts their confidence and motivates them to continue growing and eating their own fruit/vegetables.**

**80 young people become eco-aware and are committed to conserving and improving their local environment. They have learnt how to recycle, compost and grow their own fruit/vegetables, leading to a reduction of waste and an increase in use of local green spaces such as Clapton/Stoke Newington Common and Springfield Park.**

**80 young people enjoy improved well-being by becoming more active and regularly using local open spaces to exercise. Young people know about the risks associated with obesity and the dangers of a sedentary lifestyle.**

**Young people connect with local elderly people, forging healthy relationships based on their common interests. The inter-generational aspect of this project leads to improved physical and emotional wellbeing of elderly people, some of whom live alone and have little social/physical opportunities.**

Do you plan to continue the activity beyond the period for which you are requesting funding? If so, how do you intend to sustain it? If not, what is your exit strategy?

**We are committed to continue this project due to its huge popularity amongst local children and young people. We have a fundraising strategy in place that we review on an annual basis. We also receive an annual donation (£1,000) from the Panton Trust and reduce our costs by involving older volunteers in running the project.**

## Who will benefit?

### About your beneficiaries

How many people will benefit directly from the grant per year? <b>88</b>
In which Greater London borough(s) or areas of London will your beneficiaries live? <b>Hackney (80%)</b> <b>Haringey (20%)</b>
What age group(s) will benefit? <b>0-15</b> <b>65-74</b> <b>75 and over</b>
What gender will beneficiaries be? <b>Male</b> <b>Female</b>
What will the ethnic grouping(s) of the beneficiaries be? <b>Other ethnic group (including Arab)</b>
If Other ethnic group, please give details: <b>Orthodox Jewish</b>
What proportion of the beneficiaries will be disabled people? <b>11-20%</b>

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Team leaders x 2 x £30 ph x 48 hrs = 2880	2,880	2,880	2,880	8,640
8 Volunteers cost inc travel/refreshments=1920	1,920	1,920	1,920	5,760
Material for project/ongoing costs = 1200	1,200	1,200	1,200	3,600
Equipment for project/windmill ect/glasshouse=800	800	2,800	800	4,400
Administration insurance tel stationery = 1200	1,200	1,200	1,200	3,600
Grand farewell barbeque = 350	350	350	350	1,050
Coordinator £15 ph x 6 hrs pw x 16 wks=1440 (inc after hrs maintenance)	1,440	1,440	1,440	4,320
Participants transport to site = 600	600	600	600	1,800
Marketing and publicity = 500	500	500	500	1,500

<b>TOTAL:</b>	<b>10,890</b>	<b>12,890</b>	<b>10,890</b>	<b>35,470</b>
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**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
Pantion trust	1,000	0	0	1,000
	0	0	0	0
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>1,000</b>	<b>0</b>	<b>0</b>	<b>0</b>
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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

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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**How much is requested from the Trust?**

Expenditure heading	Year 1	Year 2	Year 3	Total
Team leaders x 2 x £30 ph x 48 hrs	2,880	2,880	2,880	8,640
8 Volunteers cost inc travel/refreshments=1920	1,920	1,920	1,920	5,760
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Grand farewell barbeque = 350	350	350	350	1,050
coordinator 6 hrs pw x 16 wks includes after	1,440	1,440	1,440	4,320

hrs				
participants transport to site	600	600	600	1,800
Marketing and publicity	500	500	500	1,500

<b>TOTAL:</b>	<b>9,890</b>	<b>12,890</b>	<b>10,890</b>	<b>33,670</b>
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## Finance details

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

Financial year ended:	Month: <b>September</b>	Year: <b>2013</b>
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Income received from:	£
Voluntary income	1,747
Activities for generating funds	0
Investment income	0
Income from charitable activities	46,918
Other sources	0
<b>Total Income:</b>	<b>48,665</b>

Expenditure:	£
Charitable activities	32,201
Governance costs	250
Cost of generating funds	0
Other	0
<b>Total Expenditure:</b>	<b>32,451</b>
<b>Net (deficit)/surplus:</b>	<b>16,214</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>16,214</b>

Asset position at year end	£
Fixed assets	570
Investments	0
Net current assets	26,809
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>27,379</b>

Reserves at year end	£
Restricted funds	23,477
Endowment Funds	0
Unrestricted funds	3,902
<b>*Total Reserves (B):</b>	<b>27,379</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? 11-20%
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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: nothing specific
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### Previous funding received

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

	2012 £	2013 £	2014 £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	4,040
London Councils	0	0	12,000
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	2,000	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	2012 £	2013 £	2014 £
BBC children in need	0	0	10,000
awards for all	10,000	0	8,800
Lloyds TSB	0	7,800	7,800
Haringey council	0	0	4,040
Young Hackney	0	0	12,000

### 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: **Rachel Gruber**

Role within                      **Chair**  
Organisation: