

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Food Chain	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Camden	
Contact person: Ms Siobhán Lanigan	Position: Chief Executive Officer
Website: http://www.foodchain.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1003014
When was your organisation established? 25/12/1988	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Improving Londoners' Mental Health
Which of the programme outcome(s) does your application aim to achieve? More LGBT people accessing mental health services resulting in improved mental health and reduced mental distress More people from BME communities accessing appropriate mental health services, resulting in them receiving the right care and treatment
Please describe the purpose of your funding request in one sentence. The purpose of our Eating Together service is to tackle social isolation and related depression and anxiety among people living with HIV in London
When will the funding be required? 01/09/2014
How much funding are you requesting? Year 1: £48,100 Year 2: £0 Year 3: £0 Total: £48,100

Aims of your organisation:

The Food Chain exists to provide access to food and nutrition support services at times of particular need or crisis to enable people living with HIV to get well, stay well and sustain independent living.

Working together since 1988, we are a supportive and nurturing community of volunteers, staff, supporters, organisations and people living with HIV.

The Food Chain offers a range of tailored services for anyone living with HIV in London who is in need of nutrition support because of ill health, economic need, experiencing social isolation or lack of nutrition knowledge and cookery skills. Services are organised and delivered by hundreds of volunteers and a small team of paid staff.

Main activities of your organisation:

The Food Chain provides

One to one dietetic assessment and advice provided by trained dietitians

A home meal delivery service to cover 7 days per week for those who are too unwell to cook for themselves

6 weeks of grocery hampers tailored to meet the nutritional requirements of service users

A series of 4 Eating Positively cookery and nutrition classes

Weekly Eating Together communal lunches during a service user's time on service (up to 3 months)

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
9	0	11	500

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	7 years

Summary of grant request

We are requesting continuation funding for our Eating Together service that was supported by the City Bridge Trust with a two year grant for 2012-2014. The key aims of the service are to reduce the isolation of vulnerable People Living with HIV (PLHIV) in London, help service users live more independently by combating the cycle of poor nutrition leading to reduced energy and well-being, and to empower PLHIV to feel more in control of their lives, break down barriers, share knowledge and better cope with the challenges they face. The target was to reach 49 service users per year. In total we have reached 155 unique service users. The demand for the service and attendance rates have grown steadily throughout the period. Continuation funding would help us continue the momentum of the service and support a further 100 people. It would also assist us with securing matched and additional funding from other sources.

Continuing need for the service

The prevalence of psychological and psychiatric problems among people living with HIV is substantially higher than in the general population. People with HIV are about twice as likely to be diagnosed with depression as matched controls in the general population. HIV tends to be concentrated in vulnerable and stigmatised populations who are already at greater risk of mental health problems than the general population and HIV exacerbates this health inequality. Psychological difficulties can also result from receiving an HIV diagnosis and the challenges of living with HIV.

The service enables PLHIV to meet once a week at our King's Cross kitchen to share a nutritious hot meal. Guest speakers provide information and signposting to other services and service users have the opportunity to go on to volunteer with The Food Chain at the end of their service if they wish to.

Building on the success of the first two years we want to sustain and further develop Eating Together. Over the next 12 months we plan to offer additional sessions, some on Sundays. We will also promote the service to our network of health and social care professionals and other HIV support organisations and work collaboratively to reach people with HIV who are particularly vulnerable to isolation and poor mental health including single parents, those with existing mental health problems, as well as new arrivals to the UK and older gay men.

Track record

The Food Chain has 25 years' experience of delivering nutritional support services to people living with HIV in London. The Eating Together service was first piloted in 2011 and subsequently expanded during 2012 and to date, with the move to our own kitchen/dining facility in King's Cross

Principles of Good Practice

Service users attending Eating Together are regularly consulted on the nature of the service and asked for input on guest speakers to invite and any changes they would like to see to the service.

The service is attended by people with a very diverse range of backgrounds - 60% are male, 59% female and 1% Transgender; 26% are gay men and 89% are from BME communities.

We depend on the input of some 500 volunteers for the delivery of all our services, including Eating Together and a number of service users have progressed from attending to volunteering for the service. All volunteers receive induction and appropriate skills training and are supervised by a more senior volunteer or a staff member. All receive appropriate paid expenses.

We recycle all appropriate materials and take all our food waste to the Calthorpe Project to turn into compost. Service users travel to Eating Together by public transport.

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

n/a

Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

We do not currently hold a quality mark

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.

100 unique individuals attending Eating Together sessions in a 12 month period

The provision of 52 Eating Together sessions in a 12 month period

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.

HIV+ people attending Eating Together are less isolated and have an increased level of self confidence

HIV+ people attending Eating Together have an improved nutritional intake and increased well being

HIV+ people attending Eating Together have a greater sense of control of their lives

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?

The Eating Together service is now an integral part of our offer. In the current year we are allocating unrestricted income to sustain the Eating Together service and we are approaching a number of small and medium sized charitable trusts to support the future development and expansion of the service.

Who will benefit?

About your beneficiaries

How many people will benefit directly from the grant per year? 100
In which Greater London borough(s) or areas of London will your beneficiaries live? London-wide (100%)
What age group(s) will benefit? 16-24 25-44 45-64 65-74
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? 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
Running costs	31,686	0	0	0
Salaries costs	75,428	0	0	0
Kitchen support costs	7,076	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	114,190	0	0	0
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Reserves/unrestricted income	32,000	0	0	0
MAC Aids fund	25,000	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	57,000	0	0	0
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
16 x small charitable trusts	10,000	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
Direct running costs	21,700	0	0	0
Salaries costs	26,400	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	48,100	0	0	0
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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	175,181
Activities for generating funds	54,877
Investment income	0
Income from charitable activities	599,675
Other sources	1,937
Total Income:	831,670

Expenditure:	£
Charitable activities	694,744
Governance costs	15,567
Cost of generating funds	81,800
Other	0
Total Expenditure:	792,111
Net (deficit)/surplus:	39,559
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	63,039
Investments	0
Net current assets	383,079
Long-term liabilities	0
*Total Assets (A):	446,118

Reserves at year end	£
Restricted funds	284,035
Endowment Funds	0
Unrestricted funds	162,083
*Total Reserves (B):	446,118

*** 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:
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In response to the changing needs of service users we have introduced a home meal delivery service to cover 7 days a week using an external provider of meals. We have consequently brought to an end our volunteer Sunday meal delivery service that operated for just one day per week.

Our Fundraising and Communications Manager post is vacant due to sabbatical leave.

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	0
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	2012 £	2013 £	2014 £
Elton John Aids Foundation	301,942	422,343	159,693
MAC Aids Fund	70,000	80,000	90,000
Big Lottery Fund	0	83,361	83,361
Henry Smith Charitable Trust	0	0	30,000
Monument Trust	0	0	75,000

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: **Siobhán Lanigan**

Role within **chief Executive**
Organisation: