

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Resources for Autism	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Barnet	
Contact person: Ms Liza Dresner	Position: Director
Website: http://www.resourcesforautism.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1061253
When was your organisation established? 01/02/1997	

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? Work supporting young disabled people (aged 16-25) in the transition to adulthood and/or independent living Work enabling disabled people of all ages to live independently
Please describe the purpose of your funding request in one sentence. Transitions service for young autistic adults which includes volunteering and employment opportunities, group support and information and advice.
When will the funding be required? 01/06/2014
How much funding are you requesting? Year 1: £34,872 Year 2: £35,418 Year 3: £35,973 Total: £106,263

Aims of your organisation:

Resources for Autism (RfA) improves the lives of people with autism by offering a range of carefully tailored services to individuals and their families. Autism is a lifelong condition that affects the ability to communicate and empathise with others which can lead to isolation and mental ill health. We aim to grow our practical services wherever people need them and to serve those at all points of the spectrum and support their families and carers. We aim for accessibility to those who do not have English as a first language or access to the internet. Demand for our services remains high and we aim to offer our services to as many people as possible and make subsidised places available where possible. Services are based in Greater London and the West Midlands.

Main activities of your organisation:

RfA runs specialist term time and holiday play schemes for children aged 8-12 and specialist groups for teenagers aged 12-16 and 16-19 including our YNOT group previously funded by City Bridge Trust.

Our adult groups have expanded and new include multi sports, art, social and a transition advice and information service that tackles isolation and develops confidence through focused groups and volunteering opportunities that build skills for work. We offer one to one support in the community and a befriending service.

We provide specialist Music and art therapy for individuals and in small groups.

The success of our work still relies heavily on well trained volunteers in addition to our trained staff, and we are pleased to have been given an Investing in Volunteers award from the UK Volunteering Council. Volunteers and staff are trained in autism, autism and play, communication, working with teenagers and families and safeguarding. Volunteers receive monthly peer training and supervision.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
5	212	8	180

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?
Owned	

Summary of grant request

Autism is a lifelong disability that affects communication and understanding. It is a spectrum condition; some of our service users may appear able but their inability to understand the nuance of conversation and social interaction can lead to misunderstanding, bullying and isolation. Others are so severely affected as to be non verbal and very sensitive to sensory stimuli such as noise light and smell which can trigger behaviour that is hard for families to manage and they become increasingly isolated. Families with autistic children can become stuck in a cycle of poverty which affects the long term prospects of the child as they grow into adults.

Lack of understanding of autism affects educational attainment - a recent survey by Ambitious about Autism indicated that 4 in 10 children with autism have been excluded informally and therefore illegally during their time at school which impacts on confidence, achievement and future prospects. Many people at the higher end of the autistic spectrum appear able, but struggle to understand conversational nuance and social conventions resulting in isolation and depression, again affecting educational and employment prospects.

A survey by the National Autistic Society in 2012 found that one in three 16-24 year olds with autism are NEET, more than double the general population, and 37% of adults with autism had never been in paid employment post 16.

There is a dearth of services to support young autistic adults at this crucial point in their lives and some of those that have previously existed have closed down. Our services are developed in close consultation with our service users, based on their feedback, which enables us to put their expressed needs into the wider context of current service provision and act accordingly.

The aim of the transitions project is to help young autistic adults to develop confidence, abilities and life and work skills that will help them to grow in independence, reduce isolation and stress and so help them to experience a better quality of life.

This service for young adults aged 19 to 25 has developed to meet the needs of this vulnerable group and will be delivered through a mixture of advice, guidance, and practical inputs such as volunteering opportunities, weekly group meetings, discussion, and role play.

At Resources for Autism we specialise in developing services for individuals and families affected by autism. We have been running for 17 years and have grown with our service users, developing services based on their feedback and our expertise and knowledge. Our staff have years of experience working with autistic individuals and managing challenging behaviour and we have recently been recognised with an Investing in Volunteers award based on our training and support plans for our volunteers who are a key part of our service.

We continually monitor and evaluate the impact of our services and record all referrals, waiting lists, service users and evaluations on our database to ensure organisational effectiveness.

We believe that our project meets City Bridge Trust's aim of supporting disabled adults and young people in the transition to adulthood by enabling them to develop confidence and life skills.

Our service users are directly involved in planning and running the service and are from a range of backgrounds. Our valuing of diversity is underlined by our equal opportunities policy which is integrated into the organisation through training. Service delivery is cost effective through the use of well trained volunteers.

We endeavour to be a green office through participation in our local authority's extensive recycling programme, minimal printing and use of public transport where possible.

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? **No**

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.

Autism to Autism provides valuable work experience by providing supported volunteering placements for approximately 25 young adults with autism.

One weekly Confidence Group for approximately 12 young adults, which encourage social interaction, and using group discussion and role play tackle social and communication issues which may be causing anxiety stress and isolation. Confidence Group can help to prepare members to move into volunteering roles.

Tailored advice service providing information on available social and employment related opportunities, accessing universal services and public transport and use of personal budgets for up to 35 young adults.

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.

Young autistic adults will, through volunteering, develop skills and experience that will help them to engage more with their community, and, where possible, help them to access employment opportunities or gain the confidence to access further education.

Young autistic adults will be given practical support in a group setting to develop appropriate understanding and social skills that will help to build confidence and independence through reduced anxiety.

Young autistic adults will have access to important information to help them to understand their financial position and the services and opportunities that are available to them, and to develop confidence and independence in accessing them.

Overall, young autistic adults will be less isolated and stressed and have the confidence and skills to be live a more independent life.

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?

As part of our fundraising strategy we will continue to seek funds from other sources. We have wide experience of seeking funds from a range of sources including charitable trusts, individuals, local and central government.

Who will benefit?

About your beneficiaries

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

35

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

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%

Revised

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year3	Total
Confidence Group (staff and rent)	9,163	9,300	9,440	27,773
Autism to Autism Volunteer Support Staff	13,130	13,327	13,527	39,984
Autism to Autism Volunteer Expenses and Travel	9,090	9,226	9,365	27,681
Project Admin Support	5,001	5,077	5,153	15,361
Management Costs	4,680	4,750	4,821	14,251
TOTAL:	41,064	41,680	42,306	125,050

What income has already been raised?

Source	Year 1	Year 2	Year3	Total
Fees (Expected)	1,512	1,512	1,512	4,536
TOTAL:	1,512	1,512	1,512	4,536

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
TOTAL:				

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year3	Total
Confidence Group	7,651	7,788	7,928	23,367
Autism to Autism Volunteer Support Staff	13,130	13,327	13,527	39,984
Autism to Autism Volunteer Expenses and Travel	9,090	9,226	9,365	27,681
Project Admin Support	5,001	5,077	5,153	15,231
Management Costs	4,680	4,750	4,821	14,251
TOTAL:	39,552	40,168	40,794	120,514

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	434,237
Activities for generating funds	9,589
Investment income	6,456
Income from charitable activities	907,990
Other sources	550
Total Income:	1,358,822

Expenditure:	£
Charitable activities	1,475,557
Governance costs	5,936
Cost of generating funds	28,988
Other	2,507
Total Expenditure:	1,512,988
Net (deficit)/surplus:	154,166
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	23,304

Asset position at year end	£
Fixed assets	828,460
Investments	0
Net current assets	696,257
Long-term liabilities	220,913
*Total Assets (A):	1,303,804

Reserves at year end	£
Restricted funds	70,441
Endowment Funds	0
Unrestricted funds	1,233,363
*Total Reserves (B):	1,303,804

* 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? 51-60%
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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 been informed that there will be significant losses in statutory funds from local authorities as a result of financial cuts. We have been successful in our trust funding but some of these funds are now coming to an end as expected, and in some cases trust policies request us to leave a 1 or 2 year gap before reapplying.

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	385,876	355,783	337,994
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	477,760	436,749	441,749

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 £
Big Lottery	111,152	53,911	79,040
Henry Smith Charity	74,700	0	38,400
Big Lottery West Midlands	93,160	145,724	120,662
Children in Need	50,634	31,594	32,793
John Lyon's Charity	0	0	30,000

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: **Liza Dresner**

Role within **Director**
Organisation: