

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Adfam</b>	
If your organisation is part of a larger organisation, what is its name? <b>N/a</b>	
In which London Borough is your organisation based? <b>Camden</b>	
Contact person: <b>Ms Vivienne Evans</b>	Position: <b>Chief Executive</b>
Website: <b>http://www.adfam.org.uk/</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1067428</b>
When was your organisation established? <b>02/04/1984</b>	
<p><b>Aims of your organisation:</b></p> <p>Adfam is the national umbrella organisation whose mission is to improve the health, well-being and quality of life for the thousands of families affected by someone else's drug and/or alcohol use. We work with and for families to ensure that their voices are heard and that they get the support that they require.</p> <p>Our aims are to provide:</p> <ul style="list-style-type: none"> <li>- capacity building support and training/consultancy services to local community-based family groups/services and commissioners and practitioners from a broad range of sectors, to help communities cope with the impact of substance misuse on families;</li> <li>- good practice guidance for practitioners, identifying and addressing gaps in services in order to raise standards and improve outcomes for family members;</li> <li>- information to families to help them to manage their situations.</li> <li>- challenges and to influence government, policy makers, opinion formers, planners and the media to understand and represent more accurately the issues affecting families.</li> <li>- front-line support to families in prisons and community settings.</li> </ul>	
<p><b>Main activities of your organisation:</b></p> <p>Our activities include:</p> <ul style="list-style-type: none"> <li>• Developing the capacity of family groups/services to become sustainable and to offer high quality services to family members.</li> <li>• Developing and testing best practice models of service delivery for families.</li> <li>• Providing a national network of family support services and practitioners, to enable participants to share professional practice and improve the quality of support offered to family members.</li> <li>• Providing briefings on policy changes and advice on advocating/lobbying with/for family members.</li> </ul>	

- Providing a range of high quality services including a website, policy briefings, research and best practice, telephone advice and support, regional training events, annual conferences and seminars on issues of significance to family groups/services.
- Providing professionals working with family members with best practice guidance and to the views/experiences of family members.
- Providing Government with access to the views of those most affected by drugs/alcohol and with a forum for consulting/informing family members of policy changes.

### Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>9</b>	<b>3</b>	<b>10</b>	<b>31</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>Leased</b>	<b>5 years</b>

## Grant Request

### Details of grant request

Under which of City Bridge Trust's programmes are you applying? <b>Older Londoners</b>
Which of the programme outcome(s) does your application aim to achieve? <b>Carers aged 65 years and over better able to access support, advice and respite</b>
Please describe the purpose of your funding request in one sentence. <b>Carers aged 65 years+, caring for a family member with drug/alcohol problems, will be trained and resourced to volunteer as Family Recovery Champions.</b>
When will the funding be required? <b>01/09/2014</b>
How much funding are you requesting? Year 1: <b>£67,220</b> Year 2: <b>£55,848</b> Year 3: <b>£60,160</b> <b>Total: £183,228</b>
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? <b>The older carers who have completed the Family Recovery Champion training will continue to be visible, active recovery champions in their local communities once funding has ended. We will disseminate our findings, including recommendations for future practice, so that the work can be replicated and continued by Adfam and by other organisations supporting older carers.</b>
If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached? <b>n/a</b>

## Summary of grant request

### Need

The 2011 census showed a 35% surge since 2001 in older carers, to nearly 1.3 million. The stigma attached to addiction is frequently directed by association against those caring for the addict (<http://www.carers.org/help-directory/substance-misuse>), meaning they are particularly at risk of isolation, compounding the poor access to information, support and respite experienced by family carers (Orford, J et al 'Addiction in the family is a major but neglected contributor to the global burden of adult ill-health', Social Science & Medicine 78/Feb 2013: 70-77)

### Delivery

We will:

1. Provide training for 20 older carers a year, enabling them to become older Family Recovery Champions (FRCs), providing them with the information, support and resources they need to support other older carers in recovering from the impact of drugs/alcohol in their lives.
2. Support older FRCs in establishing and/or facilitating two groups in London and an on-line forum to provide peer support to older carers.
3. Support 20 older FRCs to enable them to offer one-to-one peer support/mentoring to at least 15 older carers a year to help them to recovery from the impact of substance misuse in their lives.
4. Write up and disseminate our findings, making recommendations for future practice.

### Project aims

The project aims to train and support 60 older FRCs over 3 years. These older FRCs will play an active role in their communities:

- developing peer support groups for older carers
- offering 1-to-1 support/mentoring to older carers
- giving a voice to the needs of older carers.

### The right organisation

Adfam is the national umbrella organisation working to improve the quality of life for families affected by someone else's drug/alcohol use. Founded in 1984, Adfam provides support, information and training for the professionals working with families, and for families themselves. We work to ensure their voices are heard and they get the support they require. We have a track-record of developing and delivering the direct services family members need, including children of drug-using parents, grandparents caring for grandchildren due to parental misuse, people in rural communities and those from minority ethnic backgrounds struggling with a family member's drug/alcohol use. We currently have three projects training FRCs - this would be our first dedicated project supporting older carers to become FRCs.

### The Trust's outcomes

Our project will enable carers aged 65 years+ caring for family members with drug/alcohol problems, to access support, advice and respite. It will do this by:

- training and supporting 20 older carers per year to enable them to become FRCs;
- supporting these older FRCs to facilitate peer support groups, supporting at least 30 older carers per annum;
- supporting 20 older FRCs each year to offer 15 older carers peer support, reducing their isolation;
- sharing our findings, enabling others to learn from the FRC model and apply it to the needs of older carers.

### Good Practice

Adfam will involve older carers in managing and running the project via consultation/continuous feedback and involvement in evaluation.

Diversity: it is critical that the carers involved in developing/steering the project are representative of the broad range of people who find themselves as older carers of a family member with a drug/alcohol problem, so they can jointly identify what works for all. Adfam values and supports our volunteers and those of the organisations we support; our 'Real voices in volunteering' toolkit (<http://www.adfam.org.uk/news/191>) pulls together the expertise/ resources we use to ensure best practice.

We are starting to reduce our carbon footprint by staged implementation of our Environmental Policy, reducing energy use and waste by reusing office paper, lowering thermostats and considering travel-free meeting options where appropriate.

## 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.

**Recruit an advisory group including older carers caring for a family member with a drug/alcohol problem and consult them about how to develop this service, including how to adapt the Family Recovery Champion training to best meet the needs of older carers.**

**Train a minimum of 20 older carers per year enabling them to become FRCs and establish a forum for older FRCs to offer on going support on a regular basis to all trained older carers supporting other older carers in their role as FRCs.**

**Support older FRCs to enable them to establish at least two older carers peer support groups in London to offer peer support to at least 30 older carers per annum caring for family members with drug/alcohol problems.**

**Support 20 older FRCs per annum to provide one-to-one support to at least 15 older carers, to assist them in recovering from the negative impacts of substance misuse in their lives e.g. by helping reduce isolation, support a family member into recovery, improve their own health and/or manage their finances.**

**Disseminate learning from the project to inform future practice and to how the FRCs model can be used with older carers: findings shared on Adfam's website, through online communication networks, and at dissemination events at the end of year 3.**

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 older carers (per annum) caring for a family member with a drug/ alcohol problem, will have attended Family Recovery Champion training (hard outcome) and will thus gain knowledge and skills which will help them to support other older carers (soft outcome)**

**At least 30 older carers per annum (from year 2) will attend peer support groups facilitated by older FRCs and will feel less isolated and have more knowledge about:**

- drugs/alcohol and the impact on families;
- their rights as carers
- how they can support the user's recovery.

**At least 15 older carers per annum will receive one-to-one support from an older FRC (hard outcome) and they will make significant changes in their lives (soft outcomes).**

**Practitioners and commissioners providing services to older carers, caring for a family member with a drug/alcohol problem, will be better informed about how to support older carers and about how to use the FRC support model to develop peer support among older carers.**

## Who will benefit?

### About your beneficiaries

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

**50**

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

**London-wide (100%)**

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?

**41-50%**

## Funding required for the project

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

<b>Expenditure heading</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
Staff costs	22,732	22,752	23,548	69,032
Travel	842	842	842	2,526
Training	3,900	3,254	2,610	9,764
Misc. meetings (advisory, evaluation, peer support, elderly 1 to 1)	7,500	5,500	5,500	18,500
Online forum (including moderator)	20,000	13,000	13,000	46,000
Evaluation	1,000	500	2,000	3,500
Capital	1,250	0	0	1,250
Resources	0	0	2,500	2,500
Management and overheads	9,996	10,000	10,160	30,156

<b>TOTAL:</b>	<b>67,220</b>	<b>55,848</b>	<b>60,160</b>	<b>183,228</b>
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**What income has already been raised?**

<b>Source</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
None	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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**What other funders are currently considering the proposal?**

<b>Source</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
None	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?**

<b>Expenditure heading</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
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## 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	15,245
Activities for generating funds	24,609
Investment income	186
Income from charitable activities	482,668
Other sources	0
<b>Total Income:</b>	<b>522,708</b>

Expenditure:	£
Charitable activities	625,811
Governance costs	5,665
Cost of generating funds	14,739
Other	0
<b>Total Expenditure:</b>	<b>646,215</b>
<b>Net (deficit)/surplus:</b>	<b>-123,507</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>109,952</b>

Asset position at year end	£
Fixed assets	9,155
Investments	0
Net current assets	100,797
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>109,952</b>

Reserves at year end	£
Endowment funds	0
Restricted funds	44,939
Unrestricted funds	65,013
<b>*Total Reserves (B):</b>	<b>109,952</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?  
31-40%

### Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:

None.



### 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	0	0	8,390
London Councils	0	0	0
Health Authorities	21,757	2,332	0
Central Government departments	318,485	491,047	152,692
Other statutory bodies	121,179	32,168	43,089

### 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 £
ESMEE FAIRBAIRN	94,875	103,896	49,717
COMIC RELIEF	87,755	360	41,724
29TH CHARITABLE TRUST	10,000	0	0
JP GETTY	45,570	0	0
TUDOR TRUST	0	0	35,000

### 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: **Vivienne Evans**

Role within                      **Chief Executive**  
Organisation: