

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Green Candle Dance Company	
If your organisation is part of a larger organisation, what is its name? Not Applicable	
In which London Borough is your organisation based? Tower Hamlets	
Contact person: Ms. Annie Pooley	Position: General Manager
Website: http://www.greencandle.com	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 801774
When was your organisation established? 01/04/1987	
Aims of your organisation: The principle aims and objectives of the company are to bring dance as performance and practice to all sections of the community, particularly older people and children and young people with least access to it, and to promote dance as a tool for health and well-being.	
Main activities of your organisation: The company's main activity is the participatory Dance for Health for Older People participatory workshop programme in day care centres, hospitals, sheltered housing, residential care homes and lunch clubs in Tower Hamlets, Hackney, Newham and East And North East London: Productions with associated workshops on themes relevant to older people and researched through workshops with older people which tour to small scale theatres, arts venues and community venues in the London region. The Saga City Festival (part of Capital Age) and Big Dance events at Oxford House, which is part of our Tower Hamlets MSG funded Arts and Events delivery. The company also delivers a limited programme for Children and Young People, including participatory workshops in schools and the community including performance opportunities as part of the Tower Hamlets Arts and Music Education Services (THAMES) consortium: Productions and associated workshops for early years, primary and junior school age children which tour to arts venues and schools London wide.	

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	5	8	3

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	On a yearly basis

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? Older Londoners aged 75 years and over living more active and healthier lives People living with Alzheimer's and other forms of dementia having a better quality of life
Please describe the purpose of your funding request in one sentence. To contribute towards sustaining the current Dance for Health for Older People Programme, and contribute towards the further development of the Dance for Dementia Strand.
When will the funding be required? 21/05/2014
How much funding are you requesting? Year 1: £59,279 Year 2: £59,279 Year 3: £59,279 Total: £177,837
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? The company will be developing partnership funding with borough Clinical Commissioning Groups, NHS Public Health Services, Social Services and GP's in the boroughs where it is working, in addition to earned income from the organisations it works with, borough mainstream grants, Trust and Foundation funding will contribute towards core funding.
If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached? Not Applicable

Summary of grant request

The company is seeking funding to sustain its current programme of Dance for Health for Older People, and to continue to develop its Dance for Dementia Projects which are part of the overall Dance for Health Programme, as follows:

30 sessions per year per project for Senior Dancers at Oxford House , Bethnal Green, for up to 20 older participants including carers.

30 seated sessions for approximately 20 frail older people at the Sundial Centre, Bethnal Green and 30 sessions specifically for Bangladeshi women.

Older Men Moving: 30 sessions per group for up to 20 Bangladeshi men from the Horwood Estate, 20 Somali men at the Mayfield House Somali Day Centre, and up to 15 Bangladeshi men at the Bancroft Tenant Managed Cooperative.

30 sessions at Kensington and Pepper Pot Nottingham Day Care Centres in collaboration with Flying Gorillas music and dance company.

Remember to Dance , Dance for Dementia project in partnership with East London Alzheimer's Society, East London NHS Foundation Trust and Sidney De Haan Research Centre for Arts and Health, with participants from Tower Hamlets, Hackney, Newham and the City of London, funded by The Headley Trust.

Developing new Dance for Dementia projects in Day Care Centres and Residential Care Homes in East/North East London, including a 30 week project at Silk Court Residential Care Home (Anchor Care Homes), and a 30 week project, Uplift in Redbridge.

Continuing to deliver the LOCN - accredited Training Course, Leading Dance with Older People.

Regular sessions for Alzheimer's Society at Dementia Cafes in Hackney, Newham, Waltham Forest and Tower Hamlets.

The company has worked to improve the health and well-being of older people aged 65 to 75+ through dance and movement since 1988. From 2000 the company has concentrated on developing its Dance for Health and Well-being for Older People Programme, designing and developing a range of participatory projects and workshops (including training for care workers and other staff to lead dance sessions) with older people in day care centres, sheltered housing schemes, lunch clubs and hospitals, both in Tower Hamlets and over the London region. Older people participating in the programme have a range of physical disabilities and conditions, including Parkinson's, arthritis, osteoporosis, diabetes and high blood pressure; some participants have degrees of dementia, some have heart disease, and some are recovering from strokes or falls. In addition, over the last three years the company has been developing a dementia specific programme, and has delivered successful projects for the Alzheimer's Society, Hearts and Minds - an Age Exchange project funded by South London and Maudsley NHS Trust, a successful year long project at the Riverside Jack Dash Centre on the Isle of Dogs, Tower Hamlets, and an equally successful 10 week pilot project in Redbridge, which will continue with further funding from April 2014. The company is currently delivering a two year research project Remember to Dance.

The company involves older people and older participants in the management and running of the service by inviting them on the board, and by on-going consultation with service users with regard to delivery to ensure that health and other issues are addressed. The company welcomes new participants to existing groups by ensuring that everybody is welcome and feels at home. Volunteers are valued and receive training and mentoring in all aspects of the programme, plus appropriate expenses. The company re-cycles as much as possible, and has a re-cycling policy. The company holds a Charities Evaluation Service PQASSO Level 2 accreditation

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.

Sustain the 30 week per year participatory projects at the Sundial Centre, Older Men Moving at Horwood, Mayfield and Bancroft

Centres, Senior Dancers, Kensington Day Centre and Pepper Pot for older people suffering from various conditions and

disabilities, including dementia aged 75+.

Deliver the final year of the Remember to Dance dementia and research project at Mile End Hospital and Oxford House, and the

30 week pilot project for frail older people aged 75+ with moderate to severe dementia and severe mobility problems at Silk Court Residential Care Home Bethnal Green.

Deliver the 30 week dementia project, Uplift in Redbridge in partnership with the NELFT memory service, Admiral Nurse Service,

Elderberries, ROACRT, and Age UK. Provide training places through bursaries for two OTs to take the LOCN accredited training course in Leading Dance for Older People as part of the exit strategy.

Deliver 6 pilot projects and six 30 week Dance for Dementia projects over three years in residential care homes and day care centres in partnership with Housing Association Residential Care Homes and Day Care Centres, Clinical Commissioning Groups,

Older Peoples Memory Services, the Alzheimer's Society, Age UK and the NHS.

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.

For all participants, improved flexibility in tendons and joints, better cardiac functioning, muscle strength, resistance to

osteoporosis, lessening of joint and muscle pain, improved co-ordination and balance, improved mental capacity, improved

emotional and psychological well-being through social interaction and growth in self confidence and self esteem, fun.

Specific dementia outcomes: Combat isolation and improve emotional well-being; contribute to the psychological well-being of older people living with dementia and their carers; contribute towards better interaction between participants; contribute towards quality social time for all affected by dementia; improve mental capacity through decision making and problem solving.

The development of further partnerships with GPs, OTs, NHS Public Health Service providers, Memory Services, Clinical Commissioning Groups, Social Services, Day Care Centres and Residential Care Homes in East and North East London boroughs.

To contribute to fewer older Londoners suffering with depression, and more reporting improved well-being, and to promote a better quality of life for older people living with Alzheimer's and other forms of dementia and their carers by providing a fun activity.

By commissioning independent high quality research evaluations on major projects, and by disseminating those findings, to contribute to the knowledge of how dance, music and movement impacts on the health and well-being of older people.

Who will benefit?

About your beneficiaries

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

260

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

Tower Hamlets (60%)

Kensington & Chelsea (10%)

Redbridge (10%)

Several NE London (20%)

What age group(s) will benefit?

45-64

65-74

75 and over

What gender will beneficiaries be?

Male

Female

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

White (including English/ Welsh/ Scottish/ Northern Irish/ British; Irish; Gypsy, Traveller or Irish Traveller; Any other White background)

Mixed/ Multiple ethnic groups (including White and Black Caribbean; White and Black African; White and Asian; Any other Mixed/ Multiple ethnic background)

Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)

Black/ African/ Caribbean/ Black British (including African; Caribbean; Any other Black/ African/ Caribbean background)

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

81-90%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Core salaries/wages/fees	94,953	94,953	94,953	284,859
Current/new direct project costs	70,150	47,913	61,233	179,296
Administration & Overheads	20,071	22,110	23,480	65,661
	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:	185,174	164,976	179,666	529,816
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Earned income	18,580	30,200	35,782	84,562
Tower Hamlets Mainstream Grants	15,000	15,000	15,000	45,000
The Headley Trust	31,287	0	0	0
	0	0	0	0

TOTAL:	64,787	45,200	50,782	160,769
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Tudor Trust (dementia projects)	35,000	35,000	35,000	105,000
Tower Hamlets CCG (Older Men Moving)	18,000	30,000	36,000	84,000
LB Redbridge (Uplift Project)	8,368	0	0	0
	0	0	0	0

TOTAL:	61,368	65,000	71,000	197,368
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Core salaries/wages/fees	43,782	43,782	43,782	131,346
New Direct Project Costs	5,497	5,497	5,497	16,491
Administration/Overheads	10,000	10,000	10,000	30,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	59,279	59,278	59,279	177,837
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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	173,593
Activities for generating funds	0
Investment income	11
Income from charitable activities	35,595
Other sources	0
Total Income:	209,199

Expenditure:	£
Charitable activities	133,348
Governance costs	3,310
Cost of generating funds	43,381
Other	0
Total Expenditure:	180,039
Net (deficit)/surplus:	29,160
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	29,160

Asset position at year end	£
Fixed assets	2,390
Investments	0
Net current assets	66,548
Long-term liabilities	0
*Total Assets (A):	68,938

Reserves at year end	£
Endowment funds	68,938
Restricted funds	0
Unrestricted funds	0
*Total Reserves (B):	68,938

*** 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?
21-30%

Organisational changes

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

During the financial year 2013-14 the company's main Tower Hamlets MSG funding of £49,334 was cut to £24,556, a loss of £27,778 per year. One cut of 5%, £4,445 per year has been effective from April 2013, the other of 69%, £20,333 per year took effect from 1st October 2013. This has led to cuts to staff working days for the immediate future.

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	0
London Councils	49,333	49,333	53,453
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	0	0	71,000

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 £
Baring Foundation	15,000	15,000	15,000
Dunhill Medical Trust	18,139	18,139	18,139
London Catalyst	0	0	12,000
Foyle Foundation	0	0	12,000
Headley Trust	10,000	10,000	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: **Annie Pooley**

Role within **Development Manager**

Organisation: