

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Royal Docks Learning &amp; Activity Centre</b>	
If your organisation is part of a larger organisation, what is its name? <b>No</b>	
In which London Borough is your organisation based? <b>Newham</b>	
Contact person: <b>Ms. Elahe Panahi</b>	Position: <b>Centre Manager</b>
Website: <b>http://www.rdlac.org.uk</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1085818</b>
When was your organisation established? <b>02/10/1968</b>	

### 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>Older Londoners aged 75 years and over living more active and healthier lives Older Londoners having increased awareness of benefits, finance, housing and other rights</b>
Please describe the purpose of your funding request in one sentence. <b>To overcome social , emotional and financial poverty faced by isolated older people.</b>
When will the funding be required? <b>05/01/2015</b>
How much funding are you requesting? Year 1: <b>£11,400</b> Year 2: <b>£12,400</b> Year 3: <b>£13,400</b> <b>Total: £37,200</b>

**Aims of your organisation:**

Royal Docks Learning & Activity centre (RDLAC) has been working in North Woolwich and Silver town area since 1968.

The Centre is firmly rooted in the community and does represent the diversity of life experiences, culture, ethnicity, faith, age and abilities of local people. The short, medium and long term strategies of the Centre are informed by views, needs and experiences of local people and all the Centre stake holders.

The aim of the centre is to work with local people and to assist them in finding solutions to their problems and aims:

- To improve the education and welfare opportunities of local people.
- To improve the quality of life for all sections of the community and help reduce the level of poverty and disadvantages faced by those with the greatest needs.
- To facilitate change by encouraging people to engage in local issues and play active parts in issues of concern to them.

**Main activities of your organisation:**

Activities currently on offer include:

- Parents and Toddlers Project. Running weekly activities targeting young parents with pre schools children age from 0-4 years old.
- Women Support Project -- running educational, social and personal development activities targeting isolated and newly arrived members of the community
- Employment Project to help local people to learn employment related skills and benefit from job opportunities
- Health and well being Project. Improving health through activities on prevention, information sharing, healthy living workshops
- Older people Project (60+ Age group) to assist local older people to come out of isolations and maintain active life.
- Play project (5-12 years) running full care after school and holiday services 5 days per week
- Community Participation. We work in partnership with local organisations to deliver services targeting emerging needs
- Letting services- make Centre resources available to local people for social and cultural events and generate income to contribute towards Centre's core costs.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	9	11	30

**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>24 years</b>

## Summary of grant request

### The Need for the Project:

For the last several years, Centre has been running project for older people in partnership with the Age Uk and the Stay well Partnership which is a consortium of 11 community projects with good knowledge of the issues faces by older people . We have undertaken needs analysis to inform our planning and delivery of our services for older people. We have used outcome of our monitoring & evaluation to identify emerging needs . We have good contact with older people experiencing food poverty in our neighbourhood, many are new to the area and unaware of the services available to them. Many live in isolation and need support to come out and find new friends. Centre has a list of volunteers who are happy to support older people in becoming active and if we become able to offer them support, can utilise this invaluable asset for the benefit of old and frail members of the community.

### How the work will be delivered:

We will set up a steering group led by older people to do further local need analysis to identify and target existing and emerging needs. We aim to remove barrier such as transport , language , ill health and emotional isolation by encouraging supported participation of older people in targeted activities. We will work closely with Dial - a Ride and other transport services for those with mobility problems, promote active volunteering from minority ethnic communities to encourage inclusion and participation of excluded community members, to organise befriending programme & will bring specialist advice agencies to deliver their services to older people from the Centre. We will run weekly activities targeting different needs.

### What project aims to achieve:

Improve older people's sense of belonging and feel supported  
Give older people more choice and better control over their lives  
Make them feel less isolated and more included in the community  
have active life style and improved health and wellbeing  
Able to be connected to other support services to raise awareness about their rights and entitlements  
Support them to become well informed and have a voice on issues that affects them.

### Why rdac is the right organisation:

Centre is a well-established local organisation with many active local Trustees, experienced staff and volunteers who work and live in the area. We have years of knowledge and experiences of working with older people. We have effective systems to engage and consult with older people and a desire to become effective in helping local people to establish a strong and inclusive neighbourhood. We have excellent links with organisations and local networks. We are member of Health & Social Care Network, Newham Clinical Commissioning Group, The Forum of Health & Wellbeing. Work in partnership with Age Uk and Stay Well Partnership. Three main local businesses have representatives on our Board of Trustees with willingness to support the Centre and all its projects.

### How we meet the Trust's programme outcome:

By enabling older people to come out of isolation, to become active, to take control of their lives, to be well informed of their entitlements, to make informed decisions, to have better access to support services and opportunities, to claim their benefits so that they overcome any social, emotional and financial poverty they are experiencing.

### How we meet the Trust's 'Principle of Good Practice':

We buy and use recycled papers, have compost bins for food waste, can, bottle and plastic. All volunteers live in walking distance. lights in communal areas have occupancy sensors. computers are turned off at the end of the day. We use energy efficient water boiler.

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 have Quality Star obtained from London Borough of Newham and also accredited certificate of Communities of Health from The Forum for Health and Wellbeing.**

### **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.

**Further needs analysis to establish clarity on diverse needs of older people ( 75 years and over ) who are experiencing poverty. This will involved using qualitative and quantitate method of research involving face to face interview, questionnaires, feedback forms, meetings and core group discussions**

**set up befriending programme to support 40 local volunteering to track older people with multiple deprivations and organise local support for around 80 frail older people and remove barriers to their involvement and participations with the project**

**To run regular weekly social , creative, craft and health related activities for 150 older people and assist them to set up, take part & run social club, cultural dance, Tai Chi, bingo sessions, chair base exercises, Mat ball games and small gardening events**

**To run weekly drop in session for 2 older people X 40 weeks, to assist them with their social, health, benefit and housing entitlements and support them to make claims. To make referrals to specialist organisations and follow up cases with positive result for around 60 of the service users**

**To facilitate change by raising awareness about the issues faces by older local people by working with up to 20 specialist organisations so that they have access to more and better services. Run 10 workshops on issues that are identified by older people as useful and relevant**

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.

**Centre will be better informed of the issues faced by older local people and will be more equipped to bring targeted and adequate support services to help older people to be part of the solutions to the challenges faced by them.**

**A more caring neighbourhood will be established with older people being supported by local volunteers to remain active and integrated into the community and would feel appreciated as valued members of the community, contributing to establishing a coherent and caring neighbourhood.**

**There will be more active and happier older people, less with ill health, isolation and depression and more in control of their lives. They will be less dependent on social, health and other public services by taking part in proactive and preventative measures.**

**Older people will eat better, have an improved diet, have less experience of food poverty and manage a healthier life style. They become more in charge of their health and wellbeing and learn to make best use of resources available to them and also access a wide range of services.**

**Stronger network of support in the community for older people and better recognition of their needs by the service providers.**

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 will aim to use the outcomes and impact of the project to attract new funds to continue with the project. We aim to demonstrate the differences our activities have made on improving the quality of lives for older members of the community and secure funding from Charities, Trusts, Private and public sources.**

## Who will benefit?

### About your beneficiaries

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

**150**

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

**Newham (100%)**

What age group(s) will benefit?

**65-74 (15%)**

**75 and over (85%)**

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?

**11-20%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Project support worker	11,000	12,000	13,000	36,000
Managment and supervision	2,000	2,000	2,000	6,000
Project volunteers	1,000	1,000	1,000	3,000
Running Cost	2,000	2,000	2,000	6,000
Use of Centre facilities, rooms , hall	2,000	2,000	2,000	6,000
Trainings and workshop leaders	2,400	2,400	2,400	7,200
	0	0	0	0
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>20,400</b>	<b>21,400</b>	<b>22,400</b>	<b>64,200</b>

**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
Centre reserve	4,000	4,000	4,000	12,000
Local Businesses	3,500	3,500	3,500	10,500
Project incomes - small fees and fundraisng	2,000	2,000	2,000	6,000
	0	0	0	0
<b>TOTAL:</b>	<b>9,500</b>	<b>9,500</b>	<b>9,500</b>	<b>28,500</b>

**What other funders are currently considering the proposal?**

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**How much is requested from the Trust?**

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff cost	7,000	8,000	9,000	24,000
Managment and supervision	1,000	1,000	1,000	3,000
Running Cost	1,000	1,000	1,000	3,000
Use of Centre facilities	1,000	1,000	1,000	3,000
Training and workshop instructores	1,400	1,400	1,400	4,200
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>11,400</b>	<b>12,400</b>	<b>13,400</b>	<b>37,200</b>

## 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	101,122
Activities for generating funds	42,642
Investment income	53
Income from charitable activities	75,478
Other sources	0
<b>Total Income:</b>	<b>219,295</b>

Expenditure:	£
Charitable activities	230,402
Governance costs	789
Cost of generating funds	0
Other	0
<b>Total Expenditure:</b>	<b>231,191</b>
<b>Net (deficit)/surplus:</b>	<b>-11,896</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>151,315</b>

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	151,315
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>151,315</b>

Reserves at year end	£
Restricted funds	128,026
Endowment Funds	0
Unrestricted funds	23,289
<b>*Total Reserves (B):</b>	<b>151,315</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%

### Organisational changes

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



### 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	21,000	17,500	12,600
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 £
Royal Docks Trust	31,400	30,000	28,000
Trust for London	16,000	17,000	13,000
Awards for All	7,500	0	9,500
Lloyds Bank Foundation	8,000	8,000	0
Stay Well	9,000	7,000	7,000

### 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: **Elahe Panahi**

Role within                      **Director**  
Organisation: