

ASSESSMENT CATEGORY - Older Londoners**Women's Health and Family Services (WHFS)****Adv: Sandra Davidson****Base: Tower Hamlets****Amount requested: £142,880****Benefit: Tower Hamlets and surrounding areas****Amount recommended: £114,000****The Charity**

The Women's Health and Family Services (WHFS) was established 33 years ago to enable women from black and minority ethnic communities, in particular those whose first language is not English, to access mainstream services. It strives to meet the unmet health and welfare needs for women from Bangladeshi, Chinese, Somali and Vietnamese communities (and latterly, the eastern European and disadvantaged white communities). Its services include health advocacy; the provision of advice and information; health promotion and education; bilingual family support; BME elders' health and social care support group.

The Application

WHFS seeks to meet the growing needs of older people encouraging them to become more active and healthy through a broad range of health and social activities, volunteer befrienders support and volunteering opportunities. The request for three years funding is to support two part-time workers and related project costs. The organisation anticipates that more than 150 people over 75 years per annum will access the project.

The Recommendation

WHFS has a strong track record of working with individuals who experience inequality and barriers to health and social care. The charity is increasingly being requested to provide health and well-being sessions and advocacy day care support as budget reductions from the Local and Health services have left many older people without support, befriending, and basic advice services. The project costs appeared to be on the high side and this was discussed on the day of assessment. The charity has amended its proposal accordingly which will not affect the delivery of the project.

£114,000 over three years (£36,600; £37,900; £39,500) for the salary of a p/t Project Co-ordinator (3dpw), a p/t Project Support Worker (1.5 dpw) and related overheads and associated project costs.

Funding History

Meeting Date	Decision
04/07/2013	Application withdrawn by applicant to resubmit at a later date.
04/11/2005	£102,000 over three years (£36,000; £33,000; £33,000) towards the salary and associated running costs of a Somali Health Development Worker for older women in Tower Hamlets.

Background and detail of proposal

Through outreach, lunch clubs, health activities, and educational sessions, WHFS's staff and volunteers gathered anecdotal accounts from older people of the anxieties they experience and the impact this has on their health and well-being. This includes loneliness, lack of physical exercise, depression, and increasing mental

health issues. A steering group will oversee the work of the project; this will include outreach to BME communities, churches, mosques, lunch clubs and local agencies working with older people through a team of volunteers. It will build on the established Somali Elders group working with both men and women. The charity is also working increasingly with the local disadvantaged white working class communities, particularly with local organisations Bow Belles and the Geezers who have a good reach to this community. It is hoped that older people will be more socially connected, active and confident with ten taking up volunteering within their communities each year.

A bespoke training programme will be delivered to include personal development, befriending skills, working with older people and community development. Over the three years, 30 local volunteers will be recruited and trained, befriending at least 60 older people.

Financial Information

The charity advises that the unrestricted fund deficit in 2013/14 of £61,684 and that forecast in the current year 2014/15 of £47,283 are the result of recent changes within the statutory funding environment. In response, the charity has developed a fundraising strategy to diversify and create new funding streams.

Forecast income in 2014/15 is £302,427, of which £242,327 (80%) had been confirmed as at 16th December 2014. The increase in income over the prior year is mainly due to higher levels of restricted fund donations and earned income.

An estimate for the cost of generating funds has been provided for the current year, which is based on external fundraising support and a proportion of the Director's salary. This figure will be reviewed as part of the year end process.

Year end at 31 March	2013/14 Audited Accounts	2014/15 Current Year Budget
Income and Expenditure	£	£
Income	232,900	302,427
Expenditure	299,344	301,023
Unrestricted Funds Surplus / (Deficit)	(61,684)	(47,283)
Restricted Funds Surplus / (Deficit)	(4,760)	48,687
Total Surplus / (Deficit)	(66,444)	(1,404)
Surplus / (Deficit) as a % of turnover	(28.5%)	(0.5%)
Cost of Generating funds (% of income)	13,629 (5.9%)	9,000 (3.0%)
Free unrestricted reserves		
Unrestricted free reserves held at Year End	104,650	57,367
How many months' worth of expenditure	4.2	2.3
Reserves Policy target	74,836 – 149,672	75,256 – 150,512
How many months' worth of expenditure	3.0 – 6.0	3.0 – 6.0
Free reserves over/(under) target	29,814 – (45,022)	(17,889) – (93,145)