

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Bridge Renewal Trust	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Haringey	
Contact person: Mr. Geoffrey Ocen	Position: Chief Executive
Website: http://www.bridgerenewaltrust.org.uk/	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1131941
When was your organisation established? 30/09/2009	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Improving London's Environment
Which of the programme outcome(s) does your application aim to achieve? More people reporting improved wellbeing through greater use of open spaces and through growing and greening initiatives More young people understanding the benefit of growing local food and its nutritional value
Please describe the purpose of your funding request in one sentence. Growing, cookery and wellbeing family sessions based at the Bridge Community Hut.
When will the funding be required? 01/07/2014
How much funding are you requesting? Year 1: £24,539 Year 2: £23,925 Year 3: £24,363 Total: £72,827

Aims of your organisation:

Bridge Renewal Trust is based in South Tottenham in London. We seek to deliver practical ways that people can live healthier lives -- thus playing our part in working towards reducing health inequalities. We do this by:

- Supporting people holistically to have the confidence, motivation, skills and knowledge to make their own healthy life choices -- and to be able to pass this on in their families and in the community
- Ensuring people can access the right mix for them of the medical and healthy living support to get and stay well
- Building sustainability into all our work by operating as a social business
- Working collaboratively and in partnerships to increase the availability of accessible services and support that will enhance the health and wellbeing of local people

Main activities of your organisation:

Bridge Renewal Trust has four current areas of activity -

Whole Health: affordable therapeutic services that complement medical and social care services available at the Laurels. Currently we provide Foot Care Plus (chiroprody service targeted at older people) and are developing a back pain clinic offering a range of therapeutic interventions.

Community Champions: develops and supports local people to lead health improvements - in their own lives and those of their families and communities. Offers training, accreditation and field experience for volunteers. Provides: health guides, weight management, healthy eating, keeping active, staying safe at home, patient support, men's health and smoking cessation. Community Champions can reach people not accessing health services and who suffer from the worst health, eg men, people who do not speak English.

Bridge to Work: supports local people back into the workplace through Work Club and volunteering opportunities.

Community space: we manage two community buildings, providing high quality, affordable space for projects in the local area.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
3	1	9	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?
Leased	7 years

Summary of grant request

The need

Haringey Council figures show 88% of the Tottenham population live in areas the top 20% most deprived nationally. 15% of these live in the top 5% most deprived. Because of this, health outcomes are poor. Key drivers of health and wellbeing for individuals include exercise, good nutrition, access to green spaces and social interaction.

Bridge Community Hut has an area of open space adjacent to the Hut which is currently not used, and an under-used kitchen. Meanwhile many local families have no access to gardening, nor to training to learn about healthy cooking.

Delivery

We will employ a worker to plan and run a series of after school and weekend 3 hour sessions for families and young people at Bridge Community Hut, based around three areas: gardening, cookery, and wellbeing; 3 programmes of 20 sessions each per year. Gardening sessions (families and children) will include planning, planting, maintaining and using the garden. Cookery sessions -- specifically for children and young people - will focus on simple recipes based on crops grown in the garden. The 'Grow your own wellbeing' family sessions will use plants grown in the Hut garden to introduce simple pleasures to increase individual wellbeing.

Project aims

Our project aims to raise awareness and promote engagement with growing plants in an outdoor garden space as a way to meet our charity's aims of providing practical ways that people can live happier, healthier lives.

The right organisation

The Bridge Renewal Trust aims to deliver practical ways that people can live healthier, happier lives -- thus playing our part in working towards reducing health inequalities. We do this by:

- Being friendly, approachable, person centred and not lecturing or judging
- Understanding that each person is different
- Working with people to make their own informed choices
- Understanding that good health is about the whole person
- Understanding that it is very difficult to sustain healthy lifestyle change in isolation
- Assuming the people of South Tottenham and Haringey deserve the very best and highest quality health care and healthy living services
- Building in long term affordability

We have a track record of supporting young people around healthy cooking.

The Trust's outcome

This project will help meet the Trust's outcome of improving London's environment by working with the local community to transform an under-used and inaccessible area of green space into a thriving community garden. This will lead to more Londoners gaining greater knowledge and understanding of the 'green' environment and biodiversity (through planning and planting), experiencing improved wellbeing through greater use of open spaces and growing and greening initiatives (through nurturing the plants, enjoying the outdoor space and through the 'grow your own wellbeing' sessions), and will help more young people to understand the benefit of growing local food and its nutritional value (through harvesting, cooking and eating food from the garden).

Good practice

We will involve project beneficiaries in management and running of the project via consultation/continuous feedback during delivery of services, and involvement in evaluation. Our management committee is made up of people from the local community. Diversity: the volunteers involved in developing and steering the project are representative of the local community.

Bridge Renewal Trust values and supports our volunteers: we use an apprentice model to make sure individual volunteers' own needs and aspirations are the chief consideration in the role they undertake.

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

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.

60 x 3 hour Gardening activity sessions for children and families (20 per year for 3 years)

60 x 3 hour Cookery sessions for children and young people (20 per year for 3 years)

60 x 3 hour Grow your own wellbeing sessions for families (20 per year for 3 years)

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.

45 families (15 for each year of the project) will have increased knowledge and skills around planning, planting and nurturing a garden and improved wellbeing as a result of participating in gardening activity sessions

60 children and young people (20 for each year of the project) will have increased knowledge and skills around planning, preparing and cooking healthy food through participating in cookery activity sessions

45 families (15 for each year of the project) will have improved wellbeing through nurturing the plants, enjoying the outdoor space and through taking part in the 'grow your own wellbeing' sessions

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 plan to continue the project within our social business model by working to attract groups to participate who can afford to pay a rate for the sessions that will cross-subsidise sessions for those who cannot afford to pay the full cost recovery rate.

Who will benefit?

About your beneficiaries

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

80

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

Haringey (100%)

What age group(s) will benefit?

0-15

16-24

25-44

45-64

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 Co-ordinator salary & Emp NI	13,600	13,736	13,873	41,209
Training and recruitment	500	100	100	700
Volunteers' training (provided by Social Kitchen) & expenses	2,100	2,100	2,100	6,300
Office admin and publicity costs	1,400	1,350	1,350	4,100
Project equipment and materials	1,960	1,660	1,660	5,280
Talks and demonstrations	150	150	150	450
Evaluation	300	300	600	1,200
Premises costs	3,502	3,502	3,502	10,506
Management costs	1,027	1,027	1,027	3,081

TOTAL:	24,539	23,925	24,363	72,827
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0

TOTAL:	0	0	0	0
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0

TOTAL:	0	0	0	0
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How much is requested from the Trust?

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Finance details

Please complete using your most recent audited or independently examined accounts.

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	285,000
Activities for generating funds	
Investment income	202
Income from charitable activities	95,295
Other sources	1,612
Total Income:	382,109

Expenditure:	£
Charitable activities	412,308
Governance costs	24,008
Cost of generating funds	
Other	
Total Expenditure:	436,316
Net (deficit)/surplus:	(54,207)
Other Recognised Gains/(Losses):	
Net Movement in Funds:	(54,207)

Asset position at year end	£
Fixed assets	136,586
Investments	
Net current assets	178,394
Long-term liabilities	
*Total Assets (A):	314,960

Reserves at year end	£
Endowment funds	
Restricted funds	17,595
Unrestricted funds	297,365
*Total Reserves (B):	314,960

*** 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?
75%

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	285,000	285,000	285,000
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	0	0	25,000

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	2012 £	2013 £	2014 £
N/A	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0

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: **Geoffrey Ocen**

Role within **Chief Executive**
Organisation: