

The City Bridge Trust
Investing In Londoners:
Application for a grant



About your organisation

Name of your organisation: Leonard Cheshire Disability	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Lambeth	
Contact person: Mr Christopher Mann	Position: Senior Trust Fundraising Manager
Website: http://www.leonardcheshire.org	
Legal status of organisation: Charitable company	Charity, Charitable Incorporated Company or company number: 218186
When was your organisation established? 01/05/1948	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Making London More Inclusive
Which of the programme outcome(s) does your application aim to achieve? Services helping people with a newly acquired or diagnosed disability to maintain choice and control in their lives Work enabling disabled people of all ages to live independently
Please describe the purpose of your funding request in one sentence. Enablement and Healthy Living Project aims to increase disabled people's independence through sport, healthy eating, and life skills; enabling them to maintain choice and control.
When will the funding be required? 01/04/2015
How much funding are you requesting? Year 1: £68,637 Year 2: £38,894 Year 3: £38,894 Total: £146,425

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Aims of your organisation:

Leonard Cheshire Disability's (LCD) mission: We work for society in which every person is equally treated. We believe that disabled people should have the freedom to live their lives the way they choose- with the opportunity and support to live independently, to contribute economically, and to participate fully in society.

LCD has four clear objectives that will help us to achieve our mission:

1. Provide a range of community-based services in response to the preferences of disabled people
2. Raise resources that support the delivery of our strategic objectives
3. Campaign effectively with disabled people, our partners and supporters for a society that provides true equality to disabled people
4. Achieve these objectives through an organisation that is well run in accordance with our values and good practice

Main activities of your organisation:

LCD was founded in 1948 and has grown to be one of the largest disability charities in the UK. Every year, we support thousands of people in the UK with physical and learning disabilities to fulfil their potential and live the lives they choose.

Our mission is at the heart of everything we do. For the past 66 years, we have supported disabled people in many different ways, to reflect what they tell us they want. This includes providing care in people's own homes, supported accommodation, residential homes, day centres and through respite services. We make a difference to the lives of people by supporting them to develop skills through our employment, education, enterprise, health, volunteering and digital inclusion projects.

We campaign alongside disabled people to bring about changes for the better, and to challenge ignorance and unfairness in society.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
1,279	6,015	13	3,318

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	March 2015- under negotiation

Summary of grant request

The project will increase disabled people's independence through sport, exercise, healthy eating, and life-skills; enabling them to maintain choice and control of their lives.

NEED:

Through consultations and our person-centred planning approach we've identified a need to offer targeted individualised support for disabled people to live independent, healthy lives. This is especially important for individuals with newly acquired disabilities, due to their high-risk of developing secondary disabilities following discharge from NHS services.

Lack of physical activity/exercise can accelerate decline, limiting one's ability to work, engage in community events, and increasing the risk of developing secondary conditions (e.g. obesity and hypertension). Contributing factors include; lack of social inclusion and attitudinal barriers faced in adjusting to life after disability, often compounded by loss of confidence and motivation making physical activity and wellness particularly difficult.

In Wandsworth there is a lack of inclusive, personalised fitness and nutrition classes available for disabled people. Existing provision does not adequately meet demand nor provide for those with complex needs. This project meets a key Public Health England priority; reducing prevalence of obesity-related disability and disability-related obesity.

DELIVERY:

The project will empower individuals to live as independently as possible, enabling those with newly acquired disabilities particularly, to maintain and/or increase choice and control of their lives through Physical Activity Workshops and Healthy Eating Classes. These activities will run alongside one-to-one Therapeutic Activity Sessions.

Health and Wellbeing Days will educate participants on the importance of a healthy lifestyle, whilst celebrating their culture. LCD will hold Life-Gym sessions targeting disabled people to gain practical life/social skills, and monthly accessible gym evenings for disabled people.

LCD will use its strong local community links to deliver the project. Physical activity workshops will take place at our resource centre and other London locations. The project will be managed by our Service Manager with Head Office support. Activity will be monitored via one-to-one meetings, attendance records, health/wellbeing assessments, and questionnaires.

WHY LCD:

LCD, a leading disability charity, has vast experience supporting disabled people and expertise providing individualised care and support. This project builds on our existing experience delivering similar projects including the pilot inclusive sports project funded by Comic Relief and our Healthy Eating and Life-Skills programme.

CBT PROGRAMME OUTCOMES:

1. Services helping people with newly acquired or diagnosed disability maintain choice and control in their lives
2. Work enabling disabled people of all ages to live independently

MEETING OUTCOMES:

Healthy Eating Workshops/ Life-Gym Sessions/Health and Wellbeing Days:

1. Enable beneficiaries with newly acquired disabilities to lead a healthier lifestyle and maintain choice and control over their lives
2. All beneficiaries will learn life-skills and supported to live as independently as possible

One-to-One Therapeutic/ Physical Activity Workshops:

1. Increase confidence of those with newly diagnosed/acquired disabilities by increasing their mobility empowering them to maintain choice and control
2. Maintain or Improve physical independence of those with longer-term disabilities

GOOD PRACTICE:

1. The need for this project was first identified by our Person-Centred Planning approach, and been developed with our clients' needs and wishes. The project steering group, comprising current disabled clients, has been integral to project design and will be responsible for leading the direction of activities.
2. We work for a society where every person is equally valued regardless of disability, gender, ethnicity, religion, or sexual orientation.
3. We will recruit and train volunteers to be involved in the delivery of the project and build volunteers' capacity.
4. LCD is making progress towards reducing our carbon footprint. We have a Health Safety & Environment policy and have recycling in place for multiple materials; all non-recycled waste is sent for energy recovery.

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Do you have a Vulnerable Adults policy? **Yes**

What Quality Marks does your organisation currently hold?

Approved Provider Standard for Mentoring and Befriending Foundation; Merlin Standard; Matrix Standard; Gold Standards Framework Award in End of Life Care; FRSB Fundraising Standard; Investing in Volunteers

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.

One-to-One Therapeutic Physical Activity Sessions: Daily sessions where beneficiaries will focus on strength training, coordination, mobility, and cognitive exercises with one-to-one support. Total: 691 sessions over 3 years

Physical Activity Workshops: Daily workshops encompassing a broad range of rotating activities, including: sailing; swimming; golf; football; walking day trips; gardening; dementia day gym sessions; general evening gym sessions; and elderly focused evening gym sessions. Participants will be encouraged to suggest new activities as well. Total: 691 workshops/ 3 years

Healthy Eating Workshops: 8 week block of 16 workshops (2x/week) and 3 additional workshops (1x/block). The workshops will encompass twice weekly food shopping and cooking workshops, as well as a budget planning, meal planning, and evening workshop (with family invited). Total: 11 blocks (209 workshops) over 3 years

Health and Well-being Days: Once monthly days tailored to the unique cultural identities of beneficiaries, with sector specialists (Cardiologists, Nutritionists, etc) from different cultural backgrounds leading talks and activities about the importance of healthy lifestyles and how this can be accomplished without sacrificing their cultural identities. Total: 27/ 3 years

Life Gym Workshops: Once monthly sessions delivered in year 3, designed to help disabled people (or help them re-learn) better interact with the world around them. For example, workshops will include relationship building, public transportation, hygiene, appropriate boundaries, CV writing and employability. Total: 12 workshops/ 1 year

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.

720 Disabled people lead more active lives improving their psychological and physical well-being.

600 Disabled people will report feeling less isolated as a result of physical and healthy eating activities

640 Disabled people will experience improved life skills that will increase and/or maintain their independence, improving their choice and control over their lives.

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 activity beyond the life of the funding. We will explore a variety of funding opportunities based on evidence and learning gained through the project. We will look to cultivate funding from the local commissioners, and seek to secure funding from other sources on voluntary income including: Trusts and Foundations, corporate partnerships, legacy, and community fundraising.

Who will benefit?

About your beneficiaries

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

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

Wandsworth (90%)

Southwark (10%)

What age group(s) will benefit?

25-44

45-64

65-74

75 and over

What gender will beneficiaries be?

Male

Female

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?

91-100%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff Costs	69,151	91,762	91,762	252,675
Project Set-up	3,500	800	800	5,100
Project Activities	5,329	6,830	7,070	19,229
Capital Costs	6,500	1,000	1,000	8,500
Transportation	389	596	596	1,581
Volunteer Support	1,200	1,800	2,400	5,400
Project Management, Monitoring, and Evaluation	17,026	20,022	20,106	57,148
	0	0	0	0
	0	0	0	0
TOTAL:	103,091	122,806	123,730	349,627

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Big Lottery Fund-Match Funding	103,091	122,806	123,730	349,627
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	103,091	122,806	123,730	349,627

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Staff Costs	50,368	33,359	33,359	117,086
Project Set-up	3,500	0	0	3,500
Project Activities	5,329	0	0	5,329
Capital Costs	0	0	0	0
Transportation	0	0	0	0
Volunteer Support	1,200	0	0	1,200
Project management, monitoring, and evaluation	8,240	5,535	5,535	19,314
	0	0	0	0
	0	0	0	0
TOTAL:	68,637	38,894	38,894	146,425

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	12,394,000
Activities for generating funds	0
Investment income	244,000
Income from charitable activities	141,246,000
Other sources	675,000
Total Income:	154,559,000

Expenditure:	£
Charitable activities	150,738,000
Governance costs	494,000
Cost of generating funds	2,309,000
Other	0
Total Expenditure:	153,541,000
Net (deficit)/surplus:	1,018,000
Other Recognised Gains/(Losses):	-12,000
Net Movement in Funds:	1,006,000

Asset position at year end	£
Fixed assets	110,321,000
Investments	27,000
Net current assets	31,659,000
Long-term liabilities	14,210,000
*Total Assets (A):	110,445,000

Reserves at year end	£
Restricted funds	10,181,000
Endowment Funds	355,000
Unrestricted funds	12,410,000
*Total Reserves (B):	110,445,000

* 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?
91-100%

Organisational changes

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

Since the accounts have been published Professor Simon Small's tenure as a Trustee has ended. We are currently recruiting for new Trustee.

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	57,662	49,756	161,784
London Councils	34,472	97,540	153,627
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 £
Comic Relief- Sierra Leone	355,060	223,118	231,049
Brighton Worthing Charitable Trust	0	350,000	0
Big Lottery Fund- Reaching Communities	0	0	160,220
Comic Relief- Zambia	0	0	354,452
Monday Charitable Trust	0	0	250,000

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: **Christine Ryan**

Role within: **Trusts Officer**

Organisation: