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The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Age Exchange	
If your organisation is part of a larger organisation, what is its name? Age Exchange	
In which London Borough is your organisation based? Greenwich	
Contact person: Mrs Suzanne Lockett	Position: Director of Operations
Website: http://www.age-exchange.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 326899
When was your organisation established? 03/10/1983	

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? People living with Alzheimer's and other forms of dementia having a better quality of life Carers aged 65 years and over better able to access support, advice and respite
Please describe the purpose of your funding request in one sentence. To provide an opportunity for older carers and the people they care for who have dementia to regularly participate in enjoyable social and cultural activities.
When will the funding be required? 01/10/2014
How much funding are you requesting? Year 1: £47,550 Year 2: £48,977 Year 3: £50,447 Total: £146,974

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Aims of your organisation:

Age Exchange is the UK's leading reminiscence arts and social care charity. We reach out to people using memories and the arts to help them understand and express who they are, to value their experience, to build and strengthen relationships and to bring them together

Our Aim is to help people feel good, to make their own choices and to live the lives they want by increasing

- self-confidence, self-esteem and wellbeing
- the feeling of being part of and contributing to family and community
- communication between individuals, family and paid carers and others in the community
- access to arts, reminiscence and creative activities

Main activities of your organisation:

We work with older people individually, in groups and in communities. We work with family carers and with professionals, supporting and training them in reminiscence arts to enable them to use them day to day. One of our strengths is mixing the generations and enabling them to share their experiences and memories and to understand and learn from each other. We are expert at working with people with dementia including those for whom the spoken word may not be their main method of communication. We offer opportunities and support for older people to remember their life experiences and to participate in and enjoy artistic and creative activities which stimulate those memories. These activities - talking, theatre, music, dance, movement - stimulate all sorts of memories including deep seated physical memories. This is particularly important for people with dementia. The activities may result in various art forms but always mean that people are left feeling valued for who they are.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
3	8	14	80

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?
Owned	

Summary of grant request

Caring Together - (a project for Carers and the people with dementia they care for)

The ultimate aim for this project is to keep older carers healthy enabling them to care for their loved-one for longer in their own home whilst still engaging with people around them.

The need for this project has been identified by the demand on our services from people with dementia and their carers, and organisations seeking support for older people with mental health needs locally where provision is poor. Age Exchange has increasing concern for family carers, isolated within their caring daily lives, with evidence pointing to high risk of depression and ill health. Inspired Caring will concentrate on alleviating the detrimental effects of 24/7 caring by older people for their loved one, through provision of focused therapeutic activity in a warm, creative and caring environment. So much time is spent dwelling on what people with dementia cannot do anymore whilst little or no thought is given to what they can still do and contribute. For carer and loved one we aim to provide 'shared respite' through reminiscence and creative activity.

We aim to deliver a multi-faceted project offering both carer and the people that they care for the opportunity to re-engage with their peers for mutual support, friendship and essentially to help them re-build a sense of worth and well-being.

With up to date statistics suggesting that the number of people with dementia will continue to rise there needs to be more thought put into how we support family carers and to help society to understand that people with dementia deserve to remain in their own community for as long as possible. To do this we aim to run activities that will provide opportunities for participation and to bring people together to enjoy the company of others, with and without dementia.

Participants will be able to self-refer. We will also accept referrals from local GPs, colleagues from MindCare, Alzheimer's UK, and Age UK Southwark and Lewisham - ensuring maximum participation and benefit. We expect to support a wide range of family carers including: husbands, wives, but also wider family, and sometimes professional live-in carers where family are not present. As a reminiscence charity we are committed to high quality person centred creative care, made possible by professional RAPs skilled in using the life history, and reminiscence we gather about participants to support them and inform their future care. Who were they? What was their occupation? What were/are their skills or hobbies? If we can help carers, loved ones, friends and family to remember people as they were before they had dementia we can find a common theme to use to re-connect with them in the present.

To do this we shall run:

1. 46 weekly sessions for 15 couples offering stimulating arts activities for carers and their loved ones increasing meaningful interaction between them. The sessions will be provided by trained Reminiscence Arts Practitioners (RAPs) who have extensive knowledge of working with people with dementia.
2. 12 monthly advocacy sessions facilitated by a variety of professionals providing benefits, health, housing and care advice for 180 carers over a twelve month period.
3. 6 programmes of 8 session projects (48 sessions) providing Mindfulness / Well-being sessions provided by professional therapists to enable older carers to have some meaningful 'me time' and enable them to cope better with the demands of care for someone with dementia.
4. To complement the Mindfulness / Well-being projects for carers we shall run sessions for their loved ones providing stimulating arts activities which will be provided by our trained volunteers.

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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 are currently working towards PQASSO - however we do have extensive evaluation from Royal Holloway University London and have recently undergone Ethical Approval for work within the NHS.

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.

To provide a structured 3 hour session each week for up to 15 couples for 46 weeks over one year. The sessions will be held at the Bakehouse Theatre in Blackheath which is a non-institutional venue.

Provide enjoyable and stimulating activities for older carers and the people with dementia that they care for. These activities provide an opportunity for the carer and cared-for to participate in enjoyable reminiscence arts activities together

Provide regular (1 Hour) respite sessions for carers to have 1:1 session with a Mindfulness Practitioner to experience exercises designed to relieve stress and build self-esteem. Provide activities for the person cared-for to enable their carer to have some 'me time'.

Provide regular (1 Hour) respite sessions for carers to have 1:1 session with alternative therapist i.e., Reflexology, Aromatherapy, Indian Head Massage, Meditation. Provide activities for the person cared-for to enable their carer to have some 'me time'.

Provide opportunities for specialist advisers to come along to the sessions regularly to advise on benefits, respite allowances and other issues related to caring for people with dementia etc.

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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.

Older carers feel less stressed and able to cope better with the demands of caring for a person with dementia. They will learn techniques to enable them to feel in control when they are on their own at home.

Have a weekly focus of somewhere to go other than hospital/doctors appointments. Meet new friends who understand how they are feeling because they are living through a similar experience. Go out with other members of the group outside of the sessions. Reduce loneliness and isolation.

Get knowledge about the benefits that they, as Carers, can claim to help with the increased expenses related to caring for someone with dementia. They will also be able to find out more about respite care to enable them to re-charge their batteries.

Carers will have improved self-esteem and self-worth after participating in stimulating activities awakening interests, skills and knowledge that they had previously but had forgotten or put aside to concentrate on their caring responsibilities.

Hand, head and neck massage for the cared-for will help them to keep calm and happy and relieve depression which a number of carers and the cared for suffer with. Providing alternative therapies will help to relieve stress and encourage carers to visit the Centre regularly.

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?

Yes, we would strive to continue this work, as we have in the recent past, by including it as part of our core delivery and as such the expenditure would be included in future budgets. Other trusts, personal budgets and other sources of funding would be investigated.

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?

Greenwich (35%)

Lewisham (45%)

Bexley (10%)

Southwark (10%)

What age group(s) will benefit?

65-74

75 and over

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?

41-50%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Venue hire	3,450	3,554	3,660	10,664
Costs of participation including catering and transport subsidy	11,040	11,371	11,712	34,123
Costs of project artists including travel + planning	11,930	12,288	12,657	36,875
Costs of materials	1,380	1,421	1,464	4,265
Cost of Mindfulness and Alternative practitioners	10,350	10,661	10,981	31,992
Volunteer expenses	1,840	1,895	1,952	5,687
Supervision, management and co-ordination	7,560	7,787	8,021	23,368
	0	0	0	0
	0	0	0	0
TOTAL:	47,550	48,977	50,447	146,974

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
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Venue hire	3,450	3,554	3,660	10,664
Cost of participating including transport and catering	11,040	11,371	11,712	34,123
Reminiscence Project artists x 2 + travel @ £10pp + planning	11,930	12,288	12,657	36,875
Materials	1,380	1,421	1,464	4,265
Mindfulness / Alternative practitioner @ £100 x	10,350	10,661	10,981	31,992

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Volunteer expenses x 8 x 46 weeks @ £5pp	1,840	1,895	1,952	5,687
Supervision, management/co-ordination, monitoring and evaluation	7,560	7,787	8,021	23,368
	0	0	0	0
	0	0	0	0
TOTAL:	47,550	48,977	50,447	146,974

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	512,230
Activities for generating funds	26,628
Investment income	7,709
Income from charitable activities	16,964
Other sources	44,981
Total Income:	608,512

Expenditure:	£
Charitable activities	430,856
Governance costs	18,424
Cost of generating funds	44,227
Other	0
Total Expenditure:	493,507
Net (deficit)/surplus:	115,005
Other Recognised Gains/(Losses):	-197,443
Net Movement in Funds:	-82,438

Asset position at year end	£
Fixed assets	1,553,918
Investments	97,351
Net current assets	53,094
Long-term liabilities	287,355
*Total Assets (A):	1,417,008

Reserves at year end	£
Restricted funds	228,587
Endowment Funds	112,133
Unrestricted funds	1,076,288
*Total Reserves (B):	1,417,008

*** 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?
1-10%

Organisational changes

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

A new CEO has been recruited to take the organisation forward. Rebecca Packwood started on 31st March 2014 and is currently working to raise the profile of the organisation - through (1) a new marketing strategy, (2) a 3-year Strategic Finance plan and (3) networking with organisations that would be a good fit for partnership working with Age Exchange.

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	95,800	32,500	0
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 £
Maudesley Charity	116,464	79,800	0
Guys and St Thomas charity	0	150,000	0
May & Stanley Smith Charitable Foundation	20,763	21,779	0
London & Quadrant Housing trust	27,580	0	0
Merchant Taylors Charitable Trust	27,500	17,500	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: **Suzanne Lockett**

Role within **Director of Operations**
Organisation: