

MEETING: 12/03/2015

Ref: 12262

### ASSESSMENT CATEGORY - Older Londoners

North London Hospice

Adv: Joan Millbank

Amount requested: £90,000

Base: Barnet

Benefit: Barnet, Enfield and Haringey

Amount recommended: £90,000

#### The Charity

North London Hospice (NLH) was founded in 1984. It helps people to live with life-limiting illness by providing practical, emotional and spiritual support to them, their families, friends and carers. Services include specialist palliative care through provision of in-patient care for 17 people at a time, and home care support to approximately 1200 people each year; a range of day services within the hospice, at home and in care homes; and bereavement counselling. Services are provided free of charge. Currently approximately 1,700 people benefit each year.

#### The Application

NLH is seeking three years' funding towards its expanding day services, to benefit those aged 75 years plus and older carers. Led by NLH Therapies and Day Services Lead, the project will deliver a specific programme of psychotherapy support and increase older patients' and older carers' access to day support by expanding its existing service at Enfield, and setting up a new, cross-site, service in Finchley.

#### The Recommendation

This is a timely application which addresses emerging need. Approximately 34% of NLH's patients accessing day services in 2013-14 aged were aged over 75 years; the number of older beneficiaries is projected to rise as advances in diagnosis and treatment of life-threatening illnesses mean that Londoners are living longer. The request fits closely with your areas of interest in Older Londoners. The hospice has a robust fund-raising record with approximately 70% of its income generated through donations, legacies and charity shop sales. A grant equivalent to 8% of total project costs represents good value and would help NLH lever in additional funds:

***£90,000 over three years (3 x £30,000) towards the salary costs of the f/t Psychosocial Therapies Lead post within the Day Service programme.***

#### Funding History

None.

#### Background and detail of proposal

NLH records show that, across the three boroughs, the population of people aged over 75 years old has reached 108,900; many of whom live with chronic, degenerative and life-limiting conditions. Loneliness and lack of mobility exacerbates already poor health and decreasing quality of life. With Londoners living longer the need for specific and increased services in North London is inevitable and the case for meeting need is well made.

NLH has a strong track record of providing care to North Londoners. Its data and monitoring records demonstrate high and growing numbers of beneficiaries and the 2014 user survey gave a 99% approval rating. Over three years, 216 patients aged 75 or more will receive one-to-one and group support (provided through 1,296 sessions) aimed at helping them cope with the anxiety and depression arising from

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their diagnosis. 286 carers aged over 65 years are expected to benefit from a range of respite services including relaxation classes, discussion groups and social activities. They will also be encouraged to take lunch in the NLH café and 'open space' area where they will be able to meet other carers and widen their social networks. A more defined Carers' Strategy will be developed in collaboration with local carer organisations.

Services and activities will be delivered by paid staff supported by trained volunteers. Patients and carers can self-refer or be referred to the programme from a wide range of local health and welfare organisations. Outcomes include: reduction in anxiety and depression; older people living more active lives; and improvements in health and well-being. Outcomes will be measured through well-developed monitoring tools based on self-assessment approaches.

### Financial Information

Total forecast income in the current year 2014/15 is £8,418,074, of which £7,066,330 (84%) had been secured by the end of December 2014. However, the table below shows that after this level of income, unrestricted funded activity in the current year is forecast to be in a deficit position of £1.7m. To help balance this budget, the organisation advised that it plans to raise further income from donations, grants and other fundraising above the levels included in the current year budget.

The cost of generating income may seem high compared to other charities. However, it is similar to other hospices and is explained by the large proportion of income being generated via the running of eighteen charity shops and its fundraising team.

Year end at 31 March	2013/14 Audited Accounts £	2014/15 Current Year Budget £
<b>Income and Expenditure</b>		
Income	8,754,092	8,418,074
Expenditure	8,148,211	8,532,637
Unrestricted Funds Surplus / (Deficit)	45,895	(1,709,442)
Restricted Funds Surplus / (Deficit)	559,986	1,594,876
Gains on investment assets	315,942	-
Actuarial losses on defined benefit pension scheme	(405,000)	-
<b>Total Surplus / (Deficit)</b>	<b>516,823</b>	<b>(114,563)</b>
Surplus / (Deficit) as a % of turnover	5.9%	(1.4%)
Cost of Generating funds (% of income)	2,116,886 (24.2%)	2,272,880 (27.0%)
<b>Free unrestricted reserves</b>		
Unrestricted reserves held at Year End	8,578,258	6,868,816
How many months' worth of expenditure	12.6	9.7
Reserves Policy target	7,451,536	7,654,130
How many months' worth of total expenditure	11.0	10.8
Unrestricted reserves over/(under) target	1,126,722	(785,314)