

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Frenford Clubs</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Redbridge</b>	
Contact person: <b>Mr Neal Akhtar</b>	Position: <b>Fundraiser</b>
Website: <b>http://www.frenfordclubs.org</b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>270142</b>
When was your organisation established? <b>12/10/1928</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Making London More Inclusive</b>
Which of the programme outcome(s) does your application aim to achieve? <b>Disabled people actively taking part in the arts or sport</b> <b>Disabled people reporting increased well-being as a result of taking part in the arts or sport</b>
Please describe the purpose of your funding request in one sentence. <b>We seek funding for a Programme Development Officer responsible for creating, developing, running and monitoring activities for disabled people and isolated groups.</b>
When will the funding be required? <b>01/11/2014</b>
How much funding are you requesting? Year 1: <b>£22,000</b> Year 2: <b>£22,500</b> Year 3: <b>£23,000</b>  <b>Total: £67,500</b>

**Aims of your organisation:**

Frenford aims to be a leading provider of youth and community services in the London borough of Redbridge and Essex. The club has been at the forefront of youth development since 1928 changing and evolving over the years to a service that provides purposeful activities to young people and those who are deprived within the borough and surrounding areas. Since 1928 Frenford has been fortunate enough to expand and now offer sporting, social and educational projects to young people, those with disabilities and the elderly.

**Main activities of your organisation:**

Frenford are a local youth charity working in the London Borough of Redbridge, operating since 1928. We run developmental sporting projects and other activities for disadvantaged young people, so that they can become productive members of society. Our main work is to help young people and children in poverty, affected by crime and deprivation or who are disabled. Though we welcome all young people through our doors regardless of circumstance.

Frenford began life as a youth sport club, and continues to primarily utilise the power of sport as a developmental tool to help young people change their lives. We encourage our participants to have more self-esteem and self-confidence, achieving this by running projects in a variety of different activities under the guidance of qualified coaches, youth workers and partner organisations. Over the years Frenford has developed to add community programmes to our activities helping those most in need in our borough such as the elderly and those with disabilities.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	10	10	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?
Leased	125

## Summary of grant request

The club has regularly looked to support young people who are isolated due to their circumstance. We help learning disabled young people by providing a range of activities for them to express, learn and enjoy themselves. We also help physically disabled young people be more active and socially involved with others in similar situations whilst encouraging them to play sport and socialise alongside abled bodied people through "Inclusive Zone Sports".

The project looks to build upon our previous work by targeting young disabled members of our community and getting them involved in sport/ activity on a weekly basis. Achieving this by running outreach work and maintaining existing programmes for this group, we will be able to provide a range of services specifically for their needs.

Though we currently provide a number of activities for disabled young people, including art projects, multi-sport sessions and a wheelchair basketball club. Frenford has the potential to do more for this group and other isolated people in our borough, but currently lack the staff power necessary to move forward with our plans.

In 2010 we moved to a new building and facility that has seen us become further established in the London Borough of Redbridge as a place for young people to take part in sport. The facility is large and houses a full-sized sports hall (comprising of four Badminton courts) and outdoor multi surface playing areas along with playing fields. This facility with its modern facilities has the potential to become an outstanding venue for disability sport in the borough. We are just in need of the staffing power to bring the projects to fruition.

Due to the expansion at the club and the sheer amount of visitors attending regularly (last month we recorded 1500 visitors), it has been necessary for us to consider introducing a member of staff to look after those Frenford led projects where participants need more attention and care to be taken. Someone who can truly work on and discover what the needs of these groups are and structure and run appropriate programmes for them.

There is only so much that our current set up can allow as we only have 2 full-time members of staff who also have a significant number of other duties to fulfil whilst helping to run the majority of our programmes designed for abled bodied kids. Volunteers are often only available on certain days for an hour or two.

As such, it has been hard to research, develop and deliver sessions with only the club manager and trainee youth worker available to ensure the projects run smoothly. This has limited our ability to provide a wider scope of projects for those who truly need the activities like those affected by disabilities.

Having a dedicated member of staff that has a responsibility to aid the creation of, manage and run community projects for isolated groups would be incredibly beneficial. It would allow us to look at our projects more closely and help to develop new ones relevant to the needs of those in Redbridge.

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

What Quality Marks does your organisation currently hold?

**We hold quality marks with London Youth GOLD**

## 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.

**Creation of weekly sport activities for the disabled run alongside our current programme, including outreach work. These activities will run for all disabled participants, the activities will be developed and created alongside disabled participants attending the club and with the programme development worker in charge of the projects.**

**Develop a disability football programme for 10 young people affected by physical disability. It has been in the clubs plans to introduce a disability section in our football programme. Due to staff commitments we have been unable to move forward with this, the development worker will take responsibility.**

**Recruit 40 disabled people into sport and encourage them to remain active. These participants will be new attendees to the club and we aim to have around 25 of these participants as new to playing regular sport.**

**Training for 20 of our volunteers and coaches to the highest standards on how to work with disabled participants. These volunteers will be a mix of both abled bodied and disabled volunteers.**

**Promote integration at Frenford by offering projects run both for disabled participants and able-bodied participants, (Inclusive Zone Sports).**

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.

**An increase in disabled participants taking part in sport. With more projects being run for disabled participants and outreach work being co-ordinated by the development worker, we foresee a significant increase in disabled participants attending our venue taking part in activities.**

**Those with disabilities are less isolated by having a range of programmes available to them. the programme will provided more opportunities for similar individuals to get together and take part in activity alongside one another. More self-confidence and self-esteem in our disabled participants through developmental sporting activities. Our projects are focused on helping individuals develop as people, this is especially true of the projects offered to younger participants, we look to enhance and develop the characters of those attending through developmental sports.**

**Integrated local community through Inclusive Zone Sports. The project will provide opportunities for disabled and able-bodied participants to take part in sport alongside one another and encourage more integration within the community.**

**More voluntary opportunities for disabled and abled bodied participants through the creation of new projects.**

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 will look to continue the post after funding ends by utilizing our balance. This will remain healthy by having additional streams of revenue, stemming from plans which are being pushed forward for completion within 2-3 years. With this additional revenue we will be able to continue to support the post.**

## Who will benefit?

### About your beneficiaries

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

**100**

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

**Redbridge (70%)**

**Newham (10%)**

**Barking & Dagenham (20%)**

What age group(s) will benefit?

**All ages**

What gender will beneficiaries be?

**All**

What will the ethnic grouping(s) of the beneficiaries be?

**A range of ethnic groups**

**Other ethnic group (including Arab)**

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

**91-100%**

## Finance details

Financial year ended: 31	Month: March	Year: 2014
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Income received from:	£
Voluntary income	148,115
Activities for generating funds	4,910
Investment income	153
Income from charitable activities	326,833
Other sources	
<b>Total Income:</b>	<b>480,011</b>

Expenditure:	£
Charitable activities	297,415
Governance costs	104,583(1)
Cost of generating funds	
Other	
<b>Total Expenditure:</b>	<b>401,998</b>
<b>Net (deficit)/surplus:</b>	<b>78,013</b>
<b>Other Recognised Gains/(Losses):</b>	
<b>Net Movement in Funds:</b>	<b>78,013</b>

Asset position at year end	£
Fixed assets	719,781
Investments	
Net current assets	380,456
Long-term liabilities	(10,000)
<b>*Total Assets (A):</b>	<b>1090,237</b>

Reserves at year end	£
Endowment funds	
Restricted funds	739,151
Unrestricted funds	351,086
<b>*Total Reserves (B):</b>	<b>1,090,237</b>

**\* 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? 3.3%

### Organisational changes

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

Note 1: This figure is shown under "administration costs" in the externally examined accounts. We calculated costs associated with hiring sports facilities (and hence generating funds) to be £76,244 and governance costs to be £28,339 (totalling £104,583).

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary	18,000	18,500	19,000	55,500
Project Costs (including equipment and programme project costs)	4,000	4,000	4,000	12,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>22,000</b>	<b>22,500</b>	<b>23,000</b>	<b>67,500</b>

**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
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**What other funders are currently considering the proposal?**

Source	Year 1	Year 2	Year 3	Total
Big Lottery	33,500	35,000	36,500	105,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>33,500</b>	<b>35,000</b>	<b>36,500</b>	<b>105,000</b>

**How much is requested from the Trust?**

Expenditure heading	Year 1	Year 2	Year 3	Total
Development Worker Salary	18,000	18,500	19,000	55,500
Project Costs Contribution	4,000	4,000	4,000	12,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>22,000</b>	<b>22,500</b>	<b>23,000</b>	<b>67,500</b>

### 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)	2,250	1,125	0
London Local Authorities	0	0	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 £
Four Acre Trust	30,369	23,409	0
Rank Foundation	28,000	28,000	0
Big Lottery Fund	10,000	0	0
Frenford Clubs Ltd	16,500	14,000	0
Mrs E B Wrightson Charitable Trust	4,000	4,000	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: **Neal Akhtar**

Role within                      **Fundraiser**  
Organisation: