

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: North London Hospice	
If your organisation is part of a larger organisation, what is its name? n/a	
In which London Borough is your organisation based? Barnet	
Contact person: Mr Robin Langrishe	Position: Director of Fundraising
Website: http://www.northlondonhospice.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 285300
When was your organisation established? 29/07/1982	

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? Fewer older Londoners aged over 75 years with depression and more reporting improved well-being 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 psychosocial therapies to life limited older Londoners and to support patients and carers through the development of a social hub in North London
When will the funding be required? 01/08/2014
How much funding are you requesting? Year 1: £30,000 Year 2: £30,000 Year 3: £30,000 Total: £90,000

Aims of your organisation:

North London Hospice cares for people with terminal illnesses and we aim to add quality and meaning to their life journey. We do this by:

- delivering specialist palliative care
- providing additional support and services to meet individual needs
- sharing our skills and experience to influence others providing care
- maximising and supporting community involvement

Our vision is that everyone in our diverse community affected by a potentially life limiting illness has equal access to the services and support they need to optimise their quality of life.

Patients' relatives and carers are supported both before and after the person's death through counselling, advice and signposting. All our services enable patients and their close family members to get financial advice during a period of considerable upheaval and distress in the final months of life.

We provide this care and support to people in their own homes, care homes or in the hospice itself.

Main activities of your organisation:

North London Hospice was founded in 1984 and is the first purpose-built multi-faith Hospice in Britain. The Hospice helps people to live with a potentially life-limiting illness providing practical, emotional and spiritual support to them, their families, friends and carers. We look after approximately 1,700 terminally ill patients and their families every year across the boroughs of Barnet, Enfield and Haringey. Our care includes in-patient care to 17 patients at a time, home care to up to 1,200 people a year, a range of day services, bereavement counselling, social care and spiritual care.

These services are provided free of charge to our beneficiaries. Presently, it costs £7.2 million a year to run our services and we receive just 31% of our annual funding from local NHS Clinical Commissioning Groups. This means that the cost of caring for 2 out of 3 patients (£4.5 million) has to be found from charitable donations.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
92	145	14	688

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

Thanks to major advances in the early diagnosis and treatment of life-threatening illnesses, Londoners are living longer than ever before. In Barnet, Enfield and Haringey, the population of over 75 year olds has grown to 108,900 and North London Hospice now routinely treats patients with enduring chronic conditions. Psychological distress is present in a significant proportion of this population and depression is two to three times more common as a result. Frailty, inactivity and long periods living in isolation at home are having a devastating effect on the health of the elderly.

Led by the Therapies and Day Services Lead, this project will deliver a three year programme of activities to meet the psychological, emotional and physical needs of life limited day patients and their carers through our award winning Enfield Day Service. We are also developing a new cross site day service in Finchley which will open in 2014. Specific programmes include:

- The provision of weekly 1:1 and group Psychological Therapies to end of life patients aged 75 years and over by the project lead and 2 volunteer psychological therapists.
- A weekly Carers programme for over 65 year olds providing emotional support, social involvement and experiences by the project lead.
- Community engagement by promoting the new cross site day services to hospitals, GP's and local agencies within Enfield, Barnet and Haringey. Continued development of the welcoming lounge and cafe area of the social hub in Enfield so that patients and carers can engage socially with others, and the building of volunteer capacity to support them as they transition back home or to other services.

The aim of this project is to build upon the success of the Enfield day service and to continue its development through to Finchley. We aim to provide psychosocial therapies to 504 patients in three years and to support 496 carers through inspirational gatherings and group meetings. We also wish to grow patient referrals to 390 by 2017 and to incorporate the 'Four Health Pillars' of Dr Eleni Tsiompanou to engender the importance of food, relaxation, physical exercise and social contact.

North London Hospice has a track record of providing care to local residents for over 31 years. Our work is monitored and evaluated on an on-going basis and the hospice has a 99% approval rating from patients. The hospice is compliant with the Care Quality Commission in standards of care and in 2012, we were awarded the Gold Standard Framework status to become one of 7 national hospices qualified to train care staff.

- Older Londoners aged over 75 years living more active and healthier lives
Through psychological therapies, patients will be able to overcome depression resulting from their illness and long periods of inactivity and isolation at home. The social hub will further support their rehabilitation by providing a vibrant and enriching environment in which to make new friends, eat well and take part in complimentary therapies and physical activities.
- Carers aged 65 years and over better able to access support, advice and respite
Through weekly groups, 1:1 sessions and events, carers can let off steam and share their innermost concerns and anxieties with other carers. Respite is also achieved through access to the cafe and day service activities available to them.

This project is planned around user involvement where carers can shape the services that are offered to their loved ones who are too ill to take part themselves. The widespread use of volunteers and the diversity of our patients is a core value which NLH upholds with pride as the first multi-faith hospice in the country.

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.

To deliver weekly, one-to-one, level 3, Psychological therapy support to 216 end of life patients over a three year period (1296 sessions). (Each patient has six, one hour treatments). This work will be managed by the Psychosocial Therapy Lead who will manage a team of two part time psychotherapists.

To provide weekly psychosocial group sessions to patients, growing the service to reach 288 patients over a three year period. This work will be managed by the Psychosocial Therapy Lead who will manage a team of two part time psychotherapists. (Each patient attends six, one hour group sessions)

To provide a weekly Carer's support programme of discussion groups, 1-1 therapy and social involvement at our day services and to double attendance to 496 patient carers over three years (comprising 1488 carer attendances). This work will be managed by the Psychosocial Therapy Lead.

Community Engagement, to promote the Enfield day service in order to increase patient referrals from our baseline number of 240 new patients in 2013-14 through the delivery of 48 presentations, visits and leaflet drops to external agencies, GP's, hospitals and community groups each year by the Psychosocial Therapy Lead.

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.

Through one-to-one psychological therapy sessions, patients who are lonely and isolated will become up to 38% less likely to suffer from stress and anxiety associated with their diagnosis of a terminal illness through the development of coping mechanisms. The patient's progress will be measured using our Palliative care Outcome Scale.

Through weekly psychosocial group sessions, attendees will become up to 38% less likely to suffer from depression and mental health as a result of discussion forums where links between thoughts, emotions and behaviours can be recognised. The patient's progress will be measured using our Palliative care Outcome Scale.

Through the weekly Carer Groups and participation in our activities, 90-100% of patient carers will become better equipped to express their anxieties and emotions surrounding death and dying, gaining respite and improved health and wellbeing from the sharing of experiences with others. Outcomes will be measured through user involvement questionnaires.

52% more new patients will be referred to the Enfield day service over three years, as a result of promotional work with local healthcare professionals, resulting in a 100% improvement in the health outcomes of patients, through their participation in healthy and enriching activities, measured through patient feedback and attendances.

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 plan to continue the service beyond the three year funding period by actively fundraising upto 12 months before the project end date to ensure that the social hub can continue to develop in line with our own long-term and strategic aims.

Who will benefit?

About your beneficiaries

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

200

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

Haringey (2%)

Barnet (30%)

Enfield (68%)

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?

21-30%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Doctors	16,610	16,77	16,945	33,555
Physiotherapy	25,750	26,008	26,269	78,027
Psychosocial Therapies Lead	47,185	47,657	48,134	142,976
Social Workers & Bereavement	19,465	19,660	19,857	58,982
Art Therapist	5,000	5,050	5,101	15,151
Catering	24,800	25,048	25,299	75,147
Facilities & Building Management	28,280	28,563	28,849	85,692
Additional Staff Related Costs	26,670	27,205	27,751	81,626
Non Staff Related Costs	184,910	188,609	192,386	565,905
TOTAL:	378,670	367,800	390,591	1,137,061

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Restricted funds	NIL	NIL	NIL	NIL
Hospice Reserves	173,670	137,800	NIL	311,470
Fundraising Income	100,000	90,000	NIL	190,000
Retail Income	75,000	60,000	NIL	135,000
TOTAL:	348,670	287,800	NIL	636,470

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
None				
TOTAL:	NIL	NIL	NIL	NIL

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Psychosocial Therapies Lead	30,000	30,000	30,000	90,000
TOTAL:	30,000	30,000	30,000	90,000

Finance details

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

Financial year ended:	Month: March	Year: 2014
-----------------------	--------------	------------

Income received from:	£
Voluntary income	3,371,754
Activities for generating funds	1,788,827
Investment income	241,923
Income from charitable activities	3,322,476
Other sources	29,112
Total Income:	8,754,092

Expenditure:	£
Charitable activities	5,977,492
Governance costs	23,901
Cost of generating funds	2,116,886
Other	29,932
Total Expenditure:	8,148,211
Net (deficit)/surplus:	605,881
Other Recognised Gains/(Losses):	(89,058)
Net Movement in Funds:	516,823

Asset position at year end	£
Fixed assets	8,177,045
Investments	9,414,873
Net current assets	1,707,827
Long-term liabilities	(1,655,247)
*Total Assets (A):	17,644,498

Reserves at year end	£
Endowment funds	1,988,553
Restricted funds	150,889
Unrestricted funds	15,505,056
*Total Reserves (B):	17,644,498

*** 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?
38%

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	0	0	0
London Councils	0	0	0
Health Authorities	1,334,808	1,685,173	2,178,453
Central Government departments	946,317	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 £
Thompson Family Charitable Trust	0	600,000	0
Garfield Weston Foundation	0	0	100,000
Jeffrey Kelson Foundation	0	77,000	0
Wolfson Foundation	69,000	0	0
Fidelity UK Foundation	0	50,000	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: **Robin Langrishe**

Role within **Director of Fundraising**
Organisation: