

City Bridge Trust



Investing in Londoners: Application for a grant

About Your Organisation

Name of your organisation: South Thames Crossroads- Caring for Carers	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Merton	
Contact person: Stefan Kuchar	Position within the organisation: Chief Executive
Organisation website: http://www.crossroadscaresthames.org	
Legal status of organisation: Registered Charity	Registration number: 1027026
When was your organisation established? 01/02/1986	

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? 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. We are seeking funding to develop a project to increase support for carers over 65 through facilitating neighbourhood peer support structures
When will the funding be required? 01/04/2015
How much funding are you requesting? Year 1: £49,324 Year 2: £48,281 Year 3: £48,747 Total: £146,352

Aims of your organisation

The primary aim of South Thames Crossroads is to relieve the stresses experienced by carers of children and adults who have care needs as a result of disability, illness or age, through the provision of community-based support. We cover the London Boroughs of Lambeth, Croydon, Merton, Sutton and Wandsworth.

Main activities of your organisation

The main activity is the provision of home-based respite care for the carers of older people, adults and children with physical and learning disabilities and adults with mental health issues.

We also run other activities including:

- Volunteer services project - We recruit and support volunteers throughout all of our services.
- A Young Carers Project - The organisation employs educational support workers, teaching assistants and sessional workers who support the work of the homework and youth clubs.
- Children's Project - Our children's clubs and after school clubs for children with disabilities also provide much needed short breaks to our carers.
- Employment Project - This project supports carers in employment matters. The project provides individual support, helps carers assess their skills and identify training needs.
- Mental Health Project - Support to carers of people with mental health problems with individual and flexible support incorporating information, advice, guidance, advocacy and appropriate signposting and referral.

Number of staff

Full-time	Part-time	Management committee members	Active volunteers
20	100	10	12

Property occupied by your organisation

Is the main property owned or leased or rented by your organisation?	If leased/rented, how long is the outstanding agreement?
Rented	12 months

Summary of grant request

AIM OF PROJECT: The aim of this project is increase access to support for carers over 65 through the facilitation of local peer support networks.

HOW IT WILL BE DELIVERED:

The project will initially be based in Lambeth in the first year and will expand to other SW London Boroughs in years 2 & 3. The project coordinator will recruit volunteer community connectors who will host three introductory meet-ups for carers in their local area. Once the three introductory meet-ups have taken place, group members will be able to continue as *friends on their own*. The groups will then grow organically outside the auspices of South Thames Crossroads and carers will develop friendships and provide support to each other. The volunteer connector will keep in touch with the group over the first 12 months to ascertain progress and assess outcomes and benefits for the carers. Carers will be linked and signposted to other services.

NEED: From our experience of 21 years working with carers, we know carers face a range of disadvantages including social isolation, poorer physical and mental health and financial insecurity. This is backed up by external research. Carers Trust in May 2012 discovered a range of findings including that: almost six in ten (58%) of the carers surveyed said that their mental health has been affected by being a carer, and almost two thirds (64%) of those polled said that apart from family and friends they have never accessed any other support or services such as respite breaks or counselling. Evaluation of our support groups set up for bereaved carers showed these groups were extremely beneficial as many carers have no friendship or support networks due to their caring responsibilities.

WHY WE ARE THE RIGHT ORGANISATION TO DO THE WORK: We have over 27 years experience working with carers. We cover the London Boroughs of Lambeth, Croydon, Merton, Sutton and Wandsworth. As a specialist carer's organisation we have a range of links into Health and Well Being Boards, CCGs and the Commissioning process that other smaller groups don't have. Due to our 27 years of experience delivering services on the ground we have a great deal of credibility within the boroughs we will be working in. We have delivered similar projects - including the set up of support groups for bereaved carers.

HOW THE PROJECT MEETS THE TRUST OUTCOMES: This project directly addresses the outcome within the Older People's Programme to offer carers aged 65 years and over better able to access support, advice and respite. The project will direct increase access to support this through creating self-sustaining support networks for carers over 65. It will also increase access to advice and respite as carers who attend the support groups will be signposted to our advice and respite services.

HOW THE PROJECT MEETS THE TRUST PRINCIPLES OF GOOD PRACTICE: All beneficiaries are encouraged to become involved in the governance of the organisation in a number of ways i.e. recruiting them onto the Board of Trustees, asking for regular feedback. Older people are involved in the management of the service through a range of means including on-going consultation and beneficiary involvement in planning. We have developed unique expertise in being pro-active about diversity within the carer's community through work with diverse carers such as the LGBT carers. We value and support volunteers who are provided with quality training and supervision. In terms of reducing our carbon footprint, we are working towards being a paper-less office, we recycle and we purchase recycled goods. Our offices are near public transport and we encourage staff and volunteers to take public transport.

If you need any planning or other statutory consents for the project to proceed, what stage have the applications reached?

Do you have a vulnerable adults policy? **YES**

What Quality Marks does your organisation currently hold?

Carers Trust Quality Mark, 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.

- **A minimum of 60 carers over 65 in the first year receiving peer support through attending local support groups and 120 carers over 65 receiving peer support through attending local support groups in years 2 and 3 (180 over three years)**
- **A minimum of 40 volunteers over 65 recruited, trained and supported over three years.**
- **A minimum of 225 carers over 65 signposted to other carers support services**

What main differences or outcomes do you hope the activities you have described above will achieve? 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.

- * **Carers report improvements in their mental and physical health**
- * **Carers report a decrease in social isolation**
- * **Carers are better able to manage at home**
- * **Carers feel more resilient in their caring role**

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 integrate this project into our fundraising and business planning processes. During the final year of the project we will identify potential sources of income and begin to develop bids and applications to a range of grant-making trusts.

Who will benefit?

About your beneficiaries

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

60+13+75=148

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

Several SW boroughs

What age group will benefit?

65-74 (70%)

75 and over (30%)

What gender will beneficiaries be?

All

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

A range of ethnic groups

What proportion of the beneficiaries will be disabled people?

11-20%

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 (inc of ENI and Pension)	32,424	33,031	33,647	99,102
Volunteer expenses	1,200	1,200	1,200	3,600
Promotion	1,250	1,000	850	3,100
Staff travel	1,300	1,300	1,300	3,900
Computer support	1,000	1,000	1,000	3,000
Volunteers' training	1,750	1,750	1,750	5,250
Rent, printing, 'phones, insurance	4,750	4,750	4,750	14,250
Staff recruitment	1,400			1,400
Staff supervision and financial management	4,250	4,250	4,250	14,250
TOTAL	49,324	48,281	48,747	146,352

What income has already been raised?

Please list amounts and main sources

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

What other funders are currently considering the proposal?

Please list funders and amounts

Funders	Year 1 £	Year 2 £	Year 3 £	Total £
TOTAL	0	0	0	0

How much is requested from the Trust?

Please list main expenditure headings and amounts

Expenditure heading	Year 1 £	Year 2 £	Year 3 £	Total £
Staff costs inc ENI and Pension	32,424	33,031	33,647	99,102
Volunteers' expenses	1,200	1,200	1,200	3,600
Promotion	1,250	1,000	850	3,100
Staff Travel	1,300	1,300	1,300	3,900
Computer support	1,000	1,000	1,000	3,000
Volunteers' training	1,750	1,750	1,750	5,250
Rent, printing, 'phones, insurance	4,750	4,750	4,750	14,250
Staff recruitment	1,400			1,400
Staff supervision and financial management	4,250	4,250	4,250	14,250
TOTAL	49,324	48,281	48,747	146,352

Finance details

Financial year ended - 31

Month: **March**

Year: **2014**

Income received from:	£
Voluntary income	18,645
Activities for generating funds	88
Investment income	2,992
Income from charitable activities	2,303,455
Other sources	
Total Income:	2,325,180

Expenditure:	£
Charitable activities	2,213,981
Governance costs	13,852
Cost of generating funds	10,687
Other	
Total Expenditure:	2,238,520
Net (Deficit)/Surplus:	86,660
Other Recognised Gains/(Losses):	
Net Movement in Funds:	86,660

Asset position at year end	£
Fixed assets	19,099
Investments	
Net current assets	596,266
Long-term liabilities	
*Total Assets (A):	615,365

Reserves at year end	£
Endowment funds	
Restricted funds	42,276
Unrestricted funds	573,089
*Total Reserves (B):	615,365

*** 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? **88%**

Organisational changes

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

Our care team has been re-structured with appointment of additional members of management and support workers.

Previous funding received

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 (other than City Bridge Trust)			
London local authorities	1,610,590	1,287,643	1,448,947
London Councils			
Health authorities			
Central government departments			
Other statutory bodies			

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
Big Lottery Fund	93,780	93,780	93,780
Trust for London		21,082	21,082
Walcott Foundation			20,000
BBC Children in Need	13,200	13,300	13,200
St Walter St John	14,478	14,478	14,478

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: **Stefan Kuchar**

Role within
Organisation: **CEO**