

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Sydenham Garden</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Lewisham</b>	
Contact person: <b>Ms Despoina Bardosi</b>	Position: <b>Dementia Project Worker</b>
Website: <a href="http://www.sydenhamgarden.org.uk">http://www.sydenhamgarden.org.uk</a>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1108100</b>
When was your organisation established? <b>01/01/2002</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Older Londoners</b>
Which of the programme outcome(s) does your application aim to achieve? <b>People living with Alzheimer's and other forms of dementia having a better quality of life</b>
Please describe the purpose of your funding request in one sentence. <b>To request funds towards the cost of providing sessions for an on-going Sow &amp; Grow group for people with early stages of dementia</b>
When will the funding be required? <b>03/01/2014</b>
How much funding are you requesting? Year 1: <b>£12,764</b> Year 2: <b>£13,025</b> Year 3: <b>£13,295</b>  <b>Total: £39,084</b>

**Aims of your organisation:**

Sydenham Garden is a well-being charity which promotes the physical and mental health of people living in South London Boroughs, principally Lewisham and Bromley. For the last twelve years, the charity has done this by providing co-workers (the name we give to our primary beneficiaries) therapeutic gardening sessions; opportunities for training with recognised qualifications; regular physical activity and creative opportunities.

We aim to promote inclusion and reduce prejudice by bringing together co-workers with different degrees of mental and physical ill health, volunteers and members of the local community to work together

**Main activities of your organisation:**

Currently, we offer: Four Garden sessions a week; two Art and Craft sessions; three Sow and Grow sessions (for those recently diagnosed with dementia); a Growing Lives session (in a functioning market garden) to build confidence, and a range of short courses and activities, plus a monthly community lunch. We have recently been approached by the South London and Maudsley Trust to provide a venue and gardening expertise for groups of asylum seekers/refugees who are experiencing Post Traumatic Stress Syndrome, and our currently piloting the group with 8 asylum seekers.

Overall, Sydenham Garden enables people to improve their quality of life, social interaction and physical and mental health in a supportive community environment.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
1	5	9	45

**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

Sow and Grow is the name we give to the weekly sessions run for people with recently diagnosed with Dementia. Dementia mainly affects older people, as after age 65, the likelihood of developing dementia roughly doubles every five years. Bromley and Lewisham have a greater proportion of its population in the over 65 age category compared to the rest of London. An important minority of people have early onset dementia. This group require services tailored to their specific needs. Delaying the onset of dementia by 5 years would reduce deaths directly attributable to dementia by 30,000 a year (<http://www.alzheimers.org.uk/statistics>). For this reason we started the Sow & Grow course and take people recently diagnosed with early onset.

Our Sow & Grow course aims to support people with early onset dementia to live well with dementia, using gardening, cooking, art and activities of Cognitive Stimulation Therapy, as well as opportunities for reminiscence, reflection and discussion. Since 2013 we have been running three groups per week and our co-workers (our beneficiaries) are placed with us for 6 months. We are able to do this through local fundraising and by winning a contract with our local Clinical Commissioning Group (CCG). Between April 2013 - April 2014 26 co-workers completed our course (another 39 will have completed it by December 2014). Our evaluation conducted over the financial year 2013/14 shows our co-workers receive a rich and varied experience while taking part in Sow and Grow. Often the initial anxiety is offset quickly and the co-worker experiences a supportive and therapeutic programme, team and environment that almost certainly improve their well-being. The quantitative data strongly suggests high levels of improvement during their time at Sydenham Garden, especially in terms of independence and social inclusion and interaction. The qualitative data supports this assertion and it's clear that carers find Sow & Grow sessions just as valuable as the co-workers.

We would like to maintain the positive effects of Sow and Grow by implementing a long-term group for those who complete the 6 month course. The new group will be called "Sow and Keep Growing". It aims to preserve the healthy cognitive skills and thus help people with dementia to have a better quality of life. It will offer similar activities to those of the Sow and Grow groups but will provide a long-term stimulation. It will offer 10 places and in case of drop-outs the spaces will be filled by those on a waiting list. At the moment there are over 15 older people who have expressed interest in joining such a group.

We are also planning to offer an extra 48 weeks course of singing and dancing for anyone in the community who experiences dementia of any stage. Both singing and dancing stimulate the brain and provide a way for people with dementia and their carers to express themselves and socialise. The Singing Class will be led by facilitator with relevant experience. The Dance Class will be run by a trained facilitator from the "Circle Dance in Dementia".

Many of the Sydenham Garden's Trustees and groups' facilitators are volunteers of over 65 years old. All volunteers receive training (e.g. Dementia Training, First Aid), assist in the management of the project and attend regular volunteers' meetings. In addition, Sydenham Garden seeks to be an open and inclusive organisation which welcomes diversity. To monitor this we keep records of diversity and equal opportunities for all our co-workers and volunteers. Furthermore, Sydenham Garden has a Green Flag, has a 'Passivehaus' building, recycles water, uses solar heat, and preserves and cares for the nature reserve and its original inhabitants.

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?

**We are working towards achieving the PQSSO quality mark**

**We also have the Green Flag Award 2014/15**

### **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.

**One Sow and Keep Growing group with on-going sessions that involve gardening, arts, cooking, reminiscence and cognitive activities based on Cognitive stimulation therapy programme**

**3 groups of Singing and Dancing sessions tailored to those diagnosed with dementia (24 weeks singing, 24 weeks dancing)**

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.

**Sow and Keep Growing: People will be more socially included and build long-term relationships with each other and other members of the community**

**Sow and Keep Growing: It will enhance and maintain the positive effects of the Sow and Grow course: ability to undergo physical activity; better mental wellbeing; higher levels of social inclusion, interaction and independence; improved quality of life.**

**Singing and Dancing: They will help people with dementia will have more opportunities to become socially included and build more relationships with other members of the community**

**Singing and Dancing: They will help people with dementia to improve their quality of life as they will receive more mental and physical mental stimuli**

**Singing and Dancing courses will help those diagnosed with dementia to improve and strengthen their relationships with their carers**

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?

**The group members will be contributing to sustain the new groups (£5 each per session for the Sow and Grow maintenance group and £3 for the singing/dancing group). The sustainability of the new groups will be reviewed every 4 months and**

## Who will benefit?

### About your beneficiaries

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

**46**

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

**Lewisham (22%)**

**Several SE London (78%)**

What age group(s) will benefit?

**45-64**

**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?

**91-100%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Current annual salary of project worker	5,361	5,468	5,578	16,407
Costs of materials	494	509	525	1,528
Sing/Dance facilitator at £75 a week for 48 weeks: fee includes preparation time	3,600	3,672	3,745	11,017
Overheads (20% of Direct Project Costs)	1,891	1,929	1,970	5,790
Management contribution at 12.5% of project costs	1,418	1,447	1,477	4,342
	0	0	0	0
	0	0	0	0
<b>TOTAL:</b>	<b>12,764</b>	<b>13,025</b>	<b>13,295</b>	<b>39,084</b>

**What income has already been raised?**

Source	Year 1	Year 2	Year 3	Total
Co-workers' contribution : £5a week -- assume average of 10 co-workers contribute each week - £50 a session for 48 weeks of an On-going Sow & Grow group	2,400	2,472	2,546	7,418
Co-workers' contribution @ £3 a week -- assume average of 12 co-workers contribute each week- £36 a session for 48 weeks of singing and dancing classes.	1,728	1,780	1,833	5,341
<b>TOTAL:</b>	<b>4,128</b>	<b>4,252</b>	<b>4,379</b>	<b>12,759</b>

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

Source	Year 1	Year 2	Year 3	Total
	0	0	0	0
<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

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

Expenditure heading	Year 1	Year 2	Year 3	Total
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## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2013</b>
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Income received from:	£
Voluntary income	9,886
Activities for generating funds	7,323
Investment income	232
Income from charitable activities	94,012
Other sources	0
<b>Total Income:</b>	<b>111,453</b>

Expenditure:	£
Charitable activities	112,879
Governance costs	548
Cost of generating funds	2,150
Other	0
<b>Total Expenditure:</b>	<b>115,577</b>
<b>Net (deficit)/surplus:</b>	<b>-4,124</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>-4,124</b>

Asset position at year end	£
Fixed assets	440,113
Investments	0
Net current assets	79,777
Long-term liabilities	-35,000
<b>*Total Assets (A):</b>	<b>484,890</b>

Reserves at year end	£
Restricted funds	464,477
Endowment Funds	0
Unrestricted funds	20,413
<b>*Total Reserves (B):</b>	<b>484,890</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?  
51-60%

### Organisational changes

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

Unaudited 31.3.14 Accounts show overall profit of £19,318 partly due to funding from Lewisham Clinical Commissioning Group which funds core costs for 3 years to 31.3.16. This enabled us to employ 2 new members of staff and to expand services to more people. The

### 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)	2,365	2,365	0
London Local Authorities	4,000	400	0
London Councils	12,725	28,630	50,520
Health Authorities	15,956	6,848	38,156
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 £
Big Lottery - Reaching Communities	27,748	15,680	0
Big Lottery Ecominds	21,120	0	0
Big Lottery Supporting Impact	0	15,634	15,636
The Henry Smith Charity	0	0	27,700
London Evening Standard Dispossessed Fund	10,000	0	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: **Despoina Bardosi**

Role within                      **Dementia Project Worker**  
Organisation: