

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Carers of Barking and Dagenham	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Barking & Dagenham	
Contact person: Miss Lorraine Goldberg	Position: Executive Director
Website: http://www.carerscentre.org.uk	
Legal status of organisation: Charitable company	Charity, Charitable Incorporated Company or company number: 1063485
When was your organisation established? 17/07/1997	

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 Older Londoners having increased awareness of benefits, finance, housing and other rights
Please describe the purpose of your funding request in one sentence. Early intervention information and advocacy support including welfare benefit, debt and housing advice to carers 65 and over
When will the funding be required? 01/07/2015
How much funding are you requesting? Year 1: £34,623 Year 2: £35,236 Year 3: £35,861 Total: £105,720

Aims of your organisation:

Carers of Barking and Dagenham is established to provide services and support to carers, their families and other people they care for. This is based within London Borough of Barking and Dagenham and adjoining areas and other such areas as the Company may from time to time determine.

We provide information, support and advocacy to carers and their families including training, peer support groups and other specialised projects.

Main activities of your organisation:

We offer information, advocacy and support in the following projects
Memory Lane Dementia Day Care Resource offering 24+ recreational day placements for people with dementia and information, advocacy and peer support network for carers.
Mental Health project offers support to carers of people living with a significant mental illness
Parent Carer support for parents of a disabled child
Young carers respite activity project and targeted one to one support
Welfare Benefit and debt management service
Information and Advice Service for parents whose child has Special Educational Needs
Comprehensive training courses with 22 training programme offered to carers annually
Volunteer Project with 142 volunteers donating their time to the organisation so we can do more for carers in the community
Social groups and peer support groups we offer a wide range of carers groups
We as a whole organisation attend events and networks across the borough to ensure we continue to have up to date information for carers and their families.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
8	34	6	146

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	9 years

Summary of grant request

This project will make a huge difference to carers 65 and over and their cared for, we will be able to identify carers at the beginning of their journey attending a home visit and assessment of their needs. We know that demography means increasing numbers of people living longer but with more complex conditions such as dementia and chronic illnesses including cancer. The impact on informal carers is significant and for carers 65 and over many find themselves in a position of having to care for a loved one as well as trying to support other family members e.g. grandchildren while their parents work or they may still work themselves, they may be elderly, frail and or have their own health care needs. The New Care Act recognises that carers support has never been more important with one in 10 people becoming a carer and that number will rise.

We have found that early support alleviates the stress and hopelessness that so many people face when they find themselves in a caring role, this often leads to a breakdown of care where carers reach a crisis situation due to delayed care coordination, housing issues, lack of access to other services and for some giving up things they value, including friends and employment which creates isolation. Too often we receive referrals where carers have been caring for a significant time and are reaching crisis, they are depressed, exhausted and often in poor general health themselves, this has an impact on the cared for also, reducing their wellbeing also.

We will target carers 65 and over offering services including information and advocacy, welfare benefit and debt advice. Carers will be able to access services and provision that will make their caring role easier and encourage them to see the importance of looking after themselves. We will help carers to navigate through a care system that is constantly changing as we move from acute to primary care and community services. We will be able to sign post carers to other services to ensure they have maximum support and choice and control.

We aim to provide a service that alleviate their stress and provide a network of support and information including respite focusing on the family in a person centred approach. We will offer carers a number of peer and social and leisure groups which enables carers to make new friendships and take time out from their caring role that improves their wellbeing, lifts their mood and breaks the sense of isolation which often leads to depression.

Welfare benefit support and debt management will help carers to access income maximisation many find themselves in a position of debt as they try to cope on low incomes and we are able to assist them to achieve improved money management reducing their stress and anxiety.

As the only carer focused organisation in the borough we already have excellent working relationships with key practitioners at the rehabilitation hospital, two local hospitals and GPs, including the Clinical Commissioning Group (CCG) and Social Care practitioners. We will link with hospitals to target carers new to their role, as they often experience fears that they will lose their autonomy e.g. if their loved one is taken into hospital due to a sudden stroke or heart attack. We will also work in partnership with Community Treatment and Rehabilitation Teams and End of Life Care Coordinator and Palliative Care Team to ensure an holistic care pathway is offered to carers and their cared for. By offering targeted support we will identify hidden carers aim to achieve improved health and social care outcomes.

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?

Investors in people

Advice Quality Standard

PQASSO [WORKING TOWARDS PROJECTED AWARD IN MARCH 2015]

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.

330 new carers 65 and over identified and offered vital support that will offer choice and control and empower them to develop resilience.

145 carers 65 and over will access respite support alleviating their stress and improving their wellbeing

330 carers 65 and over signposted to other support services including training, peer support groups social and leisure activities for them and their cared. This will maximise support available to them that will alleviate stress, break isolation and improve their health and wellbeing.

330 carers 65 and over will receive welfare benefit advice and support to apply including access to housing and debt management advice. This will improve their income and management of income bringing down stress levels including depression.

90 carers 65 and over will access training to support them in their caring role, this will develop their knowledge and alleviate fears and concerns. This develops confidence in their caring role including taking time out to themselves including looking after their own health needs.

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.

330 carers 65 and over will have improved access to services which will enable them to continue to care, improved health and wellbeing for them and their cared for. 330 carers will have increased choice and control to live the lives that they want whilst undertaking a caring role

145 carers will have improved wellbeing, 145 carers will access a break that breaks their isolation, improves well being, better able to continue to care, alleviates stress, averts a crisis and breakdown of care.

330 carers will access other services that develops resilience, improves health and wellbeing, prevents isolation and prevents depression and feelings of hopelessness

330 carers will have improved income, better managed income improving stress and wellbeing including alleviating depression and anxiety

90 carers will be better informed and improved ability to care. 40 carers will have improved confidence in their caring role. 40 carers will have reduced isolation

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 embed the good practice learnt from the project across all carer support projects, we envisage the project will develop and parts will become self sustaining, delivered by empowered carers and volunteers. We will also seek future funding as part of our on-going funding plan and budget projections.

Who will benefit?

About your beneficiaries

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

110

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

Barking & Dagenham (100%)

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?

61-70%

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	24547	25037	25538	75122
National Insurance	2454	2504	2554	7512
Training	150	150	150	450
Travel/Mileage	216	216	216	648
IT software and maintenance	250	250	250	750
Administration	2366	2366	2366	7098
Management	3640	3713	3787	11140
Audit and Finance	500	500	500	1500
TOTAL:	34123	35736	35861	105720

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
TOTAL:				

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
TOTAL:				

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary	24547	25037	25538	75122
National Insurance	2454	2504	2554	7512
Training	150	150	150	450
Travel/Mileage	216	216	216	648
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TOTAL:	34623	35736	35861	105720

Finance details

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

Financial year ended:	Month: March	Year: 2014
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Income received from:	£
Voluntary income	19,233
Activities for generating funds	0
Investment income	467
Income from charitable activities	813,195
Other sources	0
Total Income:	832,895

Expenditure:	£
Charitable activities	798,456
Governance costs	10,085
Cost of generating funds	29,385
Other	0
Total Expenditure:	837,926
Net (deficit)/surplus:	-5,031
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	7,881
Investments	0
Net current assets	378,082
Long-term liabilities	0
*Total Assets (A):	385,963

Reserves at year end	£
Restricted funds	293,075
Endowment Funds	0
Unrestricted funds	9,288
*Total Reserves (B):	385,963

* 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:

None

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	467,355	430,827	418,075
London Councils	0	0	0
Health Authorities	49,705	48,810	48,372
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 £
London Borough Barking Dagenham	355,755	374,065	358,582
NHS	49,705	48,810	48,372
Lottery	30,650	36,910	38,168
Thurrock Council	55,800	56,762	59,493
Children in Need	16,400	32,800	33,066

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: **Lorraine Goldberg**

Role within **Executive Director**
Organisation: