

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Hoxton Health	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Hackney	
Contact person: Ms Janet Cobill	Position: Manager
Website: http://www.hoxtonhealth.org	
Legal status of organisation:	Charity, Charitable Incorporated Company or company number: 1127769
When was your organisation established? 01/09/1987	

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? Older Londoners aged 75 years and over living more active and healthier lives
Please describe the purpose of your funding request in one sentence. To provide ancillary health and well-being services to Londoners over the age of 75 living in the community and in care homes.
When will the funding be required? 03/08/2015
How much funding are you requesting? Year 1: £34,084 Year 2: £38,802 Year 3: £38,802 Total: £111,688

Aims of your organisation:

Relief of sickness and preservation and protection of good health.

Main activities of your organisation:

We provide a range of services to older people to improve and maintain their health and well-being and increase levels of social inclusion and interaction.

To do this we offer a range of supported and specialised exercise classes across the borough and complementary therapies at St Leonard's Hospital.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	17	8	6

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?
Rented	It is a gift in kind. No limit

Summary of grant request

People over the age of 75 often experience chronic mental and physical health problems and our service is aimed at helping them manage their conditions and lead more healthy, happy and active lives.

Ageing has a negative impact on health: depression affects 1:5 older people in the community and 2:5 living in care homes; older people carry the biggest burden on non-communicable disease and those living in East London are among the poorest in the country. The National Service Framework for Older People says 'Growing old has been seen to represent a period of increasing dependency as physical strength, stamina and suppleness decline and the individual has to cope with chronic or long-term conditions. But chronic degenerative disease, disability and ill-health are not an inevitable consequence of ageing. The NHS and local partners should re-focus on helping and supporting older people to continue to live healthy and fulfilling lives. There is a growing body of evidence to suggest that the modification of risk factors for disease, even late in life, can have health benefits for the individual: longer life; increased or maintained levels of function ability, disease prevention and an improved sense of wellbeing. Integrated strategies for older people aimed at promoting good health and a quality of life and to prevent or delay frailty and disability can have significant benefits.'

We will employ a Volunteer Co-ordinator (VC) and expand and diversify our team of volunteers. The VC will work under the supervision and guidance of the manager and recruit, train and supervise a team of volunteers (clinical and administrative). The VC will also be responsible for the day-to-day management of the team. This team will help deliver an expanded service of complementary therapies and Healthy Living Groups for 75+ year olds to support them to maintain and support their health and independence.

We have two main aims in delivering this package of care:

- 1) Supporting people 75+ regardless of where they are living and their circumstances to:

increase their levels of activity and wellbeing

to meet the needs of people who will benefit from a structured and supervised programme increasing their level of physical activities and a well being group concentrating on good mental health and social activities

- 2) Developing and supporting a team of volunteers who bring new life into the organisation and are much appreciated by service users and staff alike.

We are the only organisation that specialises in health and wellbeing services for older people in Hackney. We have been doing this since 1987. We have a reputation for delivery of high quality reliable and continuing services. We have experience in delivering services to older people in a variety of environments, from people's homes to GP practices. We have a robust monitoring system, which shows the efficacy of the work we do in increasing wellbeing and activity as well as reducing pain and social isolation. We have piloted the care home services and we are experienced in working with volunteers.

Our management committee is 90% people over 65 who are users of the project. We monitor diversity and the breakdown of diversity is representative of this age group locally. We value our existing volunteers and provide work experience that has led 80% of them to paid work. This grant would expand our use of volunteers and ensure that their volunteering experience is a positive for volunteers younger and older. As a small organisation housed within a large facility we can't heating/cooling of our environment but all lights and equipment are off before we leave, we re-use and recycle paper and other recyclables in our facility.

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 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.

1200 complementary health treatments for over 75 year olds year 1.

1255 complementary health treatments for over 75 year olds years 2 and 3

Recruitment of Volunteer Coordinator

Volunteer practitioners provide 6 complementary therapy sessions per week

Receptions and admin volunteers offer eight sessions a week

Activity agreed with care homes

Every week six sessions of complementary therapies delivered in care homes.

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.

Improved sleep, mobility and well being and reduced pain and social isolation leading to an improved quality of life for 160 75+ year olds per year.

Younger volunteers gaining valuable work experience and older volunteers engaging in confidence and social interaction.

Care home residents receiving caring physical touch leading to reduction in stress, anxiety and improvement in sleep, mood and wellbeing.

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?

No

Who will benefit?

About your beneficiaries

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

230

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

Hackney (85%)

City (5%)

Several NE London (10%)

What age group(s) will benefit?

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?

41-50%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
17.5 hours volunteer coordinator	£12,878	£17,170	£17,170	£47,218
Manager	£11,282	£9,412	£9,412	£30,106
Reception	£1,613	£1,613	£1,613	£4,838
Finance Officer	£480	£480	£480	£1,440
Practitioner costs	£20,446	£22,606	£22,606	£65,658
Volunteer expenses	£2,016	£2,688	£2,688	£7,392
Clinical supervision	£1,935	£2,580	£2,580	£7,095
Overheads	£3,954	£3,614	£3,614	£11,182
TOTAL:	£54603	£60162	£60162	£174928

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
User fees	20520	21360	21360	63240
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
volunteer coordinator 11 hpw	£8,038	£11,074	£11,074	£30,186
Manager 7 hpw	£7,042	£6,070	£6,070	£19,183
Reception	£1,007	£1,040	£1,040	£3,087
Finance Officer	£300	£309	£309	£919
Practitioner costs	£12,762	£14,580	£14,580	£41,922
Volunteer expenses	£1,258	£1,734	£1,734	£4,726
Clinical supervision	£1,208	£1,664	£1,664	£4,536
Overheads	£2,468	£2,331	£2,331	£7,130
TOTAL:	£34083	£38802	£38802	£111688

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	8,927
Activities for generating funds	0
Investment income	11
Income from charitable activities	86,414
Other sources	0
Total Income:	96,352

Expenditure:	£
Charitable activities	90,076
Governance costs	1,335
Cost of generating funds	0
Other	0
Total Expenditure:	91,411
Net (deficit)/surplus:	3,941
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	7,052
Long-term liabilities	0
*Total Assets (A):	7,052

Reserves at year end	£
Restricted funds	0
Endowment Funds	0
Unrestricted funds	7,052
*Total Reserves (B):	7,052

*** 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?
11-20%

Organisational changes

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

Along with many other small organisation Hoxton Health was threatened by the recession. The Trustees took action last year to shore up the reserves which had been hard hit by a desperately poor fundraising year previously. The fees were raised and costs were cut back further. Since then we are building up our reserves again.

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	15,000	15,000
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	2,400
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 £
Mercers Charity	10,000	0	0
Awards for All	0	9,988	0
South Hackney Parochial	0	4,000	0
Bishopsgate	3,000	3,750	0
Goldsmiths	0	3,000	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: **Janet Cobill**

Role within **Manager**
Organisation: