

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Neighbours in Poplar (NIP)	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Tower Hamlets	
Contact person: Sister Christine Frost	Position: Manager
Website: http://www.neighboursinpoplar.com	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 299843
When was your organisation established? 01/10/1969	

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 having increased awareness of benefits, finance, housing and other rights Older Londoners aged 75 years and over living more active and healthier lives
Please describe the purpose of your funding request in one sentence. Outreach Workers for a dynamic Healthy Living programme of activities for vulnerable, isolated over 65's, accessible to all cultural and faith groups in East London.
When will the funding be required? 04/01/2016
How much funding are you requesting? Year 1: £25,000 Year 2: £25,000 Year 3: £25,000 Total: £75,000

Aims of your organisation:

Neighbours in Poplar (NIP) was founded in 1969 as a volunteering project for old, frail and disabled residents in the communities adjacent to the old Docklands area, which had experienced great social and economic changes. NIP builds on traditions of East End neighbourliness and self-help. The organisation's aim is, 'To provide practical support and care for vulnerable people living at home, regardless of age, race, gender, culture or disability.'

Main activities of your organisation:

- Outreach and Befriending work to provide support for frail people in their homes, co-ordinating statutory and voluntary sector input where required. Clients are introduced to social networks and services to meet their needs
- Healthy Living Project services include yoga, pilates, art workshops, singing groups, cancer awareness, NHS Health Trainers' sessions delivered at five Community Hubs
- Regular social activities, action groups, advice sessions and community celebrations (local resident's 104th birthday party for example) which take place in the Community Centres. Some services are inclusive, but there are also services that meet the specific cultural needs of Poplar residents -- particularly Bangladeshi and Somali elders
- Outings and shopping trips for vulnerable, disadvantaged and elderly people. Transport provided for our elderly and disabled clients
- Freshly-cooked meal delivery to hundreds of isolated older and vulnerable people at Christmas and New Year
- Support for parents of children with disabilities
- Advocacy and Campaigning - rehousing and care packages assistance

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
3	2	9	40

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	On going

Summary of grant request

We are seeking funding for one part-time and one full-time Outreach Worker for our Healthy Living Project. The Healthy Living Project models itself on the LinkAge Plus programme (NIP was part of the national DWP-funded LinkAge Plus pilot programme linking up services, similar to the SureStart ethos.) Building on the lessons learned about improved joined-up working between statutory and voluntary sector organisations, this project broadens that agenda to include befriending work and a range of activities to tackle social isolation and health issues. The original pilot was effective at naming the needs and apprehensions of vulnerable residents, and overcoming these. Many of our service users are reticent about using statutory services - they are proud and independent, and some feel that there is a stigma attached to using Social Services. NIP's Outreach Workers have played a vital role in reassuring our clients of their rights and entitlements, and communicating the concerns and needs of vulnerable clients to the statutory services. Outreach Workers have also been instrumental in securing services for those who had previously fallen through Social Services and statutory nets.

Through our long history of outreach work, with the input of trained and supported volunteers, NIP is aware that combating isolation, as much as dealing with health and social care needs, is essential. The befriending aspect of our outreach work - taking the time to talk and really get to know our clients - is an integral part of our work.

NIP staff and professional partners have evidence, from service user feedback and monitoring the take-up of services, to give informed views on the issues and priorities facing vulnerable residents and the strengths and challenges of effective multi-agency working.

NIP has strong links with local faith, health, housing and other community organisations and has built a more effective service with our statutory partners (particularly Social Services, Health & Housing Officers, and the Police.)

Due to the large number of older Somali residents in the area, our preference would be to employ a part time Somalian speaker, so as to provide a culturally responsive service. Historically the Somalian community's focus was at Oxford House in Bethnal Green. This is no longer the case, and Somal families are scattered around the Borough, resulting in extreme isolation for many elders. With older family members having little or no English, they may not be incorporated into mainstream society. Because of the high cost of living, younger family members move away, leaving elders to fend for themselves. Our Outreach Worker would work with these elders, linking them up with our statutory partners, to empower them to support themselves, and add quality to their lives.

Additional Outreach Workers can help promote the benefits of Information Technology to our elderly clients thereby empowering them to feel more connected and technologically confident.

We believe the Healthy Living Project should not only continue, but also grow. Last year, more than 500 residents engaged with NIP's Outreach and Healthy Living services. Our workers and volunteers come from the Poplar and the Isle of Dogs; we reach widely into the different communities that make up Poplar - 67% of our service users are from BAME groups, with the largest being Bangladeshi, Caribbean and Somali. NIP develops long-term relationships of trust and friendship with our service users, helping add quality to the days and months of their lives.

NIP advocates on users' behalf when or if there are problems, and continues home visits for as long as users want or need them, often following clients into hospitals when they are ill, and sadly, sometimes being chief mourners at a client's funeral.

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?

*** RSPH (Royal Society for Public Health) - Level 2 Award Healthier Food & Special Diet**

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.

The Healthy Living Project provides weekly services at five Community Hubs. Additional outreach workers will help us promote the benefits of LinkAge Plus to those who slip through the net.

Our project encourages service users to take up mainstream services that will improve both their health and quality of life outcomes, and provides those non-statutory services which many are unaware of.

This project includes befriending work and a range of activities to tackle social isolation and health issues. We recognise that loneliness has a negative impact on the physical and mental/emotional well-being of older and vulnerable residents. Much essential outreach work takes place in client's homes, which they greatly appreciate.

We bring NHS Health Trainers into our community hubs, where older people enjoy healthy meals, a range of activities, and professional advice on maintaining, and improving health. We provide the unhurried contact, care and sense of belonging to a community statutory services may not have the time to give.

Workshops and group sessions happen on a weekly basis. The Project builds on lessons learned about collaborative working between statutory and voluntary sector organisations through NIP being part of the Department for Work and Pensions LinkAge Plus scheme.

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.

Less isolation and loneliness for service users (measured by self-evaluation of users; project monitoring information on attendance at activities, and their access to internet to provide on-line feedback etc) Attending activities in our community hubs adds to service users' well-being, increasing their confidence and helping form friendships.

Better joined up services across sectors (measured by evaluation of NIP workers and feedback from partners across sectors - Health, Social Services, Police, Housing Associations, other voluntary sector)

Improved health outcomes for vulnerable service users (measured by self-evaluation of users; feedback reports from stakeholders.) Because of health and social services cutbacks, many of our frail (mentally or physically) clients live isolated lives. Currently yoga classes have produced positive feedback from clients, who initially were tentative about the sessions.

Enhanced confidence in service users due to their introduction to IT. Greater connectivity for them with their families and communities. IT training and support will allow clients to discover, shop, Skype and communicate proactively, which we believe will be particularly of value to housebound clients.

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 hope to secure multi-year funding commitments for the Outreach Worker posts. We will continue to fund raise and research other funding sources.

Who will benefit?

About your beneficiaries

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

700

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

Tower Hamlets (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: **Somali and Bangladeshi**

What proportion of the beneficiaries will be disabled people?

51-60%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
2 x F/T Coordinators @ £26,000 + £3,495 NI	58,990	58,990	58,990	176,970
2 x P/T staff: Outreach worker ad Activity Coordinator @£10,000 + £1,286 NI	22,572	22,572	22,572	67,716
1 F/T Driver @ £15,000 + £1,976 NI	16,976	16,976	16,976	50,928
1 P/T Book-keeper @ £6,000 + £735 NI	6,735	6,735	6,735	20,205
1 P/T Administrator @ £6,000 + £735 NI	6,735	6,735	6,735	20,205
Cooks (48 weekly sessions food prep @ £100 per session)	4,800	4,800	480	14,400
Food for Healthy Living meals	15,360	15,360	15,360	46,080
Community Centre Rental (16 sessions pcm @ £100 per session)	19,200	19,200	19,200	57,600
Activities, vehicle, insurance, stationery, admin, vol, travel and 2% year on year increase	19,222	22,634	22,702	64,558
TOTAL:	170,590	174,002	174,070	518,662

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
LinkAge Plus (London Borough of Tower Hamlets and NHS)	120,000	0	0	120,000
East End Community Foundation (EECF)	8,000	0	0	8,000
	0	0	0	0
	0	0	0	0
TOTAL:	0	0	128,000	128,000

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Henry Smith Charity	25,000	25,000	25,000	75,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	25,000	25,000	25,000	75,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Part funding for F/T and P/T Outreach Workers salaries	25,000	25,000	25,000	75,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	25,000	25,000	25,000	75,000

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	57,345
Activities for generating funds	0
Investment income	122
Income from charitable activities	213,873
Other sources	0
Total Income:	271,340

Expenditure:	£
Charitable activities	255,783
Governance costs	2,400
Cost of generating funds	0
Other	0
Total Expenditure:	258,183
Net (deficit)/surplus:	13,157
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	25,036
Investments	0
Net current assets	125,404
Long-term liabilities	0
*Total Assets (A):	150,440

Reserves at year end	£
Restricted funds	69,654
Endowment Funds	0
Unrestricted funds	80,786
*Total Reserves (B):	150,440

*** 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:

Two significant changes include:

- 1) A large drop in income from major supporters (State Street, East End Community Foundation)
- 2) We have hired a dedicated permanent part-time fundraiser to identify other funding sources

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	140,525
London Councils	0	0	0
Health Authorities	0	0	0
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 £
Isle of Dogs Community Foundation (IDCF)	37,675	34,412	0
State Street Global Advisers	10,000	10,000	5,000
East End Community Foundation (EECF)	0	0	10,600
Porticus	0	0	20,000
Wakefield & Tetley Trust	4,000	0	4,000

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: **Sister Christine Frost, fcj**

Role within **Manager**
Organisation: