

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Rosetta Life	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Lambeth	
Contact person: Ms Lucinda Jarrett	Position: Artistic Director
Website: http://www.rosettalife.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1090851
When was your organisation established? 01/03/1999	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Making London More Inclusive
Which of the programme outcome(s) does your application aim to achieve? Services helping people with a newly acquired or diagnosed disability to maintain choice and control in their lives Disabled people reporting increased well-being as a result of taking part in the arts or sport
Please describe the purpose of your funding request in one sentence. To replicate a model for movement and singing activities for stroke survivors across London, piloted in Camden with a 2012 City Bridge Trust grant.
When will the funding be required? 11/01/20156
How much funding are you requesting? Year 1: £21,041 Year 2: £45,620 Year 3: £0 Total: £66,661

Aims of your organisation:

The charity's objects are:

The relief of emotional suffering of persons with life threatening illnesses by providing a creative service that enables individuals to document their lives in whatever form is appropriate to their needs

To advance the education of the rehabilitation of those who have had a life threatening diagnosis by providing them with access to creative skills which will give them back their self confidence and self esteem

To advance the education of the public

- i. through exhibitions, performances and screenings
- ii. through training packages for artists, nursing and medical staff

Main activities of your organisation:

Rosetta Life is a national charity, founded in 1999, based in Oxfordshire, with a core team of three members of staff. With a wide network of associate artists, the charity encourage those with life-threatening illness to give creative expression to something that matters through the art form of their choice and to share it, if they wish, with a wider audience through live events in their immediate or wider community and on the internet. Rosetta Life's work is about enabling participants to find voice, to regain self-esteem and to make visible the often-invisible lives of the seriously ill.

Rosetta Life has a media advocacy arm and develops advocacy media tools to communicate to wider audiences the needs and the stories of those living with life threatening illnesses. www.youtube.com/rosettalive.

It has also developed a network of movement in health practitioners working in health care in order to facilitate understanding of movement as an expressive tool for the very ill.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	3	4	4

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	Five years

Summary of grant request

Evidence of need:

"One of the big problems with people who have stroke is that they can develop significant anxiety, particularly around the risk of developing further strokes as well as low self esteem and confidence. There are relatively few interventions that we have for people late after stroke to address some of the psychological complications that arise and it would seem to me that this is potentially an intervention that could be developed and used widely at relatively low cost and potentially great benefits."

Tony Rudd CBE, Professor of Stroke Medicine, King's College London, Consultant Stroke Physician GSTT NHS Foundation Trust, National Clinical Director. Stroke NHS England, London Stroke Clinical Director.

Research from the South London Stroke Register based on 3,240 people living with stroke has found those who were depressed at 3 months after stroke were more disabled and had a lower quality of life in the long term. It also found that they had a reduced life expectancy compared to stroke survivors who were not depressed. At one year after stroke, 30% of stroke survivors said they were depressed, and 17% said they were very anxious.

80% of the UK's 1.1m stroke survivors live at home. 75% will not recover completely from their stroke. Within 6 months of discharge <50% participate in meaningful activities and 25% no longer leave their homes. Anxiety and depression rates are high (33%-70%) and adversely relate to recovery. Depression can increase healthcare costs by around 45% (The Kings Fund, Naylor, Parsonage, McDaid et al 2012).

Project Delivery:

Seventeen years of work in health care means that partnerships with hospitals have been quickly granted. A partnership with The Place, London secures the professionalism of the dance delivery and with The Guildhall School of Music and Drama ensures the professionalism of the artists training. A partnership with the Victoria and Albert Museum enables us to bring all community and hospital choirs together for a single performance as part of their Opera City exhibition. This will enable us to disseminate the project widely.

Aims:

This arts project addresses anxiety, depression, and resilience amongst newly disabled stroke survivors and carers. It will contribute to a modern system of integrated care that enables stroke survivors to maintain independent living, and will increase quality of life through engagement with arts.

Rosetta Life:

Rosetta Life has spent three years delivering dance and songwriting performance projects for stroke rehabilitation. We have strong reported qualitative evidence for the psychological outcomes -- improved mastery, self esteem and reduced anxiety and depression. Please see the Rosetta Life Stroke Odysseys pilot in Derry/Londonderry 2013 <https://youtu.be/-XT5ekX6Od8> and the year long programme of movement and image initiatives on the stroke rehab unit at the NHNN delivered by Rosetta Life and The Place, London's leading centre for contemporary dance and funded by City Bridge Trust. (<https://youtu.be/OcqWcfjKT7U>)

We carried out a wide consultation across London (2014 -- 15) and have now been awarded funding by Guys and St Thomas Charitable Foundation to develop a model for clinical commissioning for Lambeth and Southwark. We are the only charity capable of replicating this model and now seek funding from City Bridge Trust to widen access to this model across North and South West London and to train a network of volunteers to support its sustainability.

Good Practice:

Rosetta Life's practice is to develop art works and art activities in collaboration with service users. Guys and St Thomas Charity are supporting the charity's remit by funding research and design of a model that combines singing, songmaking and movement that is fit for clinical commissioning that is co created with service users.

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?

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.

Seminars delivered in Spring 2016 at The Institute of Neurology at University College Hospitals, Camden, at St Georges Hospital, Tooting and across the communities of Wandsworth, Westminster and Camden to disseminate the co created practice developed from the research development design funded by Guys and St Thomas Charitable Trust.

Training programmes for artists and community healthcare assistants in Camden, Westminster and South West London delivered with stroke survivors and carers. Recruitment and training of peer ambassadors to buddy and mentor stroke survivors attending workshops in clinical and community settings. Recruitment of volunteer manager to support their engagement.

2 X 10 week multidisciplinary arts interventions combining music and dance and songmaking and narrative identity in hospital settings at University College Hospitals, Camden and at St Georges Hospital, Wandsworth, resulting in two informal performance events developed and led by stroke survivors in partnership with artists.

Producing a sustainable legacy for the project in the community: 3 x 8 weeks sessions in London communities of Westminster, Tooting, and Camden - with outpatient referrals from clinical settings delivered by artists and supported by peer ambassadors, managed by Rosetta Life.

Sharing the legacy with presentations at Stroke Odysseys conference at The Barbican Centre, East London.

Sharing performances at The Victoria and Albert Museum September 2017 as part of European Touring exhibition, Opera City.

Widely disseminated findings of this replicated model will online videos, websites, presentations and workshops.

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.

Stroke Odysseys will provide a high quality artistic, recreational and rehabilitative focus for disabled older people in North, Central and South West London, living with stroke. Changes in subjective wellbeing measures will be at least 20% reduction in depression and anxiety experienced by long term stroke survivors.

The project will develop 20 peer ambassadors from the community of stroke survivors and carers. They will support production of performance work for stroke survivors. The new training and hands-on experience they will receive will be a valuable contribution to their personal development and support strategies for independent living.

This performance project will help overcome the isolation people face after suffering a stroke. The group creative movement and music activities will offer people companionship and support. The sustainable community model will offer stroke survivors ongoing peer support and relationships with artists and wider creative communities.

Dance activities will help support the growth of greater physical confidence among older London stroke survivors and will support active and healthier lifestyles. This project combines movement for the first time with singing and songmaking, supporting people to create meaning out of their life experiences and promoting mental wellbeing.

Connecting communities to overcome stigma and isolation: Communities will be brought closer together and the conversations provoked will support solutions for older stroke survivors.

- **NHS clinical staff**
- **Community and voluntary carers and associations**
- **The stroke survivors**
- **Families and carers**
- **Voluntary arts and crafts practitioners**

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?

This grant to replicate the model is supported by partnership funding from Guys and St Thomas Charity that enables us to research develop and design a model fit for clinical commissioning. In addition, we recognise that across London personalised budgets are increasingly effective and operational. Finally trained peer ambassadors will support sustainability of aspects of the planned intervention.

Who will benefit?

About your beneficiaries

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

90

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

Camden (50%) Several SW London (30%) Westminster (20%)

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
Developing the Model	33,425	0	0	33,425
Stakeholder Engagement	3,588	0	0	3,588
Training programmes for artists and peer ambassadors	13,713	0	0	13,713
Multi disciplinary interventions in hospital settings	0	13,100	0	13,100
Sustainable model delivered in communities	0	25,750	0	25,750
Evaluation and dissemination of findings	0	24,335	0	24,335
Project management and overheads	3,740	3,740	0	7,480
Volunteering Time	0	8,500	0	8,500
	0	0	0	0

TOTAL:	54,466	75,425	0	129,891
---------------	---------------	---------------	----------	----------------

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Guys and St Thomas Charity	35,230	2,000	0	37,230
Victoria and Albert Museum	0	17,500	0	17,500
	0	0	0	0

TOTAL:	35,230	19,500	0	54,730
---------------	---------------	---------------	----------	---------------

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Volunteering Time	0	8,500	0	8,500
	0	0	0	0

TOTAL:	0	8,500	0	8,500
---------------	----------	--------------	----------	--------------

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Stakeholder Engagement	3,588	0	0	3,588
Training Programmes for artists and peer ambassadors	13,713	0	0	13,713
Multi disciplinary interventions in hospital settings	0	13,100	0	13,100
Evaluation and Dissemination of findings - online and at workshops	0	3,030	0	3,030
Sustainable model delivered in communities	0	25,750	0	25,750
Project management and overheads	3,740	3,740	0	7,480

TOTAL:	21,041	45,620	0	66,661
---------------	---------------	---------------	----------	---------------

Finance details

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

Financial year ended:	Month: March	Year: 2014
-----------------------	------------------------	----------------------

Income received from:	£
Voluntary income	53,780
Activities for generating funds	0
Investment income	2
Income from charitable activities	0
Other sources	0
Total Income:	53,782

Expenditure:	£
Charitable activities	38,752
Governance costs	2,878
Cost of generating funds	4,305
Other	0
Total Expenditure:	45,935
Net (deficit)/surplus:	7,847
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	7,847

Asset position at year end	£
Fixed assets	1
Investments	0
Net current assets	7,107
Long-term liabilities	0
*Total Assets (A):	7,108

Reserves at year end	£
Restricted funds	7,071
Endowment Funds	0
Unrestricted funds	37
*Total Reserves (B):	7,108

* 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?
31-40%

Organisational changes

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

N/A

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	0
London Councils	0	0	0
Health Authorities	4,250	0	0
Central Government departments	0	0	0
Other statutory bodies	0	30,240	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 £
Rayne Foundation	20,000	0	0
St Michaels Hospice Hereford	3,750	0	0
The Cultural Institute at Kings College London	25,000	0	0
Guys and St Thomas Charitable Foundation	0	0	245,940
Scottish Partnership for Palliative Care	7,000	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: **Lucinda Jarrett**

Role within **Co Director and Executive Producer**
Organisation: