

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Claremont Project (Islington)	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Islington	
Contact person: Mr Paul Stanfield	Position: Chief Executive
Website: http://www.claremont-project.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1070611
When was your organisation established? 01/01/1907	

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 Fewer older Londoners aged over 75 years with depression and more reporting improved well-being
Please describe the purpose of your funding request in one sentence. To launch Flourishing Lives; a coalition project to catalyse transformation in the older people's day services sector.
When will the funding be required? 26/02/2016
How much funding are you requesting? Year 1: £54,302 Year 2: £48,880 Year 3: £49,632 Total: £152,814

Aims of your organisation:

Claremont is about people having opportunities to shine and live happier, socially connected and engaged lives. We work especially with those older people most vulnerable to the social determinants of health who are experiencing psychological difficulties, loneliness and isolation and who are socially excluded or marginalised. Our aims are to: Reduce the isolation experienced by older people living in Islington and the surrounding boroughs; Improve the mental and emotional well-being of people who use Claremont's services; and Develop 'Flourishing Lives', our coalition project identifying and implementing best practice in the day centre sector.

Main activities of your organisation:

We provide a multidisciplinary spectrum of services and activities that research and experience suggest makes for happier, healthier people and communities. We run over thirty regular classes a week ranging from tai chi, dance and drama, to art therapy, music therapy, psychotherapy groups and one to one psychotherapy. In addition we have a range of special projects and events for older people. For example we organised a giant, record-breaking "Conga in the Fields" in Highbury (it broke the record because of the number of people involved wearing decorated hats) and, an Ancient Greek Festival which featured poetry, dance and drumming by Claremont members. We work with our members to develop activities rather than make assumptions about what they will like based on 'age appropriate' stereotyping. So, for example in response to what our members told us they wanted we now hold a weekly flamenco class as well as a regular ballet class which is run by our Islington neighbours, Sadler's Wells.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
4	2	7	20

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	18 years.

Summary of grant request

Almost 1 in 5 of the UK's population is of state pension age. Providers including day care services seek to meet their varied needs in areas such as physical and mental health, economic well-being, and social interaction. However these services vary in quality and as a sector are highly fragmented. There has been very little work done on what constitutes best practice and on how the activities delivered address pensioners' needs. In 2012 Claremont commissioned independent research to provide a detailed evidence base around the needs and wants of older people in relation to the day care services on offer. The research, Flourishing Lives, found that older people enjoy having more time, independence and freedom, do not want to be defined by their age or condition, still aspire to achieve things and learn new skills, want to contribute and have a role, and appreciate the provision of appropriate therapeutic support to tackle depression and loneliness. The implications from the research for providers are that staff should be of high quality, a wide range of activities delivered to a professional standard should be on offer, flexibility should be built into participation models, and investment in inclusivity is important.

A key voluntary sector group is taking forward the Flourishing Lives vision: to support the day centre sector by developing and disseminating best practice models to support the development of new and higher quality services better tailored to meeting the needs of the older people who use them; and by creating a Charter for Outstanding Day Services and programme of activities for older people proven to increase well-being and social interaction along with advice for providers on implementation. Claremont is the Flourishing Lives project lead. Its coalition partners are the National Development Team for Inclusion, and Volunteering Matters. The first steps are to appoint a Flourishing Lives Project Coordinator and an intern who will be based at Claremont and line managed by the CEO. Project outputs are: creation of a database and online forum, training accreditation, a conference, the Charter creation/adoption, 3 day centre transformation projects.

Claremont provides isolated and marginalised older people living in Islington and neighbouring boroughs with a range of aspirational, creative and stimulating opportunities. Last year we were the recipients of the Royal Society for Public Health's annual award for Arts in Health for our work in improving psychological well-being for isolated older people. This award came in part as recognition of Claremont's original contributions in promoting the health and well-being of older people through a diverse range of creative arts but also in recognition of the significant contribution to the evidence base for their benefits.

Flourishing Lives will enable older people to live healthier, more active lives because it will share best practice (developed with older people) with providers thereby improving day care services. The project will help to increase well-being amongst older people as it will help providers to develop appropriate therapeutic services alongside a programme of physical/cultural activities.

We continue to implement our green policy and plan to update our eco-audit which City Bridge Trust originally helped with. We actively reach out to harder-to-reach people who aren't already engaged in local systems and networks. Claremont Members are the main impetus for this project and the spirit of co-production is at its core. We have a formal intern rather than a volunteer programme providing training and help with employment and have hired two interns in the past as full time employees. We prefer to invest more time with fewer volunteers to ensure their experience with us is a valuable one.

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?

N/A

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.

Identify older people's day care services in London and create a database. An intern will be recruited to create a database of all London-based day care services for older people. This is the first stage of the Flourishing Lives project.

Finalise and seek accreditation from the Royal Society for Public Health for the Flourishing Lives training programme. This when completed will generate income.

Using the database, the Project Coordinator will create and manage a Flourishing Lives online forum/website. The forum will be a place for providers where they can discuss policies and procedures and share best practice. It will also have a hiring facility.

Plan Flourishing Lives conference for London-wide older people day care service providers. This is planned to take place in Winter 2016. One of the conference's outputs will be the creation and promotion of a Charter for Outstanding Day Services for Older People.

Plan and carry out Transformation Projects in three London day care service providers with coalition partners using the new accredited training package.

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.

Moving the London sector of providers from a practice-based evidence approach to an evidence-based practice approach, based on a clearly articulated foundational model of service and evidence of best practice

Increased use by London's older population, especially those previously isolated, of services that are aspirational, not ageist, and which deliver friendship and increased physical and mental wellbeing

Increased involvement of older people in their own services and activities. Helping providers to create cultures of volunteering and of reciprocity and "mucking in"

Increasing the quality of participatory arts and physical activities through the use of professional tutors and the variety of activities on offer at centres to cater to a heterogeneity of interests and ethnicities

Reducing the fragmentation of the sector by providing community for service providers

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?

It is likely assuming that sufficient funds are raised that the project will be run by Claremont beyond the three year period for which we are seeking funding and that at some point thereafter may possibly move towards becoming independent.

Who will benefit?

About your beneficiaries

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

3,000

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

London-wide (100%)

What age group(s) will benefit?

75 and over

What gender will beneficiaries be?

Male

Female

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?

21-30%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Flourishing Lives Coordinator FT incl ENI + pension	32,984	33,643	34,315	100,942
Recruitment of Coordinator and Intern costs	3,000	0	0	3,000
Project leadership by Claremont CEO (35% of FT Salary incl. ENI + pension)	28,333	28,899	29,477	86,709
Flourishing Lives Conference and conference organiser	1,000	39,520	0	40,520
Training accreditation by Royal Society for Public Health	4,500	3,000	2,500	10,000
Transformation Projects in 3 centres	0	15,690	15,690	31,380
Evaluation	0	1,500	1,500	3,000
Design, printing, brand and website	2,500	1,000	500	4,000
Claremont overheads at 12%	9,110	14,430	9,777	33,317
TOTAL:	81,427	137,682	93,759	312,868

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Training income (projected)	0	7,000	10,500	17,500
Rayne Foundation (secured)	5,000	5,000	5,000	15,000
Conference income (projected)	0	24,000	0	24,000
	0	0	0	0
TOTAL:	5,000	36,000	15,500	56,500

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
xTudor Trust	11,200	30,452	30,452	72,104
	0	0	0	0
TOTAL:	11,200	30,452	30,452	72,104

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Flourishing Lives Coordinator FT incl ENI + pension	32,984	33,643	34,315	100,942
Online forum/website and Flourishing Lives branding	2,500	0	0	2,500
Recruit/support intern to create database	3,000	0	0	3,000
Project Leadership by Claremont CEO	10,000	10,000	10,000	30,000
Claremont overheads	5,818	5,237	5,317	16,372
	0	0	0	0
TOTAL:	54,302	48,880	49,632	152,814

Nursed grant application budget-
Appendix 1

Total Project Costs

Item	Year 1	Year 2	Year 3	Total
Flourishing Lives Coordinator FT including ENI + pension	32984	33643	34315	100942
Recruitment of Coordinator and Intern costs	3000			3000
Project Leadership	28333	28899	29477	86709
Flourishing Lives Conference and Conference Organiser	1000	39520		40520
Training Accreditation	4500	3000	2500	10000
Transformation Projects in 3 Centres		15690	15690	31380
Evaluation		3000	3000	6000
Design, printing, brand and website	2500	1000	500	4000
Claremont overheads at 12%	9110	14430	9777	33317
Total	81427	139182	95259	315868

Request to City Bridge Trust

Item	Year 1	Year 2	Year 3	Total
Flourishing Lives Coordinator FT including ENI + pension	32984	33643	34315	100942
Recruitment of Coordinator and Intern costs	3000			3000
Project Leadership	5000	5000	5000	15000
Evaluation		3000	3000	6000
Design, printing, brand and website	2500			2500
Claremont overheads at 12%	5818	5237	5317	16372
Total	49302	46880	47632	143814

Finance details

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

Financial year ended:	Month: March	Year: 2015
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Income received from:	£
Voluntary income	107,890
Activities for generating funds	0
Investment income	2,230
Income from charitable activities	231,401
Other sources	0
Total Income:	341,521

Expenditure:	£
Charitable activities	341,183
Governance costs	6,682
Cost of generating funds	18,335
Other	0
Total Expenditure:	366,200
Net (deficit)/surplus:	(24,679)
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	(24,679)

Asset position at year end	£
Fixed assets	38,090
Investments	0
Net current assets	130,624
Long-term liabilities	0
*Total Assets (A):	168,714

Reserves at year end	£
Endowment funds	0
Restricted funds	0
Unrestricted funds	168,714
*Total Reserves (B):	168,714

*** 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?
0%

Organisational changes

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

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	450	500	0
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	1,000	500
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 £
Henry Smith Charity	18,750	30,000	30,000	
Cripplegate Foundation	10,000	15,000	15,000	
Esmee Fairbairn Foundation	0	0	15,000	
Leathersellers' Company	0	0	10,000	
Lloyds Bank Foundation	0	10,000	10,000	

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: **Paul Stanfield**

Role within **CEO**
Organisation: