

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Covent Garden Dragon Hall Trust	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Camden	
Contact person: Ms Nicole Furre	Position: Director
Website: http://www.dragonhall.org.uk	
Legal status of organisation:	Charity, Charitable Incorporated Company or company number: 1087268
When was your organisation established? 29/06/2001	

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. Supports older people in Covent Garden and Holborn to lead more active and healthier lives, with additional support from trained volunteer befrienders.	
When will the funding be required? 01/01/2016	
How much funding are you requesting?	
Year 1: £32,260	Year 2: £31,420 Year 3: £31,420
Total: £95,101	

Aims of your organisation:

We provide a community facility in Covent Garden & Holborn to serve the needs of local residents and communities, with a focus on children, young people and older residents. Key strategic aims for the organisation:

SUSTAINABILITY: To develop CGDHT as a self sustaining community activity and information resource for Covent Garden, Holborn, St Giles and Bloomsbury offering a venue for the use and benefit of local residents, businesses, community groups and organisations;

INCLUSION: Offer a wide range of social, educational and recreational activities and events, developed and delivered in partnership with service users, to facilitate the needs and interests of diverse communities, with particular focus on those at risk from social exclusion and isolation;

PARTNERSHIP WORK: Enable partnership working in the area to develop around the hub of the venue and establish a consultative mechanism that will enable resources to be pooled, avoid overlap and duplication of services, identify gaps in provision and develop responses to these;

Main activities of your organisation:

CGDHT is Covent Garden and Holborn's community centre offering a wide range of activities and services to local people. These include: Under 5s Drop-in, play work, youth work, support for young people who are not in education, employment or training (NEETs), over 50s activities and a space to hire for local people / groups. Spread across 3 sites and including the organisation of community activities for Covent Garden Community Centre, Dragon Hall is a bottom up organisation, focused on responding to, and facilitating the needs of local people.

We have a variety of activities for the older age group, some of these take place in our sister organisation Covent Garden Community Centre, including an Art, Chair Yoga, Bridge Club, Pilates, Covent Garden Choir and at Dragon Hall we hold a monthly Tea Dance.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
4	2	9	45

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	35 years

Summary of grant request

NEED

Camden's older population (age 65+) is estimated to be 25,300; this is 11% of Camden's total population. An estimated 3,400 people in Camden are aged 85+, 1.5% of the population. Increases in an aging population will have important implications for service planning around issues such as hip fractures and falls, social care and end of life care.

Growth

Camden's older population (65+) is expected to rise to 29,280 by 2023, an increase of 15.7% from 2013. This compares with a 16.5% increase in London and Camden's 80+ population is projected to rise to almost 9,000 persons by 2023.

The ward that will see the largest increase in the older population are Holborn and Covent Garden (32.2%).

DELIVERY

The project will be for 3 years and we will recruit beneficiaries on a rolling basis. The following activities will be undertaken:

ACTIVE AND HEALTHIER LIVES ACTIVITIES: a wide range of activities will be undertaken that will lead to older people leading more active and healthier lives, both mentally and physically; an example of the regular activities will include: Art and Craft Classes; Chair Yoga Class; Bridge Club; Pilates; Silver Surfer (Intro to digital) classes; Monthly Tea Dance;

VOLUNTEER BEFRIENDING TRAINING: recruitment and selection of volunteers to be trained as volunteer befrienders to provide one-to-one support to older people 75+ and carers 65+; comprehensive package of training covering all aspects of being a befriender with vulnerable adults.

VOLUNTEER BEFRIENDING SERVICE: regular home visits will be made to older people and their carers to reduce isolation, to provide support and advice, and to encourage participation in our centre based activities.

AIMS

The project will work with older people over 75 years and carers over 65 years in Camden and neighbouring areas to:

Increase the number of older people accessing our service and living more active and healthier lives

decrease in reported depression amongst older people accessing our activities and services

increase in older people reporting improved physical and mental well-being

increased referrals of older people to specialist agencies for additional support, advice and respite

increased referrals of carers aged 65 years to specialist agencies for additional support, advice and respite

Supported by a pool of volunteer befrienders who will have undertaken specialist training to provide outreach and befriending support

RIGHT ORGANISATION

CGDHT is best placed to deliver the services and activities to the increasing population of older people in the area because:

Over 110 older people currently accessing our older people activities and services;

Track record of delivering older people activities and services for over 8 years;

No other services/organisations delivering older people activities in the immediate area

OUTCOMES

Older people benefiting from our activities and services will lead more active and healthier lives

Increase in older people accessing our activities and services

Older people feel less isolated as a result of outreach visits or befriending activities

Volunteer befrienders will be better qualified to provide high quality outreach and befriending

Older people will be more involved in the management and running of the service

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?

We have the Bronze Award from London Youth, AQYP and we are in the process of completing the Silver and Gold Awards which should be given during October 2015. We are also currently working towards PQASSO Level 1.

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.

ACTIVE AND HEALTHIER LIVES ACTIVITIES: a wide range of activities that will lead to older people leading more active and healthier lives, both mentally and physically; including: Art and Craft Classes; Chair Yoga Class; Bridge Club; Pilates; Silver Surfer (Into to digital) classes; Monthly Tea Dance;

VOLUNTEER BEFRIENDING TRAINING: recruitment and selection of volunteers to be trained as volunteer befrienders to provide one-to-one support to older people over the age of 75 and carers over 65; A comprehensive package of training covering all aspects of being a befriender with vulnerable adults.

OUTREACH AND VOLUNTEER BEFRIENDING SERVICE FOR OLDER PEOPLE: regular home visits with be made to older people and their carers to reduce isolation, to provide support and advice, and to encourage participation in our centre based activities.

OLDER PEOPLE FORUM: Older people play a more important role in their communities through being more involved in the management and running of the service.

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.

Older people benefiting from our activities and services will lead more active and healthier lives. Over the project lifecycle: 80% of Older people participating in activities and services will identify increased activity and feeling of wellbeing;

Increase in older people accessing our activities and services; Over the project lifecycle: 50% increase in number of older people accessing a wide range of activities and services, ultimately reducing their isolation and increasing their independence;

Older people feel less isolated as a result of outreach visits or befriending activities; Over the project lifecycle: 90 % of older people participating will feel less isolated as a result of visits or befriending by volunteers;

Volunteer befrienders will be better qualified to provide high quality outreach and befriending; All volunteers report increased understanding or the principals of volunteering and befriending; CGDHT will accredited by the Mentoring and Befriending Foundation recognising improvements in quality of support to older people.

Older people will be more involved in the management and running of the service. Older People User Forums will be established. All older people participating in the project will report improved management and running of project that meets their specific needs.

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?

CGDHT plans to continue the activity beyond the period we are requesting funding. We are in the process of developing an income generation and fundraising strategy in for the organisation. We will also be approaching other trusts and foundations for funding, as well as looking at subsidising and supporting the activities through income generated from room hire to commercial enterprises.

Who will benefit?

About your beneficiaries

How many people will benefit directly from the grant per year? 120
In which Greater London borough(s) or areas of London will your beneficiaries live? Westminster (20%) Camden (80%)
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? 1-10%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Director (5% of time) includes NIC and Pension	2,651	2,651	2,651	7,953
Older People Manager includes NIC and Pension	33,400	33,400	33,400	100,200
Sessional tutors: activities and volunteer training	5,000	5,000	5,000	1,500
Stationary, postage, insurance, accounting	450	450	450	1,350
Rent, rates and additional room hire	1,500	1,500	1,500	4,500
Accreditation costs APS	840	0	0	840
Telephone, fax and internet	480	480	480	1,440
Promotion and marketing	500	500	500	1,500
Volunteer subsistence and travel costs	800	800	800	2,400

TOTAL:	45,620	44,780	44,780	135,181
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Income generation activities	5,000	5,000	5,000	15,000
	0	0	0	0

TOTAL:	5,000	5,000	5,000	15,000
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Other trust and foundations	8,400	8,400	8,400	25,600
	0	0	0	0

TOTAL:	8,400	8,400	8,400	25,600
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Director (5% of time) includes NIC and Pension	2,651	2,651	2,651	7,953
Older People Manager includes NIC and Pension	20,041	20,041	20,041	60,123
Sessional tutors: activities and volunteer training	5,000	5,000	5,000	15,000
Stationary, postage, insurance, accounting	450	450	450	1,350
Rent, rates and additional room hire	1,500	1,500	1,500	4,500
Accreditation costs APS	840	0	0	840
Telephone, fax and internet	480	480	480	1,440
Promotion and marketing	500	500	500	1,500
Volunteer subsistence and travel costs	800	800	800	2,400

TOTAL:	32,260	31,420	31,420	95,101
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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	5775
Activities for generating funds	10051
Investment income	6
Income from charitable activities	268173
Other sources	
Total Income:	284005

Expenditure:	£
Charitable activities	261222
Governance costs	14739
Cost of generating funds	0
Other	
Total Expenditure:	275961
Net (deficit)/surplus:	8044
Other Recognised Gains/(Losses):	
Net Movement in Funds:	5061

Asset position at year end	£
Fixed assets	7318
Investments	
Net current assets	55785
Long-term liabilities	15561
*Total Assets (A):	78664

Reserves at year end	£
Endowment funds	0
Restricted funds	46117
Unrestricted funds	32547
*Total Reserves (B):	78664

* 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%
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Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:
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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	45,000	93,000	69,000
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 £
John Lyons	20,000	20,000	20,000
Bulldog Trust	0	0	9,312
Garfield Western	5,000	0	0
William Shelton Educational Charity	0	8,250	0
Children In Need	8,572	8,572	8,572

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: **Nicole Furre**

Role within **Director**
Organisation: