

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Age Exchange Theatre Trust</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Greenwich</b>	
Contact person: <b>Mrs Suzanne Lockett</b>	Position: <b>Director of Operations</b>
Website: <a href="http://www.age-exchange.org.uk">http://www.age-exchange.org.uk</a>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>326899</b>
When was your organisation established? <b>10/03/1983</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Older Londoners</b>
Which of the programme outcome(s) does your application aim to achieve? <b>Carers aged 65 years and over better able to access support, advice and respite People living with Alzheimer's and other forms of dementia having a better quality of life</b>
Please describe the purpose of your funding request in one sentence. <b>We originally applied for 3 years funding to support older carers and were awarded 1 year's funding, we now apply for the remaining 2 years.</b>
When will the funding be required? <b>01/08/2016</b>
How much funding are you requesting? Year 1: <b>£47,847</b> Year 2: <b>£48,802</b> Year 3: <b>£0</b>  <b>Total: £96,649</b>

**Aims of your organisation:**

Age Exchange is the UK's leading reminiscence arts and social care charity. We reach out to people using memories and the arts to help them understand and express who they are, to value their experience, to build and strengthen relationships and to bring them together. Our aim is to help people feel good, to make their own choices and to live the lives they want by increasing:

- self-confidence, self-esteem and well-being
- the feeling of being part of and contributing to family and community, communication between individuals, family and paid carers and other in the community
- access to arts, reminiscence and creative activities

**Main activities of your organisation:**

We work with older people individually, in groups and in communities. We work with family carers and with professionals, supporting and training them in reminiscence arts to enable them to use them day to day. One of our strengths is mixing the generations and enabling them to share their experiences and memories and to understand and learn from each other. We are expert at working with people with dementia including those for who the spoken word may not be their main method of communication. We offer opportunities and support for older people to remember their life experiences and to participate in and enjoy artistic and creative activities which stimulate those memories. These activities - talking, theatre, music, dance, movement - stimulate all sorts of memories including deep seated physical memories. This is particularly important for people with dementia. The activities may result in various art forms but always mean that people are left feeling valued for who they are.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>4</b>	<b>12</b>	<b>12</b>	<b>80</b>

**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?
<b>Owned</b>	

## Summary of grant request

The need for this project has been identified by the demand on our services from people with dementia and their carers, and organisation seeking support for older people with mental health needs locally where provision is poor. Age Exchange has increasing concern for family carers, isolated within their caring daily lives, with evidence pointing to high risk of depression and ill health. Artful Caring will continue to concentrate on alleviating the detrimental effects of 24/7 caring by older people for their loved one, through provision of focused therapeutic activity in a warm, creative and caring environment. So much time is spent dwelling on what people with dementia cannot do anymore whilst little or no thought is given to what they can still do and contribute. For carer and loved on we aim to provide 'shared respite' through reminiscence and creative activity.

We have received one year's funding from City Bridge Trust for this project and we are now applying for the remaining 2 years. We have learnt from the first year and have made some changes to the original bid based on the needs of the users of the project. In particular, we have raised 75% of the funding to start a new group on Sunday after anecdotal evidence indicating that "Sunday was the loneliest day for isolated older people". The Childwick Trust has awarded us this funding and we have included the remainder in this bid to City Bridge Trust to further build on the proactive work that we have been able to do with carers over the past year.

We aim to deliver a multi-faceted project offering both Carer and the people that they care for the opportunity to re-engage with their peers for mutual support, friendships and essentially to help them re-build a sense of worth and well-being. With up to date statistics suggesting that the number of people with dementia will continue to rise there needs to be more thought put into how we support family carers and to help society to understand that people with dementia deserve to remain in the own community for as long as possible. To do this we aim to run activities that will provide opportunities for participation and the bring people together to enjoy the company of others, with and without dementia.

Participants will be able to self-refer. We will also accept referrals from local GPs, colleagues from MindCare, Alzheimers UK and Age UK Southward and Lewisham, ensuring maximum participation and benefit. them and inform their future care. We will encourage participation by different groups of people not necessary just spouses but include the wider family and sometimes live-in professional carers.

To do this we shall run:

1. 46 weekly group sessions for up to 15 couples offering stimulating arts activities for carers and their loved ones increasing meaningful interaction between them. The sessions will be provided by training Reminiscence Arts Practitioners who have extensive knowledge of working with people with dementia.
2. Weekly sessions providing advocacy, support, and alternative therapy identified by the carer and our Dementia Support Manager. These sessions provide some meaningful 'me time' for older carers enabling them to cope better with the demands of caring for someone with dementia.
3. Weekly 1:1 sessions for carers to participate in stimulating arts activities provided by trained artists and volunteers whilst providing respite care for the person with dementia.
4. Provide 46 weekly Sunday group to enable carers to access support and friendship on a day when they find it most stressful. Arts activities will be provided by Reminiscence Arts Practitioners and a hot meal will be provided.

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 are currently working towards PQASSO - however we do have extensive evaluation from Royal Holloway University London and have recently undergone Ethical Approval for work within the NHS.**

### **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.

**To provide a structured 3 hour session each week for up to 15 couples for 46 weeks throughout the year. The sessions will be held at the Bakehouse Theatre in Blackheath which is a non-institutional venue.**

**Provide enjoyable and stimulating activities for older Carers and the people with dementia that they care for. These activities provide an opportunity for the Carer and Cared-for to participate in enjoyable reminiscence arts activities together.**

**Provide regular respite sessions for Carers to have 1:1 sessions with a professional of their choosing. This might be a therapist providing relaxation techniques/advice or speaking to someone who will take on an advocacy role for them. During these sessions support for the Cared-for person will be undertaken by volunteers.**

**Provide a new Sunday carers service. Carers have identified that Sunday is the loneliest day of the week and we will provide similar activities to those during the week as a drop in facility.**

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 carers feel less stressed and able to cope better with the demands of caring for a person with dementia. They will learn techniques to enable them to feel in control when they are on their own at home.**

**Have a weekly focus of somewhere to go other than hospital/doctors appointments. Meet new friends who understand how they are feeling because they are living through a similar experience. Go out with other members of the group outside of the sessions.**

**Get knowledge about the benefits that they, as carers, can claim to help with the increased expenses related to caring for someone with dementia. They will also be able to find out more about respite care to enable them to re-charge their batteries.**

**Carers will have improved self-esteem and self-worth after participating in stimulating activities awakening interests, skills and knowledge that they had previously but had forgotten or put aside to concentrate on their caring responsibilities.**

**Carers will feel able to speak to people who can advise them about keeping well, calm and happy, relieving depression etc. Providing extra support on a 1:1 basis together with respite will encourage carers to get out of the house and visit the Centre more regularly.**

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 would strive to continue this work, as we have in the recent past, by including it as part of our core delivery and as such the expenditure would be included in future budgets. Other trusts, personal budgets and other sources of funding would be investigated. Continued funding for the Sunday group is already in hand.**

## Who will benefit?

### About your beneficiaries

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

**150**

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

**Greenwich (35%)**

**Lewisham (45%)**

**Bexley (10%)**

**Southwark (10%)**

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?

**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
Venue hire	3,450	5,750	5,865	0
Catering and transport for participants	11,040	15,640	15,953	0
Volunteer expenses	1,840	3,680	3,753	0
Project artists	10,580	13,524	13,794	0
Materials	1,380	2,760	2,815	0
One to one support	10,350	9,660	9,853	0
Support staff (Sunday group)	0	7,728	7,883	0
Artists planning	1,350	1,575	1,606	0
Overall supervision, administration and management	7,560	8,280	8,445	0

<b>TOTAL:</b>	<b>47,550</b>	<b>68,597</b>	<b>69,967</b>	<b>0</b>
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### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
In-kind venue hire	0	5,750	5,865	0
Childwick Trust	0	15,000	0	0
City Bridge Trust (January 2015)	48,000	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>48,000</b>	<b>20,750</b>	<b>0</b>	<b>0</b>
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### What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
To be sought	0	0	15,300	0

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Catering and transport for participants	0	11,730	11,965	0
Volunteer expenses	0	2,760	2,815	0
Project artists	0	10,143	10,345	0
Materials	0	2,070	2,111	0
One to one support	0	9,660	9,853	0
Support staff (Sunday group)	0	3,864	3,941	0
Artists planning	0	945	964	0
Overall supervision, administration and management	0	6,675	6,808	0

<b>TOTAL:</b>	<b>0</b>	<b>47,847</b>	<b>48,802</b>	<b>0</b>
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## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2015</b>
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Income received from:	£
Voluntary income	439,431
Activities for generating funds	79,920
Investment income	3,947
Income from charitable activities	124,458
Other sources	0
<b>Total Income:</b>	<b>647,756</b>

Expenditure:	£
Charitable activities	566,290
Governance costs	17,485
Cost of generating funds	73,971
Other	0
<b>Total Expenditure:</b>	<b>657,746</b>
<b>Net (deficit)/surplus:</b>	<b>-9,990</b>
<b>Other Recognised Gains/(Losses):</b>	<b>3,694</b>
<b>Net Movement in Funds:</b>	<b>-6,296</b>

Asset position at year end	£
Fixed assets	1,534,831
Investments	103,132
Net current assets	53,439
Long-term liabilities	260,095
<b>*Total Assets (A):</b>	<b>1,431,307</b>

Reserves at year end	£
Restricted funds	137,775
Endowment Funds	117,917
Unrestricted funds	1,175,615
<b>*Total Reserves (B):</b>	<b>1,431,307</b>

\* 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?  
1-10%

### Organisational changes

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

In July 2015 the trust obtained a further loan of £150,000 secured against its buildings to provide capital to invest in improving its sustainability. In March 2016 we were one of 260 organisations awarded a Local Sustainability Grant (LSF) of £97,000 from the government. The LSF awards fund projects to improve sustainability in high-impact VCSE organisations who provide vital services for vulnerable people.



## 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	34,050	35,740	35,000
London Councils	0	0	0
Health Authorities	0	7,725	5,000
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 £
Guys and St Thomas Charity	232,330	172,250	54,000
May & Stanley Smith Charitable Foundation (US)	24,129	24,203	0
Merchant Taylors Charitable Trust	18,200	12,030	42,030
Rank Foundation	0	0	25,000
Heritage Lottery Fund	40,600	33,769	41,950

## 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: **Suzanne Lockett**

Role within                      **Director of Operations**  
Organisation: