

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Centre 404	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Islington	
Contact person: Ms. Linda McGowan	Position: Chief Executive
Website: http://www.centre404.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 299889
When was your organisation established? 01/01/1951	

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? Carers aged 65 years and over better able to access support, advice and respite Older Londoners aged 75 years and over living more active and healthier lives
Please describe the purpose of your funding request in one sentence. To provide information, advice, benefits checks and claims, support and respite to carers over the age of 65 and specialist support for those over 75
When will the funding be required? 07/04/2016
How much funding are you requesting? Year 1: £38,715 Year 2: £39,914 Year 3: £41,147 Total: £119,777

Aims of your organisation:

Centre 404 was established in 1951 by a small group of parents of children with learning disabilities who felt unsupported and stigmatized. Through their energy and vision we have developed into a support centre for adults and children with learning disabilities and their family carers primarily in the London Boroughs of Islington and Camden and we are looking to expand across North and East London.

Our aim is to work towards a world where people with learning disabilities and their families have the support that they need and enjoy the same rights, freedoms, responsibilities, respect, choices and quality of life as people from within the wider community.

Main activities of your organisation:

Our SUPPORTING FAMILIES SERVICE provides information, advice and support for family carers, social activities for the whole family, support groups, practical workshops, forums and carer engagement- giving carers a voice in influencing decision makers.

Our LEARNING AND LEISURE SERVICE provides daily clubs, activities and interest groups for children, young people and adults with disabilities, including those with multiple and complex needs. They also provide holiday play schemes and a weekly Friday night disco for adults over the age of 16.

Our HOUSING SERVICE is contracted by Islington Council to provide supported housing for 82 people, supported living services for 35 people and outreach support for 47 people living in the community. This is very staff intensive and accounts for over three quarters of our annual income and expenditure.

VOLUNTEERING plays a key role at Centre 404 and we provide valuable opportunities for family carers and adults with learning disabilities to gain new skills and experience through volunteering.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
84	112	10	82

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?
Owned	

Summary of grant request

THE NEED:

[Evidence - The Princess Royal Trust for Carers "Always on Call, Always Concerned", 2011 and Centre 404 Carers Consultations, 2014-15]

- As carers and the person they care for grow older, they often become more isolated and 65% suffer from ill health, depression and poor well being
- Older carers are often desperately worried about what will happen when they die or cannot maintain their caring role.
- Carers have many difficulties in understanding and influencing the procedures for negotiating care packages and budgets on behalf of the person they care for and themselves.
- Older carers want to be involved in decisions about the future of the person they care for and to have support in addressing joint problems of isolation, poverty, co-dependency and poor health.

HOW WORK WILL BE DELIVERED

Outreach and Support:

- annual outreach programmes to identify previously "hidden" carers, with a focus on those from black and minority ethnic (BME) groups
- home visiting programme and telephone support service for older carers with particular focus on those over 75 years
- older carers monthly information and activity group
- information, advice, advice, support and welfare benefits checks and claims.

Personal Care Plans

- bi-annual workshop training on personal plans and personal budgets
- one-to-one support in challenging decisions
- one-to-one personal plan and budget support for vulnerable older carers and carers over the age of 75 years

Planning for the Future

- "Planning for the Future" workshops with special support programme for carers over 75 years

Health and Well-being

- feel good and relaxation events
- programme of social events and trips out

Consultation and Evaluation

- regular consultations with service users and volunteers
- full evaluation of project in year three

WHAT OUR PROJECT WILL AIM TO ACHIEVE

To provide information, advice and support to older carers, maximise their financial income and reduce social isolation to improve quality of life and well-being.

WHY WE ARE THE RIGHT ORGANISATION TO DELIVER THE WORK

We have over sixty years' experience of supporting family carers through the provision of:

- advice and information on welfare benefits, health, welfare and social care
- social activities for the whole family
- support groups: getting family carers involved
- practical workshops for family carers
- forum and focus groups allowing family carers to have a voice and influence decision makers

We have run a successful older carers support project for the last eight years.

HOW THE PROJECT MEETS THE TRUST'S PROGRAMME'S OUTCOMES

Our project will assist carers over the age of 65 to get better access to the support, respite and advice they need and will also increase their awareness of their rights and how to achieve them. Our project will specifically help carers over the age of 75 improve their health and well-being and plan for the future so that they can feel confident that the person they care for will be alright if they become ill or die.

HOW WE WILL MEET THE TRUST'S PRINCIPLES OF GOOD PRACTICE

- We will continue to involve older carers in the management and running of our service through regular meetings, focus groups and representation on our Family Support Group and Board of Trustees
- We will run specific outreach and publicity campaigns to BME groups, who are statistically less well supported than other carers [Carers Trust 2015]
- We will continue to encourage carers of all ages to take up volunteering opportunities at our centre
- We will look for additional ways of reducing our carbon footprint as we move into stage three of our building programme

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?

AQS [Advice Quality Standard], Investing in Volunteers, UKIED [Investor in Equality and Diversity] 2013. We are currently working towards PQASSO Level 2.

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.

Outreach programmes to identify previously "hidden" older carers [on-going annually] and development of an older carers information and activity group

Regular information, advice and support and benefits checks and claims for older carers [year one and on-going]

"Planning for the Future" workshops (ie Wills and Trusts, Mental Capacity Act, End of Life Planning), training on negotiating personal plans and budgets, help for older carers with planning for their own future and that of the person they care for

Development of volunteer telephone support and home visiting service for all our carers who are over the age of 75 and those over 65 who are isolated and/or vulnerable. [Year one: planning, recruiting, inducting and training volunteers, years two and three development of the project]

Regular trips out and social events at our centre which will benefit older carers and the person they care for [year one and on-going]

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.

Carers over 65 are more aware of their rights and entitlements and less worried about family finances as a result of successful benefit claims

Carers over 65 receive the support they need to negotiate personal plans and budgets which reflect the needs and interests of the person they care for

Carers over 75 feel less isolated and better supported

Carers over 75 feel more confident about their own future and that of the person they care for

Carers over 75 improve and then maintain their health and well being

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?

We will produce a new project development plan at the beginning of year three based on an evaluation carried out at the end of year two and consultations with our users. Our Chief Executive and Supporting Families Manager will then work with our Research and Development Co-ordinator and sessional fundraiser to identify potential funders and submit applications.

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?

Islington (90%)

Camden (5%)

Hackney (3%)

Haringey (2%)

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?

Mixed/ Multiple ethnic groups (including White and Black Caribbean; White and Black African; White and Asian; Any other Mixed/ Multiple ethnic background)

If Other ethnic group, please give details:

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
Carers Support Worker 35 hrs at NJC? with NI + pension	28,995	29,898	30,829	89,722
Staff and Projecty Support and Supervision	3,280	3,379	3,480	10,139
Staff Travel	100	103	106	309
Staff Training	400	412	424	1,236
Volunteer travel and expenses	250	258	265	773
Activity costs	900	927	955	2,782
Printing and stationery	900	927	955	2,782
Publications and subscriptions	370	381	393	1,144
Contribution to central support [premises, admin, audit costs]	3,288	3,355	3,425	9,978

TOTAL:	38,715	39,914	41,147	119,777
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
0	0	0	0	

TOTAL:	0	0	0	0
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
0	0	0	0	

TOTAL:	0	0	0	0
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
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Activity Costs	900	927	955	2,782
Printing and stationery	900	927	955	2,782
Publications and Subscriptions	370	381	393	1,144
Contribution to central support [premises, admin, finance etc]	3,520	3,629	3,741	10,889

TOTAL:	38,715	39,914	41,147	119,777
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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	3,489
Activities for generating funds	16,007
Investment income	2,181
Income from charitable activities	3,947,123
Other sources	199,220
Total Income:	4,168,020

Expenditure:	£
Charitable activities	3,720,800
Governance costs	16,312
Cost of generating funds	900
Other	0
Total Expenditure:	3,738,012
Net (deficit)/surplus:	430,008
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	430,008

Asset position at year end	£
Fixed assets	1,039,797
Investments	0
Net current assets	1,056,828
Long-term liabilities	(176,911)
*Total Assets (A):	1,919,714

Reserves at year end	£
Restricted funds	34,462
Endowment Funds	0
Unrestricted funds	1,885,252
*Total Reserves (B):	1,919,714

*** 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?
81-90%

Organisational changes

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

None

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	2,588,206	2,695,438	2,918,903
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 £
Big Lottery Reaching Communities	56,525	41,507	93,303	
Beatrice Laing Trust	20,000	0	0	
Sobell Foundation	5,000	5,000	5,000	
BBC Children in Need	14,610	18,197	11,354	
Richard Cloudesley Trust	0	0	200,000	

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: **Linda McGowan**

Role within **Chief Executive**
Organisation: