

ASSESSMENT CATEGORY - Older Londoners**Redbridge Carers Support Service****Adv: Jack Joslin****Base: Redbridge****Amount requested: £136,144****Benefit: Redbridge****Amount recommended: £136,200****The Charity**

Redbridge Carers Support Service (RCSS) offers programmes which make a positive difference to the lives of unpaid carers in Redbridge. It works with carers from diverse communities across the borough between the ages of 17 and 96. Its services include: advice and information; confidential counselling; complementary therapies; volunteer befriending; and health and well-being activities in community venues. RCSS also works strategically across statutory and voluntary sectors both locally and nationally to give carers a voice and to help inform policy making and shape services.

The Application

RCSS is requesting three year funding towards its 'Active Older Carers' programme. This will expand the work RCSS has been doing with older carers aged 75 and older to help them lead more active and sociable lives. The programme will deliver support to older carers living throughout Redbridge who are at risk of isolation and suffering from physical and mental ill health. This will include a range of activities and holistic well-being services including exercise classes, complementary therapies and counselling, which will take place in community settings across Redbridge and in the carers' homes.

The Recommendation

RCSS has a strong track record and reputation in providing a range of services for older and younger carers. This programme will develop the specific work they have been doing with older carers over the last 6 years and will allow this work to expand and reach more beneficiaries. This new post will develop the organisation's outreach, coordinate the counselling service and expand the provision of physical activities for older carers in community settings across Redbridge.

£136,200 over 3 years (£44,750; £45,050; £46,400) for the salary of a part-time (25hpw) Carers Wellbeing Coordinator and towards related overheads and associated project costs.

Funding History

Meeting Date	Decision
04/06/2009	£93,000 over three years (£32,000; £30,000; £31,000) for the salary of a part-time Support Worker plus running costs for a project supporting older carers.

Background and detail of proposal

RCSS has over 20 years of experience in making a positive difference to the lives of unpaid carers in the diverse communities of Redbridge by providing them with a range of services, support and recognition. This specific programme has been informed by the Older Carers Project the organisation has been delivering over the

last 6 years. This has allowed them to develop a client base and referral network as well as inform them of the specific issues that affect vulnerable older carers. Research and feedback from this programme has demonstrated that there is a need to provide a whole range of holistic services to older carers in order to improve their mental and physical well-being and make them feel less isolated.

This programme will provide dedicated home and community based support services to 450 carers, 75 years plus, who are at risk of isolation as well as suffering from mental and physical ill-health. The programme will deliver a range of activities and holistic wellbeing services including exercise classes, complementary therapies, counselling, learning and self-development courses, workshops and befriending in carers' homes or at accessible venues in Redbridge. As a result of this new targeted project, older carers will be more socially connected, active and have improved mental wellbeing.

Financial Information

Forecast Income for the current year to 31st March 2017 is £413,494 of which £408,064 (98.7%) had been confirmed by May 2016. Income at this level is lower due to several funding sources coming to an end. The charity advises that it has a fundraising plan in place and has a number of applications currently being considered, including the City Bridge Trust application.

The charity's free reserves policy target is to hold 6 months' worth of operating expenditure, equating to £197,383 for 2014/15. Actual free reserves held at 31st March 2015 were £209,848, representing 6.4 months' worth of total expenditure.

Year end at 31 March	2014/15 Independently Examined Accounts	2015/16 Current Year Forecast	2016/17 Following Year Budget
	£	£	£
Income and Expenditure			
Income	391,570	521,769	413,494
Expenditure	394,765	490,816	394,018
Unrestricted Funds Surplus / (Deficit)	10,743	29,699	49,521
Restricted Funds Surplus / (Deficit)	(13,938)	1,284	(29,625)
Total Surplus / (Deficit)	(3,195)	30,953	19,896
Surplus / (Deficit) as a % of turnover	(0.8%)	5.9%	4.8%
Cost of Generating funds (% of income)	25,565 (6.5%)	27,302 (5.2%)	27,830 (6.7%)
Free unrestricted reserves			
Free unrestricted reserves held at Year End	209,848	240,801	260,697
How many months' worth of expenditure	6.4	5.9	7.9
Reserves Policy target	197,383	245,408	197,009
How many months' worth of expenditure	6.0	6.0	6.0
Free reserves over/(under) target	12,466	(4,607)	63,688