

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

|   |  |
|---|--|
| Name of your organisation:<br><b>Redbridge Carers Support Service</b>                 |  |
| If your organisation is part of a larger organisation, what is its name?<br><b>No</b> |  |
| In which London Borough is your organisation based?<br><b>Redbridge</b>               |  |
| Contact person:<br><b>Miss Catherine O'Keeffe</b>                                     | Position:<br><b>Older Carers Services Manager</b>                          |
| Website: <b>http://www.rcss.org.uk</b>  |  |
| Legal status of organisation:<br><b>Registered Charity</b>                            | Charity, Charitable Incorporated Company or company number: <b>1057505</b> |
| When was your organisation established? <b>17/08/1994</b>                             |  |

### Grant Request

|   |
|---|
| Under which of City Bridge Trust's programmes are you applying?<br><b>Older Londoners</b>   |
| Which of the programme outcome(s) does your application aim to achieve?<br><b>Older Londoners aged 75 years and over living more active and healthier lives<br/>Fewer older Londoners aged over 75 years with depression and more reporting improved well-being</b> |
| Please describe the purpose of your funding request in one sentence.<br><b>Enabling elderly, vulnerable carers to participate in community based activities to improve their physical health and mental wellbeing and reduce acute isolation.</b>                   |
| When will the funding be required? <b>01/02/2016</b>  |
| How much funding are you requesting?<br>Year 1: <b>£44,723</b> Year 2: <b>£45,035</b> Year 3: <b>£46,386</b><br><br><b>Total: £136,144</b>  |

**Aims of your organisation:**

Redbridge Carers Support Service, (RCSS), aims to make 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. By unpaid carers we mean people who give help and support to a relative, a child, a spouse, a partner or a friend or neighbour, who due to illness, frailty or disability cannot manage in the community without help. RCSS is an independent carer led organisation working with carers for carers. There are currently 3,500 carers aged from 17 -- 96 registered with RCSS around 450 of whom are over the age of 75 and providing substantial care for someone whilst battling with their own illness and frailty. We aim to build a trusting relationship with carers, listening to their needs and developing services to support them in their caring role and also to enable them to have a life and an identity outside of caring.

**Main activities of your organisation:**

RCSS operate from a range of accessible community venues across the borough, offering holistic services and support. Our services include: advice and information; advice surgeries and support groups; confidential counselling; complementary therapies; home visits; older carers support; young adult carers support; support for carers from newly arrived/refugee migrant communities; volunteer befriending and health and wellbeing activities. Outreach is a key priority to reach new carers and build beneficial partnerships across all sectors. Staff work with carers to develop a Person Centred Plan specifying how their support needs will be met. RCSS work strategically across the statutory and voluntary sectors locally and as a network partner of Carers Trust, at a National level, to give carers a voice encouraging them to speak up about the barriers they face and to help inform policy making and shape services. As a carer led organisation, we use feedback to identify need and develop services. RCSS intensively fundraise to diversify income and support service development.

**Number of staff**

| Full-time: | Part-time: | Management committee members: | Active volunteers: |
|------------|------------|-------------------------------|--------------------|
| <b>3</b>   | <b>8</b>   | <b>8</b>                      | <b>100</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>Leased</b>  | <b>4 years</b>   |

## Summary of grant request

The grant will fund a new project: Active Older Carers, aiming to provide dedicated home and community based support services, advice and holistic wellbeing activities to 450 carers aged 75 years+ in Redbridge over a 3 year period. These carers are at risk of isolation as well as suffering from mental and physical ill health. The project will deliver support to beneficiaries living throughout Redbridge, potentially serving a catchment area of around 2,000 older carers. (The ONS statistics reveal around 10% of the 28,000 residents in Redbridge are carers with around 7% over 75).

The project will provide 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 nearby, ensuring that vulnerable and isolated carers can engage with their communities and take active steps to improve their quality of life. The project seeks to equip isolated, unwell and disadvantaged carers with the skills and confidence needed to better manage their physical, emotional and mental health and wellbeing. Beneficiaries will become less isolated and have more social opportunities through contact with other carers, staff and volunteers and via referrals to outside agencies for key support services. Carers will explore their interests, learn new skills and widen their social circles, thereby lessening the risk of acute social exclusion. Activities will focus on increasing their awareness of physical and mental health and helping them to make positive changes to their lifestyles to improve their overall wellbeing. Beneficiaries will also be encouraged to access our core community support services to ensure that they are aware of their rights and entitlements, thereby adding value to the project. By offering these services to carers in their own homes and communities we will help them to achieve a greater quality of life and the ability to exercise more choice.

We know from our experience of working with older carers that they benefit greatly from accessing a range of holistic services alongside practical support to participate. As the only organisation in Redbridge solely dedicated to the support and empowerment of carers and with a strong record of successfully delivering projects to address unmet need we are uniquely placed to enable carers to achieve significant and positive outcomes. We build a trusting relationship with carers to understand their individual circumstances and crucially, develop our services in response to their feedback. Robust monitoring and evaluation is embedded into this project, (as explained in the detailed proposal attached) including an older carers focus group to evaluate the activities, shape development and ensure user involvement is central to the project. The grant includes a Community Wellbeing Worker post responsible for coordinating the project and ensuring that targets are met.

Activities will be delivered by experienced counsellors, therapists and instructors and the befriending services by our pool of 100 trained and police checked volunteers. In addition to befriending, volunteers will offer practical help to vulnerable carers accompanying them to activities and social gatherings. Our volunteers represent the diversity of Redbridge with around 50% speaking more than one language and spanning all age ranges, helping us to engage with carers from all walks of life. Our experience shows us that volunteers and carers from all ages and cultural backgrounds enjoy interacting, helping to build social cohesion and stronger communities. We anticipate that this project would deliver the same community benefits adding value by facilitating the development of long term friendships with our bilingual volunteers crossing cultural barriers to engage and include carers from all of the diverse communities within Redbridge.

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?

**PQASSO level 1 and a Carers Trust quality mark for two additional standards.**

### **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.

**Home & Community based holistic therapies, (incl. complementary therapies, meditation and counselling)**

**Year 1: Accessed by 70 older carers**

**Year 2 :Accessed by 85 older carers**

**Year 3 : Accessed by 100 older carers**

**Year 3: Holistic therapies accessed by 100 older carers**

**Year 3**

**Befriending/peer support for isolated carers:**

**Year 1: Accessed by 100 carers & 10 new befrienders**

**Year 2 Accessed by 125 carers & 15 new befrienders, existing befrienders retained**

**Year 3: Accessed by 150 carers and 20 new befrienders, existing befrienders retained**

**Health & Wellbeing Activities for Older Carers:**

**Year 1: Accessed by 150 carers over 40 sessions**

**Year 2: Accessed by 175 carers over 60 sessions**

**Year 3: Accessed by 200 carers over 80 sessions**

**Engaging carers & volunteers via user groups/forums:**

**Year 1: 15 carers/volunteers engaged in at least 4 meetings**

**Year 2 20 carers/volunteers engaged in at least 6 meetings**

**Year 3 30 carers/volunteers engaged in at least 8 meetings**

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 accessing holistic therapies experience improvements to their physical and emotional wellbeing, reduced stress levels and are less mentally exhausted. Carers receiving counselling report being more emotionally supported and better able to cope.**

**Older carers accessing befriending and peer support are less isolated, more included and report improved levels of practical support to encourage and enable them to participate.**

**Volunteer befrienders are well prepared for their role and report feeling valued.**

**All volunteers engaged in the project are trained and supported in their role**

**Older carers accessing health and wellbeing activities experience improved fitness and physical and mental wellbeing**

**Carers and volunteers are engaged in project development and participants report having more choice and control.**

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?

**The activities are sustainable with an emphasis on learning as well as participation. Carers will learn to improve their health during training and practice exercise and relaxation techniques at home to make positive changes to improve health in the longer term. Carers will establish long term friendships through regular contact and mutual support. Future funding opportunities will also be explored.**

## Who will benefit?

### About your beneficiaries

|  |
|--|
| How many people will benefit directly from the grant per year?<br><b>150</b>                                   |
| In which Greater London borough(s) or areas of London will your beneficiaries live?<br><b>Redbridge (100%)</b> |
| What age group(s) will benefit?<br><b>75 and over</b>  |
| What gender will beneficiaries be?<br><b>All</b>   |
| What will the ethnic grouping(s) of the beneficiaries be?<br><b>A range of ethnic groups</b>                   |
| If Other ethnic group, please give details:  |
| What proportion of the beneficiaries will be disabled people?<br><b>61-70%</b>                                 |

## Funding required for the project

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

| Expenditure heading           | Year 1 | Year 2 | Year 3 | Total  |
|-------------------------------|--------|--------|--------|--------|
| Salaries                      | 25,358 | 26,119 | 26,903 | 78,380 |
| Staff Travel                  | 325    | 335    | 345    | 1,005  |
| Staff Training                | 500    | 515    | 530    | 1,545  |
| Running Costs                 | 2,300  | 2,369  | 2,440  | 7,109  |
| Publicity & Promotion         | 450    | 463    | 477    | 1,390  |
| Home & Community Therapies    | 3,500  | 3,605  | 3,713  | 10,800 |
| Wellbeing Activities          | 5,500  | 5,665  | 5,835  | 17,000 |
| Premises & Management & Admin | 5,790  | 5,964  | 6,143  | 17,897 |
| Recruitment                   | 1,000  | 0      | 0      | 1,000  |

|               |               |               |               |                |
|---------------|---------------|---------------|---------------|----------------|
| <b>TOTAL:</b> | <b>44,723</b> | <b>45,035</b> | <b>46,386</b> | <b>136,144</b> |
|---------------|---------------|---------------|---------------|----------------|

**What income has already been raised?**

| Source | Year 1 | Year 2 | Year 3 | Total |
|--------|--------|--------|--------|-------|
|        | 0      | 0      | 0      | 0     |

|               |          |          |          |          |
|---------------|----------|----------|----------|----------|
| <b>TOTAL:</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> |
|---------------|----------|----------|----------|----------|

**What other funders are currently considering the proposal?**

| Source | Year 1 | Year 2 | Year 3 | Total |
|--------|--------|--------|--------|-------|
|        | 0      | 0      | 0      | 0     |
|        | 0      | 0      | 0      | 0     |

|               |          |          |          |          |
|---------------|----------|----------|----------|----------|
| <b>TOTAL:</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> |
|---------------|----------|----------|----------|----------|

**How much is requested from the Trust?**

| Expenditure heading           | Year 1 | Year 2 | Year 3 | Total  |
|-------------------------------|--------|--------|--------|--------|
| Salaries                      | 25,358 | 26,119 | 26,903 | 78,380 |
| Staff Travel                  | 325    | 335    | 345    | 1,005  |
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| Running Costs                 | 2,300  | 2,369  | 2,440  | 7,109  |
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| Premises & Management & Admin | 5,790  | 5,964  | 6,143  | 17,897 |
| Recruitment                   | 1,000  | 0      | 0      | 0      |

|               |               |               |               |                |
|---------------|---------------|---------------|---------------|----------------|
| <b>TOTAL:</b> | <b>44,723</b> | <b>45,035</b> | <b>46,386</b> | <b>136,144</b> |
|---------------|---------------|---------------|---------------|----------------|

## Finance details

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

|                       |                        |                      |
|-----------------------|------------------------|----------------------|
| Financial year ended: | Month:<br><b>March</b> | Year:<br><b>2015</b> |
|-----------------------|------------------------|----------------------|

| Income received from:             | £              |
|-----------------------------------|----------------|
| Voluntary income                  | 6,341          |
| Activities for generating funds   | 0              |
| Investment income                 | 3,930          |
| Income from charitable activities | 340,799        |
| Other sources                     | 40,500         |
| <b>Total Income:</b>              | <b>391,570</b> |

| Expenditure:                            | £              |
|---|----------------|
| Charitable activities                   | 359,954        |
| Governance costs                        | 34,811         |
| Cost of generating funds                | 0              |
| Other                                   | 0              |
| <b>Total Expenditure:</b>               | <b>394,765</b> |
| <b>Net (deficit)/surplus:</b>           | <b>-3,195</b>  |
| <b>Other Recognised Gains/(Losses):</b> | <b>3,930</b>   |
| <b>Net Movement in Funds:</b>           | <b>3,480</b>   |

| Asset position at year end | £              |
|----------------------------|----------------|
| Fixed assets               | 983            |
| Investments                | 0              |
| Net current assets         | 265,835        |
| Long-term liabilities      | 0              |
| <b>*Total Assets (A):</b>  | <b>266,818</b> |

| Reserves at year end        | £              |
|-----------------------------|----------------|
| Restricted funds            | 56,970         |
| Endowment Funds             | 0              |
| Unrestricted funds          | 209,848        |
| <b>*Total Reserves (B):</b> | <b>266,818</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?  
61-70%

### 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<br>£ | 2013<br>£ | 2014<br>£ |
|---|-----------|-----------|-----------|
| City of London (except City Bridge Trust) | 0         | 0         | 0         |
| London Local Authorities                  | 214,732   | 214,732   | 214,732   |
| 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<br>£ | 2013<br>£ | 2014<br>£ |
|-------------------------|-----------|-----------|-----------|
| Big Lottery             | 55,896    | 94,993    | 83,154    |
| Trust for London        | 30,000    | 15,000    | 16,300    |
| Tudor Trust             | 26,662    | 38,000    | 35,500    |
| The Henry Smith Charity | 20,000    | 20,000    | 20,000    |
| Mulberry Trust          | 13,000    | 13,000    | 13,000    |

### 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: **Miss Catherine O'Keeffe**

Role within                      **Older Carers Services Manager/Senior Manager**  
Organisation: