

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: The Parochial Church Council Of The Ecclesiastical Parish Of St. Luke's Osenev Crescent	
If your organisation is part of a larger organisation, what is its name? Parish of Diocese of London	
In which London Borough is your organisation based? Camden	
Contact person: Ms Catherine Talvaz	Position: Older People's Project Manager
Website: http://www.slkt.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1145026
When was your organisation established? 13/12/2011	

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. To continue St Luke's Older People's Project, combatting isolation in the over-75's in Kentish Town. Building on the success of pilot funded by Camden Council.
When will the funding be required? 01/04/2016
How much funding are you requesting? Year 1: £15,850 Year 2: £33,168 Year 3: £37,277 Total: £86,295

Aims of your organisation:

The general aims of our organization are to comply with the governing documents of the Church of England, such as co-operation with the vicar in promoting in the parish the whole mission of the Church, pastoral, evangelistic, social and ecumenical; St Luke's specific aim is to fulfil our vision of 'transforming communities, one life at a time', and all our activities are towards this end. Our five values are to be compassionate, creative, authentic, generous and welcoming.

Currently our main priorities are to see that vision happen in the areas of creativity, leadership development, family life and social justice. This means we want to be building communities that see transformation in people's lives in these major areas. For social justice a major part of this is building, sustaining and seeing transformation in, a community of the most vulnerable and isolated in our local community.

Main activities of your organisation:

Our main activities are to provide Christian church services and provide a community space for all local residents regardless of age, faith or origin. We are very involved in the Kentish Town community. Our activities are:

1. Family life: we run a free playgroup each week for around 60 children plus caregivers, host Zumba for Mums, run marriage and parenting courses, and organize older people's lunches, tea parties and outings, with escorted door-to-door transport.
2. Social Justice: We serve some of the most isolated people through the older people's project, regular (free) DIY and gardening, and give offerings abroad for disaster relief and community development.
3. Creativity: hosting music events, Christmas carols for more than 1000 locals each year, and an annual weekend of community service.
4. Leadership development: investing in training up competent leaders of good character to take on these areas.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
4	3	18	80

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?
Rented	10 years (9 years left)

Summary of grant request

In Kentish Town, less than 10% of residents are 65+, making it hard for older people to connect. Moreover while older 'kentishtowners' often live in council flats, their families move away due to the borough's high cost of housing, increasing their isolation. Those who live alone or are widowed are most likely to report being lonely (30.8% compared to 12.6%). Reduced mobility, cognitive impairment, and sensory impairment also increase older people's chances of being lonely (ONS, 2013a). In turn, those who report feeling lonely are almost 10 times more likely to report low feelings of worth or experience ill-health (Insights into Loneliness, Older People and Well-being, ONS, October 2015).

St Luke's Older People Project (SLKTOPP) uniquely offers door-to-door escorted transport to free activities (lunches with entertainment/tea-parties/outings). Members are accompanied from their door to the accessible minibus by a volunteer, thus enabling frail and disabled people to go out. Walking is restricted to a minimum. The ratio of volunteers to members is 1 to 4, enough to care for cognitively impaired members.

SLKTOPP's main aim is to reduce isolation of the frailest members of Kentish Town by helping older people form bonds in their age group as well as with younger locals. We create a fun, relaxed and loving atmosphere favourable to developing new friendships. We introduce members to each other, lead them into conversations with one another and encourage them to make contact outside of our activities. We hand out a yearbook containing pictures and interesting facts about members. We refer them to other organisations if they need help (2 referrals to social services in 2015). Our advantage over larger charities is that we get to know our members individually, so are able to include everyone and recreate a tight community spirit. Another advantage is that we are embedded in the local community so can link our activities to other groups such as young people and families with children.

St Luke's has five values - welcoming, authentic, generous, creative and compassionate. SLKTOPP is compassionate towards the most vulnerable members of our community, and generous towards them with time, kindness and acts of service. Practically speaking we are situated in the centre of Kentish Town, in an accessible building large enough for our member base to grow.

78% of our members are over 75. 40% are disabled or cognitively impaired. 100% of our members are single/widowed (2/3 live alone, 1/3 in sheltered housing). Some report that we are the most consistent human contact they have.

SLKTOPP helps members be more active and healthier by enabling them to keep going out even if they have become very frail, providing safe transport - we escort them individually to/from the minibus making sure they don't fall. We serve healthy meals by a local caterer, containing fresh ingredients (meat or fish, rice or potatoes, fresh vegetables and fruit). We improve well-being and happiness by making members more connected to the community. 75% of members report feeling less isolated since coming SLKTOPP.

- Members recommend new members, edit the yearbook, sometimes help make the tea; each year members choose our activities.
- SLKTOPP welcomes all backgrounds/physical ability. 1/3 of the 45 members are disabled + 10% have Alzheimer's disease or dementia. One has learning disabilities. 30% are over 90. Members are from the UK, Ireland, Eritrea, Portugal, Nigeria, Trinidad, Dominica and Guyana. We have Atheist, Muslim, Christian Orthodox, Catholic and Church of England members.
- Biannual volunteer thank you events, thank you emails, pictures of volunteers included in newsletter, training.
- Waste is recycled, energy efficient heating in church (with timer), timer on lights.

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?

Structurally St Luke's is part of the Diocese of London (Church of England).

Our annual report and accounts are sent to the Charity Commission.

The volunteer who helps to run the tea-parties was given an "exceptional volunteer" certificate by Camden Council at the Camden50 celebrations.

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.

Monthly free lunch club and entertainment with escorted transport

2016: 11 lunches, 20-23 regular attendees

2017: 12 lunches, 23-25 regular attendees

2018: 14 lunches, 25-27 regular attendees

Tea-Parties with escorted transport

2016: 6 parties, 30-35 regular attendees

2017: 7 parties, 35-40 regular attendees

2018: 8 parties, 40-45 regular attendees

There are more attendees at tea-parties than at lunches as some of our members attend day-centres during the week.

Monthly free outings with escorted transport

2016: 11 outings, 14 regular attendees

2017: 12 outings, 14 regular attendees

2018: 12 outings, 28 regular attendees

We want to double the number of attendees in 2018 by renting 2 minibuses, as we are forecasting church donations will increase substantially between 2016 and 2018.

Free gardening and DIY projects at members' homes

2016: 15 projects

2017: 17 projects

2018: 20 projects

Written outputs (quarterly newsletters and annual yearbook)

2016: 50 copies

2017: 55 copies

2018: 60 copies

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.

Reduced isolation (members and volunteers)

Increased sense of community (members and volunteers)

Older people are more active socially

Increased self-confidence (members and volunteers)

Reduced depression/increased happiness in older people

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 plan to continue the activities and, by 2019, to fund them with donations by our church community. The current donations' relatively low level is due to the fact that St Luke's is a young church (4 years old). But we are a growing church and are expecting to fund the project ourselves in 3 years' time.

Who will benefit?

About your beneficiaries

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

50

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

Camden (90%)

Islington (10%)

What age group(s) will benefit?

45-64

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?

31-40%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Events and activities	15,300	17,168	21,377	53,845
Staff costs	14,200	17,200	17,200	48,600
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	29,500	34,368	38,577	102,445
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
(new) membership fee of £10/member	450	500	600	1,550
Camden Council	7,500	0	0	7,500
voluntary contribution to minibus + donations	700	700	700	2,100
Santander	5,000	0	0	5,000

TOTAL:	13,650	1,200	1,300	16,150
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Mathew 25-35 trust	3,000	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	3,000	0	0	0
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Events and activities	1,650	15,968	20,077	37,695
Staff costs	14,200	17,200	17,200	48,600
	0	0	0	0
	0	0	0	0

TOTAL:	15,850	33,168	37,277	86,295
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Finance details

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

Financial year ended:	Month: December	Year: 2015
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Income received from:	£
Voluntary income	309,802
Activities for generating funds	0
Investment income	0
Income from charitable activities	6,078
Other sources	0
Total Income:	315,880

Expenditure:	£
Charitable activities	347,599
Governance costs	2,160
Cost of generating funds	0
Other	0
Total Expenditure:	325,680
Net (deficit)/surplus:	(33,878)
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	(33,878)

Asset position at year end	£
Fixed assets	4,271
Investments	0
Net current assets	123,740
Long-term liabilities	0
*Total Assets (A):	128,011

Reserves at year end	£
Endowment funds	0
Restricted funds	18,177
Unrestricted funds	109,834
*Total Reserves (B):	128,011

*** 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:

Replaced Older People's Project administrator with Project Manager to develop project
Children and Youth worker left (currently replaced by a volunteer)

Cont...

New administrator for church.

Parochial Church Council (PCC) 4 members left, 6 new members were elected - this year's total 18 instead of 16.

Reduction in voluntary income approx £ 50,000.

Office move from vicarage to office space to facilitate local group activities.

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	0	0	0
London Councils	0	0	7,500
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 £
Volunteer Centre Camden	0	0	10,000
St Pancras Land Trust	13,500	12,750	12,000
	0	0	0

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: **Catherine Talvaz**

Role within **Project Manager**
Organisation: