

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Age UK Richmond Upon Thames	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Richmond	
Contact person: Ms Sandra Morrison	Position: Chief Officer
Website: http://www.ageukrichmond.org.uk	
Legal status of organisation: First Contact	Charity, Charitable Incorporated Company or company number: 1084211
When was your organisation established? 01/04/1965	

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 More people participating in the wider community
Please describe the purpose of your funding request in one sentence. To provide social, cultural and educational activities that encourage healthy lifestyles and reduce isolation for older people aged over 75 years.
When will the funding be required? 01/11/2016
How much funding are you requesting? Year 1: £36,493 Year 2: £37,405 Year 3: £38,340 Total: £112,238

Aims of your organisation:

To work with and for older people in and around the borough of Richmond. To provide services and support at a local level to inspire, enable and support older people to improve their lives.

Our guiding principles are to:

- Promote the rights & needs of older people
- Provide high quality services that appropriately meet the needs of older people
- Research and identify new needs and explore innovative ways of meeting them
- Ensure the needs of older people are included in joint planning with statutory & other voluntary bodies

Objectives:

- Providing accessible services and improved support to greater numbers of older residents in LBRuT
- Engaging with community members to deliver and develop services and activities meeting changing demands and needs
- Influencing local policy with demonstrable evidence from service users
- Continuing to develop the organisation and maximising use of limited resources
- Developing partnerships to achieve improved delivery of services and support

Main activities of your organisation:

Age UK Richmond upon Thames provides services for older people across the Borough. We run social centres, offer information, advice and support, including companionship services, provide health & wellbeing activities, teach new skills, support people coming out of hospital and do practical jobs around the home.

The services we provide can best be described under the following headings:

- Information, Advice & Advocacy Services (Information helpline; advice & representation; help for people in a financial muddle or who are experiencing difficulties with their finances or housing problems; advice & form-filling for welfare benefits)
- Practical Support at Home services (handyperson service, gardening service, housekeeping service, support for people being discharged from hospital i.e. fitting aids & adaptations, IT & new technology)
- Social Centres (preventative healthcare / lifelong learning / social activities)
- Community Services (health & wellbeing activities; new technology sessions; companionship opportunities; outings programme)

We are the only organisation in the borough providing home visits for all of our services.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
10	11	12	150

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	2 years of the licence to go

Summary of grant request

The Annual Report of the Director of Public Health 2016 states that Richmond's population has a higher number of over 75s than in other parts of the UK; 4,500 over 85s; 51% of over-75s live alone - this is the highest in London. The four key unhealthy behaviours that increase risk of disease are: smoking, unhealthy diet, being physically inactive and drinking too much alcohol with excess alcohol intake more prevalent in older people. The report states the 5 key elements for well-being are (1) GIVE, doing something for others (2) CONNECT, spending time with people you trust (3) LEARN, developing yourself by learning something new (4) KEEP ACTIVE, releases feel good chemicals and sense of achievement (5) BE AWARE, being present and mindful. All of these elements have been taken into consideration in the design of this project.

Our Community Services Team (1.8FTEs paid staff working alongside 30 volunteers) will provide a suite of opportunities in a variety of locations across the Borough for people over 75 years with a strong focus on those who are in times of transition e.g. have suffered bereavement, retirement, changes in accommodation, divorcees or are in the lowest income quintile, have poor physical health, live in care homes or sheltered accommodation or provide informal care for a loved one. We will also seek to cater for the LGBT community given the likely growth in the future of this group. This will include (a) outings programme (b) new technology for older people (c) sessions to keep fit, active and to lead healthier lifestyles. These opportunities will be clearly signposted, accessible, inexpensive and meet people's individual needs. These activities will be as demanded by older people themselves through feedback and evaluation of our services over the last 24-month period. Activities such as gadget clinics, tablet workshops, golf, table-tennis, swimming, bowls sessions, walking football, Man with a Pan cookery sessions, circuit training classes, social get-togethers, health walks, nutrition workshops and much more. Activities will be local, community-based, culturally relevant and available if and when an older person needs them. For sustainability purposes we will develop a peer-based support programme that offers an understanding and supportive environment amongst like-minded people. This will help build social networks where confiding relationships can be established. Evidence gathered across the Age UK Network in recent years has shown that peer-based support interventions reduce social and emotional isolation. Peer-based programs have the potential to have a positive effect on many areas of an older person's health and wellbeing including self-esteem and expectations about individual control. Peer-based programs innately recognise the unique skills and ability of people to provide a constructive role in the solution to their own problems.

OUR PROJECT WILL AIM TO ACHIEVE:

- (1) The people involved in this scheme will be more socially & physically active and more involved in the planning of activities, share the same or similar interests and, as a result, live more active and healthier lives and feel less isolated.
- (2) A reduction of people aged 75 years with depression and more reporting improved wellbeing.

WE ARE THE RIGHT ORGANISATION TO DELIVER THE WORK because we are a well established recognised voluntary sector strategic resource in the borough supporting the interests of older people throughout the borough with a proven track record of delivering high quality services.

WE WILL MEET THE TRUST'S THEME by encouraging and supporting older people over 75 years and above to lead healthy lifestyles and reducing isolation.

WE WILL MEET THE TRUST'S 'PRINCIPLES OF GOOD PRACTICE' through our Equality policy, Confidentiality policy, Health & Safety policy and User Involvement policy.

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?

ISO 9001:2008; Foundations Handyperson Service Quality Mark; Age UK Organisational Quality Standards; Advice Quality Standard

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.

1240 health & wellbeing, social and educational sessions for older people in Richmond upon Thames

930 gadget clinics / IT & new technology sessions for older people in Richmond upon Thames

36 outings to different places of interest for older residents of Richmond upon Thames

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 people will report feeling more fit and active

Older people will learn a new skill or gain more knowledge about IT and new technology

Older people will report feeling less isolated or lonely

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. A 3-year Funding Strategy 2015-18 has been developed alongside a 3-year Business Plan. This is reviewed on an ongoing basis by the Chief Officer and Board of Trustees. This enables our organisation to identify and secure new sources of funding as well as keeping pace with current trends in health, social care and within third sector organisations.

Who will benefit?

About your beneficiaries

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

700

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

Richmond (100%)

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?

61-70%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Wages & salaries	43,216	44,296	45,403	132,915
Staff pensions	1,876	1,923	1,971	5,770
Staff training, travel & welfare	1,120	1,148	1,177	3,445
Activity & direct costs	24,000	24,600	25,215	73,815
Excursion costs	11,250	11,531	11,819	34,600
Volunteer costs	300	307	315	922
Premises costs	1,000	1,025	1,051	3,076
Publicity	800	820	840	2,460
Office, equipment & computer costs	3,540	3,628	3,719	10,887

TOTAL:	87,102	89,278	91,510	267,890
---------------	---------------	---------------	---------------	----------------

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Richmond Council	11,250	0	0	11,250
Hampton Fuel Allotment Charity	15,000	5,000	0	20,000
	0	0	0	0
	0	0	0	0

TOTAL:	26,250	5,000	0	31,250
---------------	---------------	--------------	----------	---------------

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Barnes Workhouse fund	5,000	0	0	0
	0	0	0	0

TOTAL:	5,000	0	0	0
---------------	--------------	----------	----------	----------

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Wages & salaries	5,733	5,876	6,023	17,632
Staff training, travel & welfare	1,120	1,148	1,177	3,445
Activity & direct costs	24,000	24,600	25,215	73,815
Volunteer costs	300	307	315	922
Premises costs	1,000	1,025	1,051	3,076
Office, equipment & computer costs	3,540	3,628	3,719	10,888
Publicity	800	820	840	2,460
	0	0	0	0
	0	0	0	0

TOTAL:	36,493	37,404	38,340	112,238
---------------	---------------	---------------	---------------	----------------

Finance details

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

Financial year ended:	Month: March	Year: 2015
-----------------------	------------------------	----------------------

Income received from:	£
Voluntary income	68,280
Activities for generating funds	169,837
Investment income	1,286
Income from charitable activities	1,039,602
Other sources	0
Total Income:	1,279,005

Expenditure:	£
Charitable activities	1,136,973
Governance costs	10,972
Cost of generating funds	131,211
Other	0
Total Expenditure:	1,279,156
Net (deficit)/surplus:	-151
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-151

Asset position at year end	£
Fixed assets	13,279
Investments	2
Net current assets	347,616
Long-term liabilities	0
*Total Assets (A):	360,897

Reserves at year end	£
Restricted funds	6,000
Endowment Funds	0
Unrestricted funds	354,897
*Total Reserves (B):	360,897

*** 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?
51-60%

Organisational changes

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

N/A

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	519,811	687,764	652,456
London Councils	0	0	0
Health Authorities	20,000	20,000	8,333
Central Government departments	0	0	0
Other statutory bodies	9,900	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 £
Richmond Parish Lands Charity	58,630	64,325	79,415
Hampton Fuel Allotment Charity	50,000	50,000	80,000
Barnes Workhouse Fund	5,150	10,150	0
Garfield Weston Foundation	10,000	0	0
The Porters' Trust	1,000	8,000	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: **Sandra Morrison**

Role within **Chief Officer**
Organisation: