

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <b>Chinese National Healthy Living Centre</b>	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? <b>Westminster</b>	
Contact person: <b>Mr Eddie Chan</b>	Position: <b>Director</b>
Website: <b>http://www.cnhlc.org.uk</b>	
Legal status of organisation: <b>Charitable company</b>	Charity, Charitable Incorporated Company or company number: <b>1002158</b>
When was your organisation established? <b>18/11/1987</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <b>Older Londoners</b>
Which of the programme outcome(s) does your application aim to achieve? <b>People living with Alzheimer's and other forms of dementia having a better quality of life</b> <b>Carers aged 65 years and over better able to access support, advice and respite</b>
Please describe the purpose of your funding request in one sentence. <b>To create a 2 year extension to a already successful dementia awareness and support project from January 2017.</b>
When will the funding be required? <b>01/01/2017</b>
How much funding are you requesting? Year 1: <b>£52,500</b> Year 2: <b>£50,500</b> Year 3: <b>£0</b>  <b>Total: £103,000</b>

**Aims of your organisation:**

The Chinese National Healthy Living Centre was founded in 1987 to promote healthy living and reduce health inequalities experienced by disadvantaged Chinese in the UK. Language difficulties and cultural differences present major obstacles to many Chinese people accessing mainstream health and social care. The CNHLC provides a bridge between the Chinese community and mainstream services, facilitating access to health care and better health outcomes. With funding from the National Lottery between 2000 and 2005, we extended our services to reach isolated and socially excluded individuals of the most geographically dispersed minority group in England. In the last four years, along with projects that directly benefit disadvantaged Chinese communities in the UK, the Centre has also been involved in activities that benefit the general population. For example, the Centre has now become an active campaigner for healthy Chinese cooking in the UK. Both our Traditional Chinese Medicine Clinic and Tai Chi Class are well attended by non-Chinese people.

**Main activities of your organisation:**

Exercise classes; Out-reach health promotion events; Cancer awareness programme; Advisory & consultancy work; Community research; Multi-lingual helpline; Drop in Advice sessions -- offering advice on health and social care, welfare and employment; An extensive health information library and newsletter; Internet café; Healthy Chinese cooking sessions; 'Walking to Health' programme; Disability and carers support programme; General health advocacy and mental health advocacy; Counselling service in Cantonese and Mandarin; Traditional Chinese Medicine clinics; A Sunday bilingual doctor surgery by NHS doctors  
 Hepatitis B screening and vaccination programme -- a joint programme with Chelsea & Westminster NHS Trust (NHS Health & Social Care Awards 2010 London Region Winner and National Finals Runner-up)  
 Expert Patient Programme  
 Gambling Counselling Service  
 Befriending Service  
 Community Research  
 Dementia Awareness and Support Project

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>2</b>	<b>23</b>	<b>4</b>	<b>15</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>Rented</b>	<b>Under negotiation</b>

## Summary of grant request

The need for the service comes as a result of increasing number of people having dementia: by 2015, there were some 850,000 people with dementia in the UK; by 2040, this number is expected to double. Dementia now costs the economy £23 billion/year, twice that of cancer and three times that of heart disease. It is predicted that by 2040, the costs are expected to treble (Alzheimer's Society). London has 8 million inhabitants, 124,250 are Chinese, out of whom 7,713 sixty five and above (GLA 2012). This number is set to increase as the 1950-70 arrivals are about to reach retirement age. A study by Social Care Institute for Excellence (2011) shows that the level of awareness by BME about dementia is low. There is an urgent need to raise awareness on dementia among the Chinese community, where stigma has traditionally been attached to the disease, which in turn discourages people from seeking early diagnosis and help.

Aims: so raising awareness and providing support to carers and people affected were main aims of the project set up in 2014, which has the following objectives: (a) to reduce the stigma attached to dementia and promote positive attitudes towards dementia within the Chinese community; (b) to raise awareness on early signs and symptoms of dementia and the benefits of early diagnosis; (c) to provide good-quality information for Chinese people on dementia and care; (c) to develop structured peer support and learning network and, to offer support to carers and the cared in order to improve their quality of life. This is a three-year project and so far we have been running it for 27 months. As shown in our earlier reports,\* all the promised outcomes and outputs have been successfully achieved and of these, the project's new translation for the term dementia, aimed to counter stigma and all the negativity implied in previously translations, is in our view the most spectacular achievement, in terms of outcome, thus far.

Furthermore, over the past 2 and a half years, thousands of ethnic Chinese Londoners have had their knowledge on dementia enhanced/updated, thanks to the efforts made by the Project's staff and volunteer team (including speakers and trainers from various relevant organizations). Meanwhile, carers from several community centres, as well as the people they care, received support in various forms, e.g., training and home visits - support that mainstream organizations would find it difficult to provide, owing to lack of language skills and ethnic culture-related knowledge. A case in point concerns an elderly man living in south London with early dementia symptoms, whose wife is taking care of his daily life needs. Their grown-up children are living elsewhere though one of them is diagnosed with mental health problems and has to be hospitalized every now and then. As a result the feeling of isolation and helplessness has for a long time troubled the family's mental wellbeing. The befriending visits made by our staff and volunteers have helped improve their quality of life significantly.

Planned outcomes of the Project extension are:

1. raise awareness on early signs and symptoms of dementia for those not covered by the project's previous activities.
2. reduce the stigma attached to dementia amongst new service users.
3. provide service users with good quality information about dementia, related services, care and support.
4. arrange appropriate training for befrienders, carers and family members of people living with dementia.
5. provide support to carers and people living with dementia through befriending visits and advice.
6. adopt baseline evaluation techniques for the project's evaluation, and seek funding source to ensure project sustainability for future periods.

\* on file

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?

**Working toward PQASSO level 1.**

### **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.

**Raising Awareness: hold 8 workshop/remembrance tea houses each year on dementia at Chinese community centres and activity venues (e.g., early signs of early symptoms, issues of stigma and negativity, living with dementia and caring for people living with dementia). These will be twice monthly at partner organizations' locations across London.**

**Training: hold 2 training workshops each year for carers, people living with dementia and their family members on how to live with dementia, how to care for people living with dementia, and on information/knowledge about finance management for people living with dementia and roles of whose /family members/representatives.**

**Carry out up to 20 befriending visits each year: recruiting 5 new volunteers each year to join the existing volunteer team and train them to become Dementia Friends/befrienders. Support people living with dementia and their family members with advice on stress-coping, and on financial implications and money management issues.**

**Information Building: update information held on dementia with newly collected data from relevant publications and sources. Translate the information into Chinese and edit it to produce leaflet with updated information dementia. Distribute copies of the leaflet to community centres and individual service users across London.**

**Continue with the existing telephone helpline for enquirers seeking information and help. Refer/signpost enquirers to mainstream services as necessary. Monitor and collect data for evaluation and file an end-of-project report. Critically examine project's achievement and actively seek further resources to sustain and develop the service to meet new needs.**

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.

**One thousand or so more people from within the Chinese community will be informed of basic knowledge about dementia: early symptoms, and on how to notice signs of symptoms shown by a relative/friend, where to get diagnosis and to access further support/treatment/care, and what rights/benefits there are for people affected.**

**Of the 1000 or so workshop participants, those diagnosed with the disease will know how to get help with their income/finance (entitlement of relevant benefits, Last power of Attorney etc.). As a result they and their family can stay stress-free and have their quality of life improved than otherwise.**

**More Chinese people will become Dementia Friends. After the training these new Dementia Friends will know how to respond to situations where they see someone living with dementia and offer help as necessary (e.g., helping someone wandering in the streets). Fewer people use the Chinese term which stigmatizes dementia.**

**Befriending visits free the people visited from loneliness and loneliness resulted from dementia. They will feel happy and cared. Their family members will be able to get some break and their carers some actual and emotional support. Such visits help improve quality of life in some way for everyone involved.**

**Evaluation undertaken by the project will help improve service efficiency. As the need for advice, care and support are expected to continue, an efficient service will help the project to secure further funding to sustain the service, and thus benefit future users needing help resulted from dementia and Alzheimer's disease.**

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?

**During this 2 years of extension we will collect and collate enough evidence to prove the effectiveness of this project for enhancing the awareness and support Chinese living with dementia. We will seek mainstream commissioning funding or concurrent funding from a large charitable trust eg the Big Lottery, Alzheimer's Society to continue this important service for the community.**

## Who will benefit?

### About your beneficiaries

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

**1,500**

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

**London-wide (100%)**

What age group(s) will benefit?

**25-44**

**45-64**

**65-74**

**75 and over**

What gender will beneficiaries be?

**All**

What will the ethnic grouping(s) of the beneficiaries be?

**Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)**

If Other ethnic group, please give details:

What proportion of the beneficiaries will be disabled people?

**11-20%**

## Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Co-ordinator salary, NI and pension	29,000	30,000	0	0
Staff & volunteers' travel & expenses	1,500	1,500	0	0
Office space & support	4,000	4,000	0	0
Teahouse & workshops	2,500	2,500	0	0
Education booklets	3,000	0	0	0
Evaluation	3,500	3,500	0	0
Other project activities eg befriending	1,000	1,000	0	0
Training for staff and volunteers	2,500	2,500	0	0
Project management	5,500	5,500	0	0

<b>TOTAL:</b>	<b>52,500</b>	<b>50,500</b>	<b>0</b>	<b>0</b>
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### 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>
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### What other funders are currently considering the proposal?

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

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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### How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Co-ordinator salary, NI and pension	29,000	30,000	0	0
Staff & volunteers' travel & expenses	1,500	1,500	0	0
Office space & support	4,000	4,000	0	0
Teahouse & workshops	2,500	2,500	0	0
Education booklets	3,000	0	0	0
Evaluation	3,500	3,500	0	0
Other project activities eg befriending	1,000	1,000	0	0
Training for staff and volunteers	2,500	2,500	0	0
Project management	5,500	5,500	0	0

<b>TOTAL:</b>	<b>52,500</b>	<b>50,500</b>	<b>0</b>	<b>0</b>
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## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2015</b>
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Income received from:	£
Voluntary income	12,943
Activities for generating funds	0
Investment income	522
Income from charitable activities	19,298
Other sources	180,624
<b>Total Income:</b>	<b>213,387</b>

Expenditure:	£
Charitable activities	182,246
Governance costs	30,751
Cost of generating funds	0
Other	0
<b>Total Expenditure:</b>	<b>212,997</b>
<b>Net (deficit)/surplus:</b>	<b>391</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>0</b>

Asset position at year end	£
Fixed assets	3,019
Investments	0
Net current assets	213,887
Long-term liabilities	0
<b>*Total Assets (A):</b>	<b>216,906</b>

Reserves at year end	£
Restricted funds	0
Endowment Funds	<del>171,829</del>
Unrestricted funds	<del>45,077</del> <b>216,906</b>
<b>*Total Reserves (B):</b>	<b>216,906</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%
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### Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:  None
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### 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	50,000	49,890	50,000
London Councils	0	0	0
Health Authorities	31,952	55,393	21,020
Central Government departments	0	25,000	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 £
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
0	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: **Eddie Chan**

Role within                      **Director**  
Organisation: