

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Living Streets (The Pedestrians Association)	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Tower Hamlets	
Contact person: Ms Hannah Gibbs	Position: Development Manager
Website: http://www.livingstreets.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1108448
When was your organisation established? 01/09/1929	

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. Our project will increase independence, improve health and wellbeing and reduce isolation for older people through increased walking.		
When will the funding be required? 01/04/2016		
How much funding are you requesting?		
Year 1: £66,036	Year 2: £63,036	Year 3: £0
Total: £129,072		

Aims of your organisation:

We are the national charity that stands up for pedestrians.
?We ?provide a strong voice for pedestrians - influencing decision makers and campaigning for change
?We ?work to create better streets and public spaces that are accessible for all
?We ?work to make walking the natural choice for short journeys by inspiring change and breaking down barriers.

Main activities of your organisation:

- o Policy and campaigning work. We raise the profile of walking among politicians, civil servants and the wider public. We support a network of local volunteer groups that raise the profile of walking in their areas.
- o Project delivery. For example, our 'Walk To' project works in fifteen local authorities to promote walking for short trips (to school, to workplaces, in local neighbourhoods). Our Walk to School outreach project works to promote walking to school in seven local authority areas.
- o Support and resources to promote walking. We produce and distribute walking promotion resources, particularly for Walk to School initiatives, across the country.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
85	13	11	0

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?
Leased	3.5 years

Summary of grant request

Our project will increase independence, improve health and wellbeing and reduce isolation for older people most at risk through increased walking. There will be two intertwined strands:

1. Community-based initiatives addressing issues preventing older Londoners and their carers from walking. We will:
 - understand -- using our Community Street Audits (CSAs) and one-to-one sessions to uncover barriers to walking for older people and their carers
 - improve -- engaging older people in decisions affecting their local environments, working with partners and providing volunteering opportunities to create a change
 - encourage -- using 'pledges' and 'led walks', proven to incentivise walking amongst this group
 - inspire -- through positive, practical tips about how to get out and about safely, and working within existing community infrastructure to encourage increased physical activity. Participants of the project will act as champions for others, continuing to support and build confidence
2. Sharing best practice across London
 - Bringing together borough partners and representatives from other councils to discuss findings, celebrate successes and tackle challenges

Using walking as an easy, accessible form of exercise that can be incorporated into daily routines, we will have a significant impact on activity levels and older people will feel the effects on their physical and mental health. Social/volunteering activities and opportunities to take the lead in changes to the walking environment, will help older people to feel empowered and more connected to their community.

Our project will be based in Enfield and Redbridge - two boroughs expecting faster than average growth of the older population. We will seek out isolated older people by working collaboratively with care providers and other support organisations. We will also reach out to non-English speaking residents and people who speak English as a second language through cultural leaders and using interpreter and translation services. Our activities will be open, accessible and welcoming to all and we will try to attract a diverse range of people with various communications and engagement methods. Where participants have particular access needs, we will bring in additional specialist support and resources to ensure their safety, comfort and dignity.

Older people from both boroughs will form part of our steering group and will take the lead on our community-based initiatives. Their local knowledge will be used to identify key barriers to walking for older people and our reports and recommendations will be based on their suggestions, informed by Living Streets' technical knowledge.

Living Streets will employ a full-time Project Coordinator to deliver this work within our London team. On a day to day basis, this Coordinator will be based at the London Boroughs of Enfield and Redbridge. They will be hosted by these boroughs' public health teams and will spend most of their time out, in the community.

Both public health teams in Redbridge and Enfield have the support of their respective planning departments so we can select neighbourhoods likely to receive capital investment. This will ensure potential improvements to the environment identified by older people can be realised.

Our Coordinator will be supported by local volunteers who will take on 'walking champion' roles, encouraging their peers to walk more. Those wishing to take on this role will be provided with training, resources and support.

We are the right organisation to deliver the programme because we have excellent links in London, built up through years of campaigning and project delivery. We have the technical knowledge to shape the ideas of the people we work with into practical, affordable recommendations for on-street changes. Finally, we have delivered a similar project in South Yorkshire, which met or exceed all targets.

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 2

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.

Community Street Audits (CSA) - evaluating the quality of streets from the viewpoint of people who use them, rather than those who manage them. With older people and their carers, we will assess eight routes on foot, using their experiences and knowledge. Following this, recommendations are made in a report.

All those involved in the project will be encouraged to make a walking pledge - a promise to incorporate more walking to their daily routine. Our pledge card system means individuals can commit to an ambitious yet realistic, self-defined target and are given a fridge magnet to remind them.

Community activities - based on the results of the CSA. May include:

- **Litter picking or bulb planting with younger volunteers**
- **Led walks to places of importance**
- **Walks led by group members providing personal histories of the area**
- **Matching older people with walking buddies**

Information and best practice dissemination

Information provided to older people and carers will include maps and other local support available.

Best practice dissemination to include case studies and an event. We will involve:

- **Public health**
- **Transport teams**
- **Older people's groups**
- **Other local organisations**
- **Neighbouring boroughs**

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.

600 older people and their carers benefit from the project and 240 become more active

240 older people feel physically fitter and healthier

240 older people and their carers feel more connected to their community and less socially isolated and feel an improvement to their mental well-being

Best practice is shared across London

Improvements to the walking environment are made

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 project is currently planned for two years. Should we wish to continue the activity beyond this, we will seek alternative sources of funding.

Who will benefit?

About your beneficiaries

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

300

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

Enfield (50%)

Redbridge (50%)

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?

1-10%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Full-time Project Coordinator	59,431	59,431	0	118,863
Publicity material	1,500	1,500	0	3,000
Evaluation software licences	3,000	0	0	3,000
Resources	605	605	0	1,210
Events	1,500	1,500	0	3,000
Translator/interpreter services	500	500	0	1,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	66,536	63,536	0	130,072

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
0	0	0	0	0
TOTAL:	0	0	0	0

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	0	0	0	0
TOTAL:	0	0	0	0

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Full-time Project Coordinator	59,431	59,431	0	118,863
Publicity material	1,500	1,500	0	3,000
Evaluation software licences	3,000	605	0	3,000
Resources	605	0	0	1,210
Events	1,500	1,500	0	3,000
Translator/interpreter services	500	500	0	1,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	66,536	63,536	0	130,072

Finance details

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

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

Income received from:	£
Voluntary income	31,804
Activities for generating funds	507,771
Investment income	802
Income from charitable activities	5,193,009
Other sources	0
Total Income:	5,733,386

Expenditure:	£
Charitable activities	4,621,644
Governance costs	18,148
Cost of generating funds	564,342
Other	0
Total Expenditure:	5,204,134
Net (deficit)/surplus:	529,252
Other Recognised Gains/(Losses):	4,810
Net Movement in Funds:	534,062

Asset position at year end	£
Fixed assets	6,103
Investments	118,731
Net current assets	1,411,033
Long-term liabilities	(41,520)
*Total Assets (A):	1,494,347

Reserves at year end	£
Endowment funds	0
Restricted funds	752,079
Unrestricted funds	742,268
*Total Reserves (B):	1,494,347

* 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:

None

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)	25,000	25,000	44,250
London Local Authorities	42,000	86,679	76,475
London Councils	131,268	0	0
Health Authorities	0	0	0
Central Government departments	2,615,152	2,039,939	876,046
Other statutory bodies	29,040	20,000	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 £
H&G de Freitas Charitable Trust	0	5,000	0
1970s Trust	3,000	3,000	0
Chapman Charitable Trust	0	1,000	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: **Hannah Gibbs**

Role within **Development Manager**
Organisation: