

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Redbridge Concern for Mental Health	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Redbridge	
Contact person: Ms Regina Byrne	Position: Services co-ordinator
Website: http://www.rcmh.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1065770
When was your organisation established? 09/10/1995	

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? People living with Alzheimer's and other forms of dementia having a better quality of life 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. Provision of a befriending service for people who have a diagnosis of dementia, are isolated and lonely; experiencing lack of well-being and symptoms of depression
When will the funding be required? 01/08/2016
How much funding are you requesting? Year 1: £34,651 Year 2: £35,634 Year 3: £36,279 Total: £106,564

Aims of your organisation:

The charity is established for the promotion, preservation and safeguarding of people with mental health problems, people with a learning disability, people with an autistic spectrum disorder, people with physical disability, people with a sensory impairment, older people including people with dementia, children and families, and carers resident in the London Borough of Redbridge and neighbouring boroughs and counties. We seek to empower beneficiaries to exercise independence, choice and control over how their support needs are met, in particular but not exclusively by:

- (a) developing and supporting effective forms of user involvement and engagement
- (b) developing a range of personalised support and advice services to enable service users to make informed decisions and lead independent lives
- (c) working with the statutory, voluntary and business sectors to promote greater knowledge and understanding of inclusion issues
- (d) advancing public education in disability related issues
- (e) undertaking or assisting in the undertaking of research and publishing the useful results of such research

Main activities of your organisation:

Our main activities: A mental health MH Befriending Scheme offering 1-1 social & emotional support; User-led network (Run-Up) which informs & encourages participation of service users in the design & monitoring of policy, service delivery; Supported Volunteering Scheme; Dementia Befriending Service offering weekly support for people with a diagnosis of dementia and identified as isolated and lonely ; weekly peer support group; employment & volunteering opportunities; production of Redbridge Mental Health Directory providing information on local & national resources to support people with MH problems; presentations re stigma and discrimination awareness; consultation & liaison with MH agencies with respect to legislation, initiatives & service delivery; developing inter-agency partnerships in planning, development & delivery of local MH services. Informing our members of developments and priorities of the local statutory services about issues relating to mental health. Promoting the MH voluntary sector across a wide range of fora e.g. World Mental Health Day events, newsletters, The Redbridge Link e-bulletin & website

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	17	4	64

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	5 years

Summary of grant request

Around 850,000 people in the UK have dementia (Alzheimer's Society, 2014); figures indicate that nearly 4,000 people in Redbridge are living with dementia (Dementia Action Alliance, 2016). The need for the service has also been identified through the number of existing service users, the numbers of referrals we receive and, through the statistics available; we expect that the demand will continue. "Loneliness is a significant and growing issue for many older people. Its impacts are devastating and costly -- with comparable health impacts to smoking and obesity." Combating Loneliness Guide '16. A recent survey found that 64% of people with a diagnosis of dementia felt isolated. Alzheimer's Society '16.

We will deliver the work by recruiting, training, supporting and supervising a team of volunteer befrienders who reflect the diversity of Redbridge. Befriending visits take place on a weekly basis, encouraging participation in activities which are individual to the service user. Each service users likes/dislikes, level of mobility, interests and personalities are taken into consideration for the matching process; greatly improving the likelihood of a successful befriending relationship.

Our aim is to improve the quality of life, general well-being and mental health of people with dementia through provision of a person centred befriending service. We strive to enhance the individual's life and reduce their sense of isolation, stigma, exclusion and loneliness; this increases the likelihood of the individual continuing to live independently, improve their confidence and well-being. As the illness progresses, it may be in the best interest of the individual to move into residential care; our support will continue, providing constancy during this transition stage. Following on from experiences gained over the life of the project, we also aim to provide a low key safeguarding role; collaborating with other organisations.

Our organisation is best suited to deliver the work as we were one of the lead organisations during its inception and have been primarily responsible for its subsequent development. Our experiences have informed how the service is delivered and we continue to adapt as emerging needs are identified. Staff are experienced and respected in Redbridge and have excellent links to other organisations who work with this client group including having a seat on the Redbridge Dementia Partnership Board.

The project supports individuals to have fewer feelings of loneliness and depression; increases individuals physical activity, supports the development of meaningful relationships, helps individuals to feel valued, and undertakes fun, engaging activities which enhances quality of life and in turn meets the Trust programme outcomes: fewer older Londoners aged over 75 years with depression and more reporting improved well-being and People living with Alzheimer's and other forms of dementia will have a better quality of life. Our project meets the Trust's principles of good practice as our training welcomes anyone regardless of gender, faith group, background etc. The diversity of Redbridge is reflected in our volunteers and service users. Volunteers are central to the service and we provide quality training, support and supervision. To ensure that training is inclusive, we use methods that are accessible to those whose first language is not English or lack literacy skills. We are taking steps to reduce our carbon footprint by sharing office space/equipment with other charitable organisations; encouraging the use of emails to reduce paper use; recycling materials wherever possible and encouraging staff/volunteers to use public transport. In keeping with the ethos of our organisation, we strive to involve service users in the running of the service. However, this client group presents particular difficulties due, in part, to memory problems. We encourage input through reviews, evaluations and use feedback received to inform service delivery

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

Mentoring and Befriending Foundation Approved Providers Accreditation

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.

180 people with a diagnosis of dementia will receive a weekly befriending service facilitated in their own home, supported accommodation or residential care setting.

Minimum of 90 volunteers will receive training which will equip them with the skills to provide a befriending relationship for adults with a diagnosis of dementia

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.

People with dementia will feel less isolated, lonely and depressed, experience increased well-being and enhanced quality of life. Those living independently they will be more likely to remain living independently for longer. For those living in supported accommodation or residential care, they will feel less isolated, valued and cared for.

Volunteers will experience an increase in confidence, self-esteem and life satisfaction through doing good for others and the community, providing a sense of accomplishment. They will receive transferable skills through increased knowledge of dementia and its impact, cascading awareness of the issues affecting those with dementia amongst their social network

Carers who live at a distance or have job/family commitments which prevent them from providing regular support to a loved one with dementia will feel less guilty, worried and stressed knowing that a volunteer is providing a social befriending visit

The community will benefit by the growing awareness of the needs of older adults with a diagnosis of dementia via a grass roots service which promotes positivity, awareness and challenges stigma, particularly amongst BME groups

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?

As the numbers of people diagnosed with dementia is expected to increase year on year, demand for this service is anticipated to continue to be high. We will use evidence of efficacy to support future funding proposals to a range of potential funders, including statutory authorities and charitable trusts to sustain the service past the funding period.

Who will benefit?

About your beneficiaries

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

~~50~~ 30

8m

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

Redbridge (100%)

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?

41-50%

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	31,066	31,891	32,738	95,695
Rent	2,000	2,000	2,000	6,000
Stationery/Postage/telephone	1,180	1,180	1,180	3,540
Recruitment	750	750	750	2,250
Volunteer Costs inc. Travel/training/publicity	3,150	3,150	3,150	9,450
Printing	380	380	380	1,140
Audit/payroll	300	300	300	900
Insurance	200	200	200	600
Management/supervision	4,760	4,760	4,760	14,280
TOTAL:	43,786	44,611	45,458	133,855

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
James Wise Charitable Trust	350	0	0	0
	0	0	0	0
	0	0	0	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
The Steel Charitable Trust	10,000	0	0	10,000
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	10,000	0	0	10,000

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Salaries	31,066	31,891	32,738	95,695
Volunteer Costs	2,800	3,150	3,150	9,100
Insurance	200	200	200	600
	0	0	0	0
TOTAL:	34,066	35,241	36,088	105,395

Finance details

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

Financial year ended:	Month: March	Year: 2016
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Income received from:	£
Voluntary income	46,320
Activities for generating funds	0
Investment income	357
Income from charitable activities	261,423
Other sources	0
Total Income:	308,100

Expenditure:	£
Charitable activities	410,372
Governance costs	3,404
Cost of generating funds	0
Other	0
Total Expenditure:	413,776
Net (deficit)/surplus:	(105,676)
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	(105,676)

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	96,746
Long-term liabilities	0
*Total Assets (A):	96,746

Reserves at year end	£
Endowment funds	0
Restricted funds	47,462
Unrestricted funds	49,284
*Total Reserves (B):	96,746

*** 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? 65%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:
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Reduction on income lead to re-organisation of services and expenditure.
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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	380,750	328,944	277,057
London Councils	0	0	0
Health Authorities	4,327	54,000	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 £
Big Lottery	24,816	57,960	35,791
Lloyds TSB	0	12,750	17,300
Awards for All	0	0	10,000
Steel Charitable Trust	0	0	10,000
Catalyst	5,000	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: **Regina Antoinette Byrne**

Role within **Services co-ordinator**
Organisation: