

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Paintings in Hospitals	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Southwark	
Contact person: Mr Ben Pearce	Position: Director
Website: http://www.paintingsinhospitals.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1065963
When was your organisation established? 01/05/1959	

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? 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 counter loneliness, depression and isolation for older people in South London through art engagement activities, supported by volunteers, in their local care homes.
When will the funding be required? 20/02/2017
How much funding are you requesting? Year 1: £19,900 Year 2: £19,800 Year 3: £19,800 Total: £59,500

Aims of your organisation:

By using visual art, Paintings in Hospitals aims to improve the mental health and wellbeing of patients, staff and visitors in all healthcare settings. We bring respite from suffering by enabling people to experience and engage with art activities in the community. Based in Southwark, we aim to focus on our local areas. Through our art outreach, we aim to build healthier more engaged communities. In particular, we counter:

- Loneliness and lack of stimulation for older people.
- Stress, anxiety and depression for patients, staff and visitors within care sites.
- Fear and uncertainty for children receiving treatment.

Many of our beneficiaries in the capital may not ordinarily be exposed to visual arts, perhaps due to economic, social or physical barriers. By displaying our collection in sites such as care homes, GP surgeries and hospitals we break down these barriers, enabling a much more diverse range of people to enjoy art. This is beneficial to individual and community wellbeing.

Main activities of your organisation:

We offer a number of programmes and initiatives at subsidy to health and social care sites across the UK.

Our initiatives, supported by our staff and valued volunteers are:

- Primarily loaning out our art collection of over 4,100 artworks to health and care sites.
- Providing interpretation to encourage understanding and dialogue.
- Conducting engagement activities alongside loans of artwork.

Our approach always includes an in-depth evaluation of our projects, loans and exhibitions, to ensure we are positively impacting the lives of as many people as possible. As a result of this research we are able to categorize our collection to best appeal to specific audiences, and ensure the best wellbeing outcomes.

We collaborate with other like-minded organisations and advocate for all who believe that the arts should be integral to health and social care services. We work with both national and London-based museums galleries and collections such as the V&A, Arts Council Collection and the Wallace Collection.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
5	7	11	21

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 years

Summary of grant request

More and more of our activities take place in the community. With an ageing population in London, we have reviewed our activities and identified a need and demand for more arts activities in care homes in the south of the capital. Art brings people together: the 2015 Baring Report on Loneliness, found that 'over 1 million people over-65 are lonely'. This is most acutely felt in London, where 90 per cent of over 55s say they have felt lonely at some point in the past year (Demos, 2016). Following an independent review in 2011, scientific evidence states that 'engaging with participatory art can improve the wellbeing of older people and mediate against the negative effects of becoming older.' (Baring, 2015). The positive effects included improved mental and physical health, alongside developing a greater sense of belonging within communities.

Our project will use our art collection and tailored arts engagement activities to positively impact the lives of older people in South London. Working in care homes, with the ultimate aim of tackling loneliness and building more inclusive communities, we will help residents curate their communal areas, loaning artworks for displays within participating sites for 2 years. We will tailor workshops to explore the artworks we display, providing materials to encourage residents to begin drawing. We will encourage individuals to converse and meet new people, countering their sense of loneliness.

We will hire and train volunteer facilitators, with a secondary aim of recruiting younger volunteers to assist with the sessions, engaging with older people who might usually feel isolated from other sections of the community. CityBridge Trust funding would contribute towards the salary of a London Regional Coordinator, who will oversee the project, and the time of a Researcher, who will monitor and evaluate outcomes in order for our impact in London to grow and strengthen.

The project would run from February 2017 to January 2020. It will take place in eight care homes in total, across our London priority boroughs of Southwark, Bexley, Croydon, Lewisham and Greenwich. Based on attendance at our previous programmes run at care homes, we hope to engage an optimum of 450 participants in the programs. This would include staff and visitors alongside the older residents.

We are well-equipped to deliver new projects: Most notably, we piloted an activity programme in collaboration with the Ingram Collection, which commenced in February 2016 at Woodland Grove Residential Care Home and extended to Park House, Southwark. We recently started working with new partners, such as LinkAge Southwark, through which we are increasing our network of sites helping older people who could benefit from introducing art activities.

Our project supports the CityBridge Trust's priorities of improving Londoners' mental health, making London more inclusive, caring for older Londoners, and strengthening its voluntary sector. We recognise the challenges of being older in London and will counter this by connecting with younger volunteers and staff to tackle isolation. Our project will demonstrate that creative arts can catalyse the 'five ways to wellbeing': to connect; be active; keep learning; take notice; and to give (NEF, 2015). Through the workshops, participants will acknowledge their surroundings and discuss feelings and ideas they might otherwise ignore. By doing so, they will each be doing more, achieving a greater sense of participation. Older residents of South London care-homes will learn, reminisce and exercise their minds by mixing with people of different ages and backgrounds. They will also be encouraged to be active in creating their own sketches, giving a sense of purpose and pride. These will all be showcased on an interactive project page on our website.

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?

We currently hold CarbonSmart for our environmental credentials. We are also a BanksideStar, given for community involvement in Bankside/SE1.

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.

Through workshop sessions, 'co-curate' and then display a selection of our art collection in each participating care site, (via a longlist of artworks based upon research into most popular artwork themes appealing to older people, and our 'Art for Older People' art loan scheme).

Recruit and train 3 x new Volunteers as facilitators to lead engagement sessions/ art workshops for residents of each care home.

Employ our London Regional Co-Ordinator over 3 years, to build relations with care homes across London, managing the Volunteers above, and helping gather monitoring data for our Research Associate to evaluate the benefits of this activity on older residents.

Provide art materials (sketchbooks, pencils, etc) and guidance, to encourage residents and staff to begin sketching in their own time. In addition, provide materials for interpretation of artworks and practical art workshops in each care home.

Bring different people and groups together: Encouraging younger volunteers to get involved with the project throughout, and facilitating new opportunities within the voluntary sector, for like-minded charities who help older people, to work together.

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.

A reduction in loneliness and depression for older people in London; an estimated 450 care-home residents (and the people who care for them) will experience an improved state of mental health and wellbeing.

Stronger relationships between various members of south London's residential communities; increased confidence to share opinions, passions for new subject matters, and in taking part in creative activities.

Enhanced (residential) care environments, making them more stimulating spaces whilst diversifying their existing activity programmes by using art to provide an alternative way to keep older minds active.

Sustainable relationships developed with 9 new care home partners, raising the profile of our charity in order to better deliver or impact on future projects with older people in the capital.

Advocacy: Giving each of the participating care site partners the inspiration and confidence to ultimately deliver their own arts activities and programmes.

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. The charity's work for older people has previously been supported by The Bagri Foundation and The Ingram Collection. In addition we are regularly supported by The Shirley Foundation, our biggest funder. We have an impressive fundraising history for a small organisation and aspire to using our past success to seek continuation funding for the project.

Who will benefit?

About your beneficiaries

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

150

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

Southwark (20%)

Croydon (20%)

Greenwich (20%)

Lewisham (20%)

Bexley (20%)

What age group(s) will benefit?

16-24

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?

21-30%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Fund 3 days p/w London Regional Coordinator p/t	14,000	14,000	14,000	42,000
Research and Evaluation Associate time	500	500	500	1,500
Artwork transport and handling	800	800	800	2,400
Facilitator budget per engagement session (2 x care home, per year)	1,200	1,200	1,200	3,600
Volunteer facilitator recruitment / training	1,000	1,000	400	2,400
Facilitator expenses	500	500	500	1,500
Art Materials (sketchbooks/pencils etc)	200	100	100	400
Staff travel to care sites across London for three years	400	400	400	1,200
Misc/Insurance/ Sundries/ Other	1,500	1,500	1,500	4,500
TOTAL:	19,900	19,800	19,800	59,500

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Core funding - The Shirley Foundation	50,000	0	0	0
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	50,000	0	0	0

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
None currently (previously considered by the Nominet Trust as part of a joint-proposal)	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
As above in 'What is the total cost of the proposed activity/project?'	0	0	0	0
TOTAL:	19,900	19,800	19,800	59,500

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	147,012
Activities for generating funds	62,165
Investment income	3,804
Income from charitable activities	259,553
Other sources	39,981
Total Income:	512,515

Expenditure:	£
Charitable activities	378,876
Governance costs	3,200
Cost of generating funds	80,373
Other	0
Total Expenditure:	462,449
Net (deficit)/surplus:	50,066
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	50,066

Asset position at year end	£
Fixed assets	273
Investments	110,650
Net current assets	34,080
Long-term liabilities	
*Total Assets (A):	145,003

Reserves at year end	£
Restricted funds	10,000
Endowment Funds	0
Unrestricted funds	135,003
*Total Reserves (B):	145,003

* 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: N/A

Previous funding received

Please list the funding received by your organisation from the following statutory sources during the last THREE years.

	Year 3 £	Year 2 £	Most recent £
City of London (except City Bridge Trust)	0	0	0
London Local Authorities	0	0	0
London Councils	0	0	0
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	Year 3 £	Year 2 £	Most recent £
The Shirley Foundation	50,000	50,000	50,000
The Garfield Weston Foundation	0	0	40,000
The Colwinston Trust	20,000	0	0
The Mrs JE Hawes Charitable Trust	0	0	10,000
The Bagri Foundation	10,000	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: **Ben Pearce**

Role within **Director**
Organisation:

Revised Budget Appendix 1

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Administrative Support (project management)	2,420	2,490	2,550	7,480
Technical Support (c.2 days pm of Technician)	2,600	2,680	2,760	8,040
3 days p/w London Regional Coordinator p/t	13,800	14,000	14,200	42,000
Research & Evaluation Associate time	450	500	550	1,500
Artwork transport and handling	750	800	850	2,400
Facilitator budget: engagement sessions (2 x care home, per year)	1,200	1,200	1,200	3,600
Volunteer expenses*	1,000	1,000	400	2,400
Facilitation expenses	500	500	500	1,500
Art Materials (sketchbooks/pencils, etc.)	200	100	100	400
Staff travel to care sites across London: 3yrs	350	400	450	1,200
Misc/Insurance/ Sundries/ Other	1,500	1,500	1,500	4,500
TOTAL:	24,770	25,170	25,060	75,000

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
The Shirley Foundation (towards core costs/ the first two expenditure headings above)	15,500			15,500
TOTAL:	15,500	0	0	15,500

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
3 days p/w London Regional Coordinator p/t	13,800	14,000	14,200	42,000
Research & Evaluation Associate time	450	500	550	1,500
Artwork transport and handling	750	800	850	2,400
Facilitator budget per engagement session (2 x care home, per year)	1,200	1,200	1,200	3,600
Volunteer expenses*	1,000	1,000	400	2,400
Facilitation expenses	500	500	500	1,500
Art Materials (sketchbooks/pencils, etc.)	200	100	100	400
Staff travel to care sites across London: 3 years	350	400	450	1,200
Misc/Insurance/ Sundries/ Other	1,500	1,500	1,500	4,500
TOTAL:	19,750	20,000	19,750	59,500