

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Disability Sports Coach	
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. Peter Ackred	Position: Managing Director
Website: http://www.disabilitysportscoach.co.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1150294
When was your organisation established? 27/12/2012	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Making London More Inclusive
Which of the programme outcome(s) does your application aim to achieve? Disabled people actively taking part in the arts or sport Disabled people reporting increased well-being as a result of taking part in the arts or sport
Please describe the purpose of your funding request in one sentence. Community Sports Clubs providing regular Inclusive sports activities for disabled people which have a positive impact on their physical and mental well being.
When will the funding be required? 01/04/2016
How much funding are you requesting? Year 1: £46,108 Year 2: £46,576 Year 3: £47,059
Total: £139,744

Aims of your organisation:

Disability Sports Coach create sport and physical activity opportunities that have a positive impact on disabled people's lives.

We do this by delivering our own programmes, working in partnership with other organisations and working strategically to influence and shape how sport is delivered for disabled people.

By 2020 we aim to have:

- 22 DSC Community Clubs running across London
- 3000 disabled people attending our programmes
- Have established our LIVE programme as a model of good practice for leisure operators

Main activities of your organisation:

All our work is designed to support more disabled people to take part in sport and physical activity. We work with a wide range of partners to ensure we have the biggest impact possible as well as delivering our own programmes and training workshops.

What we deliver:

- Through our team of coaches we deliver a wide range of sport programmes in London for schools, colleges and community organisations.
- DSC Community Club programme in 11 London Boroughs which runs all year round.
- Development of new programmes looking at innovative ways to support more disabled people to be physically active.
- Delivery of our training courses to enable more coaches, teachers, leaders and volunteers to deliver inclusive sports sessions

We also work strategically with partners such as UK Active, London Sport, Greenwich Leisure Limited and the Child Protection In Sport Unit to provide expertise in the provision of sport and physical activity for disabled people.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
6	0	4	25

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	on going

Summary of grant request

There is a need for our project because our Community Clubs support disabled people to be more active on a regular basis. Less than half the number of disabled people take part in sport (17.9%) compare to non-disabled people (39.9%) (Active People Survey June 2016) which puts them at a greater risk of these types of illness and our clubs support disabled people to reduce the likeliness of this through being physically active (www.nhs.uk/Livewell/fitness/Pages/whybeactive). Our club participants have told us that they feel fitter and healthier (16%), have improved their social skills (21%) and have higher self-esteem and less anxiety (14%) from attending the clubs (Community Club survey 2016).

We currently run five community sports clubs for disabled people age 11+ in London and want to extend the delivery of these once our current funding finishes. The clubs will run once a week for 36 weeks a year (during school term time) for 1.5 -2 hours depending on the club. The clubs are led by 2 qualified sports coaches and 2 volunteers and offer a wide range of sports such as football, cricket and tennis and Paralympic sports such as goalball, boccea and sitting volleyball. All our coaches are qualified and experienced in coaching disabled people.

A part time Club Officer will manage the clubs to look after the day to day running including

- the management of our coaches and volunteer programme
- outreach and promotional work including taster sessions and updating our website and social media
- Maintaining and create new partnerships with local and London wide organisations who can provide further sports opportunities

We work in partnership with the Local Authorities and Greenwich Leisure Limited the leisure provider who provide the facility hire in-kind. There is a small fee for participants to attend each week which is taken by the facility to contribute to the cost of the facility hire.

During this project we aim to achieve:

- 100 new disabled people coming to our clubs
- 10 volunteers recruited and trained to support the clubs
- Disabled people reporting improved social, mental and physical health benefits

We believe we are the right organisation to deliver this because:

- We have successfully delivered this programme for over 2 years supporting over 300 disabled people to take part in our wider club programme, recruited and supported our volunteers as well as created links with a wide number of local organisations who are now able to refer disabled people to our clubs
- Our organisation have been supporting disabled people to take part in sport and physical activity for the last 10 years and has the knowledge and expertise to successfully deliver these clubs.

Our project will meet the Trust's outcomes by supporting disabled people to take part in sport through our Community Clubs and demonstrating increased physical and mental well-being through the wider benefits of taking part in sport and physical activity.

Our project meets the Trust's 'Good Practice' principals by:

- Consulting with our club participants to help determine what sports are offered and supporting disabled participants to become volunteers and peer role models.
- Providing a volunteer programme including annual welcome meeting, volunteer pack, and access to training workshops, volunteer t-shirt and on-going support.
- We are taking steps to reduce our carbon foot print by being a predominately 'paperless' office

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?

None currently

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.

DSC Community Clubs run for 36 weeks a year for 3 years in 5 London Boroughs (Islington, Hackney, Tower Hamlets, Lambeth and Hillingdon) supporting disabled people to be more physically active. 100 new disabled people attend the clubs and there are 4320 visits over 3 years.

10 volunteers are recruited, trained and supported to work with individuals to take part in club activities. A minimum of 2 volunteers support each club.

Outreach and promotion opportunities of the clubs e.g. taster sessions, parent and carer support groups to reach a wider range of disabled people with 750 disabled people reached over 3 years.

Partnerships are created and maintained with 15 sports organisations such as local sports clubs, organisations and National Governing Bodies of Sport who can support with provision of training of coaches, exit routes for participants who want to specialise in certain sports. 30 opportunities are promoted to club participants.

1 annual Club Festival day is delivered each year (3 in total) with 300 participants attending over the three years.

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.

Club participants report better physical and mental wellbeing

Club participants gain more independence and confidence when attending the clubs which has a positive impact in other areas of their lives.

Club participants with complex needs receive additional support from volunteers to enable them to take part in the club which otherwise they would not be able to do.

Organisations who support or work with disabled people are aware of the clubs and can promote them to the people they work with.

Club participants/parents/carers are aware of other opportunities to take part in sports sessions in their area

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?

We work in partnership with the 5 Local Authorities and Greenwich Leisure Limited (GLL) who host the 5 clubs we would like funded. The 5 LAs and GLL are committed to supporting this provision and we are working together to identify ways to do this in the long term. We are also looking at sponsorship and crowd funding.

Who will benefit?

About your beneficiaries

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

183

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

Hackney (20%)

Hillingdon (20%)

Lambeth (20%)

Tower Hamlets (20%)

Islington (20%)

What age group(s) will benefit?

0-15

16-24

25-44

45-64

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?

91-100%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Club Development Officer (part time)	13,728	14,196	14,679	42,604
Coach 1	11,340	11,340	11,340	34,020
Coach 2	11,340	11,340	11,340	34,020
Marketing and promotion	1,000	1,000	1,000	3,000
Club Festival	1,000	1,000	1,000	3,000
Management fee	7,700	7,700	7,700	23,100
Facility Hire	9,752	9,752	9,752	29,260
	0	0	0	0
	0	0	0	0
TOTAL:	55,860	56,328	56,811	169,004

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
In-kind cost of facility hire for 5 leisure centres	9,752	9,752	9,752	29,260
	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	9,752	9,752	9,752	29,260

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
	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
Club Development Officer (part time)	13,728	14,196	14,679	42,604
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Club Festival	1,000	1,000	1,000	3,000
Management fee	7,700	7,700	7,700	23,100
	0	0	0	0
TOTAL:	46,108	46,576	47,059	139,744

Finance details

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

Financial year ended:	Month: April	Year: 2015
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Income received from:	£
Voluntary income	0
Activities for generating funds	179,720
Investment income	0
Income from charitable activities	50,191
Other sources	0
Total Income:	229,911

Expenditure:	£
Charitable activities	162,716
Governance costs	46,067
Cost of generating funds	0
Other	0
Total Expenditure:	208,783
Net (deficit)/surplus:	21,128
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	0

Asset position at year end	£
Fixed assets	2,493
Investments	0
Net current assets	13,080
Long-term liabilities	0
*Total Assets (A):	15,573

Reserves at year end	£
Restricted funds	-4,089
Endowment Funds	0
Unrestricted funds	19,662
*Total Reserves (B):	15,573

* 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)	0	0	0
London Local Authorities	28,316	3,150	0
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	136,436	180,809
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 £
Sport England	0	136,436	180,809
WNST	8,150	6,111	2,039
London Sport Ltd/ Sportivate/ Proactive	68,934	39,043	4,558
Jack Petchy	0	0	5,400
	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: **Peter Ackred**

Role within **CEO**
Organisation: