

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Eritrean Community in the UK	
If your organisation is part of a larger organisation, what is its name? ECUK is independent	
In which London Borough is your organisation based? Islington	
Contact person: Mr Mebrahtu Russom	Position: Programme Manager
Website: http://www.ericomuk.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 802877
When was your organisation established? 20/03/1987	

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 Older Londoners having increased awareness of benefits, finance, housing and other rights
Please describe the purpose of your funding request in one sentence. Older Eritreans will be less isolated, physically and mentally more healthy and have improved financial situations by way of accessing expert advice and community activity.
When will the funding be required? 03/04/2017
How much funding are you requesting? Year 1: £24,972 Year 2: £24,417 Year 3: £24,640 Total: £74,028

Aims of your organisation:

Mission Statement : ECUK's mission is to "Promote a scheme of projects, which will benefit the community by relieving stress, advancing education and social welfare with the aim of improving the quality of life and successful integration within the host community, so as to become productive and successful citizens.

Creating a sense of belonging and breaking down barriers through advice, information, support, advocacy, referral and access to services."

Aims & Outcomes : ECUK's operational and practical aims are that people from within the Eritrean community will :-

- gain the essentials to live including accommodation, food, clothing and financial support
- live healthy and safe lives
- gain skills which are employment driven and which can lead to meaningful employment
- receive an education as young people which builds a foundation for a life pathway
- participate as active citizens to foster self help and build a strong community

Main activities of your organisation:

ECUK currently delivers the following key programmes :-

- (1) Advice, Guidance, Advocacy and Training -- support for immigration, housing, education, social, welfare, consumer [e.g. utilities & debts] and employment issues.
- (2) ECUK Youth Engagement Project -- sport and leisure activities addressing drugs awareness, healthy lives etc. as diversionary activities from anti-social behaviour and developing positive lifestyles.
- (3) Children's Educational Classes [during term time] ensuring children maintain pace with their studies, receive a proper education and learn their mother tongue.
- (4) Older People's Programme -- development, health and advice for older people [over 50's and particularly for over 75's] experiencing isolation and health issues.
- (5) Domestic Violence advice, information, support, advocacy and referral
- (6) Employment Advice, information, support, advocacy and referral including job search, CV preparation, career development and also business start up
- (7) Volunteering -- all ECUK programmes are under-pinned by engaging peer volunteers, mentors and community leaders who also learn new skills and gain work related experience for themselves.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	5	6	5

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	Annually renewed

Summary of grant request

"Healthy Solutions" [Eritrean Elders' Health & Volunteer Programme]

Need :

- (1) Eritreans -- following forced Diaspora and ongoing influx of migrants for the past 40 years, UK's Eritrean population has increased to more than 50,000 people [living mainly in London].
- (2) Many older Eritreans were traumatised by the nature of Diaspora and ensuing isolation in the UK leading to mental ill health e.g. depression,
- (3) Older Eritreans cannot work due to their age which is causing poverty [they cannot survive on pensions], lack of financial knowledge and no family support networks.
- (4) Research and networking informs us of a severe lack of appropriate provision e.g. EOU's "State of the Sector" Report (2013) found c60,000 3rd sector groups in London, yet only c750 groups dedicated to BAMER communities [c2%].
- (5) There are few Eritrean groups in London, delivering cultural and low level / unfunded activities : indeed ECUK co-ordinates a pan-London network of 7 such Eritrean groups to develop capacity to support our communities.
- (6) Older Eritreans experience myriad barriers when trying to access [mainstream] services e.g. culture, gender and lack of English.
- (7) Voluntarism -- older people cannot volunteer without adequate support
- (8) Census -- Islington's population has the highest rate of general health categorised as 'not good' and the 3rd highest rates of 'limiting long term illness' in London -- this is particularly relevant to older people and migrants
- (9) In response, "Islington Community Strategy" has a strategic objective of "Tackling health inequalities and improving health" which we will meet.
- (10) ECUK Consultation Surveys [2015 -- 16] revealed many needs and issues including poverty, financial illiteracy, service exclusions, lack of English language skills, no access to health activities, degenerative illnesses, poverty induced health, isolation and elders want involvement in developing their own programmes.

The Project -- "Healthy Solutions" comprises 5 key spheres :-

- (1) Volunteer Programme to engage Eritreans [including peer elders]
- (2) Eritrean Elders' Forum [monthly] to engage older Eritreans directly to give their views as a project steering group, discussion group, community / peer support facility and as campaign group for elders' issues
- (3) BI-monthly Awareness Raising Workshops and Events arranged and delivered with a health focus e.g. workshops addressing healthy eating, how to budget for food shopping, menu planning, how to develop a healthy life style etc.
- (4) Health Activity Programme -- health, social and cultural activities developed directly in the community from which elders are presently excluded.
- (5) Advice & Information -- workshops, 1-1 appointments and surgeries to provide specialist advice as regards benefits, pensions, debt and any financial issues.

Outcomes -- older Eritreans will be less isolated, healthier [physically and mentally] and have improved financial situations by accessing expert advice and community activity.

Overall Target -- 100 older Eritreans annually [300 over 3 years] and 10 volunteers [team of 30 over 3 years].

ECUK The Right Organisation -- we have supported Eritreans for 29 years delivering programmes relating to health, finance and community development.

We are the only funded Eritrean agency in London, our staff and Board comprise 100% Eritreans, we have proven financial sustainability [e.g. long term council funding] and relevant accreditations e.g. AQS.

CBT Priority : 'Older Londoners -- "Healthy Solutions" will target older Eritreans over 60 years [and particularly those over 75] to bring them into the community, improve their health, social, cultural and financial lives through volunteering, health support and advice activities focussed specifically towards these issues.

Principles of Good Practice -- older Eritreans can go on to become volunteers [supported opportunities], the new Forum will ensure their direct involvement in all aspects of project management and this programme opens equal access to older people and females both of whom are regularly excluded.

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?

ECUK has a full portfolio of policies [updated 2016 -- 17] and we have been awarded different quality marks proving we continuously meet quality standards

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.

Volunteer Programme -- this breaks down into two 'teams' :-

(1) Supported Volunteering [Older Eritreans volunteering as peers]

(2) Eritrean volunteers of any age group [male and female for gender appropriateness]

Both teams will support elders assisting them to travel to GP surgeries / hospitals, translation etc.

Eritrean Elders' Forum -- we will establish and develop a [monthly] function which engages older Eritreans directly to give their views as a project steering group, discussion group, community / peer support facility and as a campaign group for elders' issues to develop a 'voice' and influence strategy.

Awareness Raising Workshops and Events [Bi-monthly] -- a programme will be arranged and delivered with a health focus e.g. workshops addressing healthy eating, how to budget for food shopping, menu planning, how to develop a healthy life style etc.

Health Activity Programme -- a range of health, social and cultural activities will be developed directly in the community from which elders are presently excluded due to lack of provision and other issues [including mobility and language problems].

Advice & Information -- we will run workshops, 1-1 appointments and surgeries to provide specialist advice as regards benefits, pensions, debt and any financial issues which may be experienced by Eritrean elders, particularly those who are over 75 and extremely vulnerable [we are AQS accredited].

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.

Volunteer Programme : inclusive access to volunteer opportunities for Eritrean adults including elders which will increase numbers of BAMER volunteers and improve confidence, personal skills, experience and health as Eritrean people are trained and engaged within community activity

The Eritrean Elders' Forum : community engagement of older Eritreans to identify their own issues and have a 'voice' in developing strategy thus improving their confidence and social engagement leading to better health and improved local services / strategy to address the issues that they highlight for themselves.

Bi-monthly Awareness Raising Workshops and Events : community engagement of older Eritreans to bring them into community life, improve social networks and for them to become better informed about health and services / support available to them to facilitate inclusive access and ensuing better health and personal / financial circumstances.

Health Activity Programme : community engagement of older Eritreans to bring them into community life leading to improved physical and mental health :-

(1) Remedial -- improving current conditions e.g. alleviating isolation leading to better mental health etc,

(2) Proactive -- improved knowledge about healthy living and activities which promote active lives

Advice & Information : older Eritreans managing their moneys, becoming more financially stable e.g. through claiming benefits / pensions, and aware of 'scams' which are increasing leading to reduced stress, improved health and financial circumstances.

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 -- "Healthy Solutions" will be an ongoing programme as the aging population increases and needs remain. The project will be funded through making strong grant bids [as a charity], beneficiary contributions from personal budgets [we will support them to gain allowances to which they may be entitled] and community fund raising activities.

Who will benefit?

About your beneficiaries

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

100

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

Islington (70%)

Camden (10%)

Haringey (10%)

Hackney (10%)

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?

Black/ African/ Caribbean/ Black British (Including African; Caribbean; Any other Black/ African/ Caribbean background)

If Other ethnic group, please give details: **Eritrean**

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
(1)	Staff salaries [Incl. oncosts]	15,672	16,007	16,350	48,028
(2)	Staff recruitment, Travel & Training	1,330	990	1,000	3,320
(3)	Project Promotions & Evaluation	1,000	1,000	1,000	3,000
(4)	Volunteer Programme	2,000	2,000	2,000	6,000
(5)	Programme Costs [Activities]	1,950	1,700	1,550	5,200
(6)	Capital Costs [Office and equipment]	750	500	500	1,750
(7)	Overheads [Full cost recovery]	2,270	2,220	2,240	6,730
TOTAL:		24,972	24,417	26,640	74,028

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
N/A	0	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
N/A -- this is our first bid for the programme	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
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(6)	Capital Costs [Office and equipment]	750	500	500	1,750
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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	0
Activities for generating funds	0
Investment income	0
Income from charitable activities	59,752
Other sources	3330
Total Income:	63,082

Expenditure:	£
Charitable activities	47,127
Governance costs	600
Cost of generating funds	0
Other	0
Total Expenditure:	47,727
Net (deficit)/surplus:	15,355
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	15,355

Asset position at year end	£
Fixed assets	572
Investments	0
Net current assets	54,269
Long-term liabilities	0
*Total Assets (A):	54,841

Reserves at year end	£
Endowment funds	0
Restricted funds	42,271
Unrestricted funds	12,570
*Total Reserves (B):	54,841

* 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?
49%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:

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	27,676	31,602	31,200
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	0	0
Other statutory bodies	0	11,250	10,450

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 £
(1) Cripplegate Foundation	5,000	5,000	5,000
(2) Eritrean Community in Haringey	0	1,024	0
(3) Trust For London	0	0	15,000
(4) Lloyds Bank Foundation	0	0	12,902
	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: **Mr. Mebrahtu Russom**

Role within **Programme Manager**
Organisation: