

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Queens Crescent Community Association (QCCA)	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Camden	
Contact person: Mr Foyezur Miah	Position: Director
Website: http://www.qcca.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1096655
When was your organisation established? 24/03/2003	

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. To prevent loneliness and isolation for older people aged 75 in Camden by providing opportunities for involvement in a more active and healthy lifestyle.
When will the funding be required? 16/04/2017
How much funding are you requesting? Year 1: £65,047 Year 2: £64,955 Year 3: £69,393 Total: £199,396

Aims of your organisation:

Queen's Crescent Community Association (QCCA) aims to foster social cohesion by helping grassroots initiatives to grow, and by providing services, resources and facilities in the interests of social welfare, education and leisure-time recreation. We aim to empower local residents, challenge disadvantage and improve quality of life and standard of living.

We strive to bring people together to learn new skills, improve their health or employment prospects, meet others and find solutions to local issues. Our services target those who are socially-isolated and vulnerable and for many in Camden we are life-line. QCCA is a community-led organisation, and we pride ourselves on being able to respond quickly to local needs as they arise with services that are tailored and effective.

We aim to be recognised and respected as a leading service provider in Camden, sharing good practice and partnering with other agencies where we can add value and bring direct benefit to our service users.

Main activities of your organisation:

QCCA delivers services over seven different programmes:

- Older People's Programme: comprehensive support for older people including a luncheon club, befriending service, holidays and excursions and a range of social activities including exercise classes, bingo, film-club and ICT.
- Under 5s Programme: support for our youngest members and their parents / carers in our nurseries, drop-in and crèche.
- Young People's Programme: support, guidance, learning opportunities and fun for 13--19 year olds in our youth club offering group activities and 1-2-1 support.
- Education and Employment: life-long learning opportunities. QCCA is an AQA Registered Centre, UK Online Centre and experienced provider of ESOL and other vocational courses.
- Exercise and Fitness: affordable, inclusive exercise opportunities offered in our sports hall, gym, football pitch, sports library and bike loan scheme
- Culture: We host an annual festival, facilitate community celebrations and hire our music studio.
- Community empowerment: hire of affordable community space, equipment hire, minibus hire, DBS Umbrella Body, support for local groups and organisations.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
12	23	9	40

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	19.5

Summary of grant request

Need and aims

Supporting older people, particularly those who are over 75, has been a key priority at QCCA since 2002. At its peak, our membership contained 400 older people living in Camden; more than half of whom live alone and may go for days without talking to someone.

Currently we are only able to offer a daily luncheon club and one exercise class, but with funding from the City Bridge Trust we would be able to significantly increase the range of activities offered. Our project will have a renewed focus on older people aged over 75 which is where we see the greatest need for support in our community. Our aim is to provide a range of interventions that support men and women over 75 to live healthier more active lives and avoid the crippling loneliness and isolation that is so common among this age group. All of our activities will have the values of consistency, choice, quality and friendship at their centre.

Local community profiling (Camden, 2015) highlights the following challenges faced by older people living within walking distance of our community centre:

- 31% of older people live in deprivation
- 2 LSOAs are in the top 10% in England for probability of loneliness of those aged 65 and over
- 19% of residents have a diagnosis of anxiety or depression
- 21% of residents have a disability or long-term health condition.

Our own research tells us that 70% of older people who use our services live on their own, and that the most common challenges faced are:

- Health and mobility problems
- Struggling to deal with bereavement
- Lack of confidence leading to withdrawal and social isolation
- Spending lots of time alone and going for days without talking to someone.

Delivery

Older people aged 75 and over will have a number of ways to reduce their isolation and improve their health and activity levels through:

- A weekday luncheon club;
- A range of healthy activities such as exercise, gardening, workshops;
- Day trips to places of interest as well as to the local shops, library etc.
- Befriending Service

QCCA works closely with the Local Authority, Sheltered Housing Associations, Camden Adult Social Care, GPs and other voluntary sector organisations to ensure that we are able to reach those who are most isolated and in need of our support. The project will be managed by an experienced Project Coordinator, who in turn will be directly managed by the Chief Executive.

Programme Outcomes.

This project fits extremely well within the City Bridge Trust programme outcomes. The range of activities such as exercise classes and the weekday lunch club will result in Londoners aged over 75 living more active and healthier lives. The opportunity to meet others in a welcoming environment and our Befriending Service will ensure that there are fewer older Londoners aged over 75 with depression and more reporting well-being.

Good Practice Principles

- We receive regular feedback from all service users after activities and in our annual evaluations.
- We have an informal project steering group made up of older people who use our services.
- We have 2 trustees who are aged over 65 on our board, ensuring that older people have a role in the strategic management of the organisation.
- QCCA has a strong track record of attracting people from diverse backgrounds. Based on

previous experience, we expect that 20% of beneficiaries will be from Black and Minority Ethnic (BME) groups.

•We will have 30 volunteers working on the project over three years. The majority of these will be from the local community and will receive support and training from the Project Coordinator.

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**
- **We are working towards Investors in People**

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.

Weekday lunch club where older people can enjoy a hot, nutritious, affordable meal that has been prepared on site using fresh ingredients. This brings the double benefit of improving health and reducing isolation.

A range of group social activities such as bingo, singing, film club and intergenerational projects that bring older people together for recreation and companionship. We will also provide day trips and short breaks. We expect a minimum of 6 group activities per week.

Befriending service: Fully trained volunteers will provide regular companionship and support through a combination of face-to-face, telephone and email contact. This service will target older people aged 75+ who are particularly isolated due to mobility or health issues, or who may be experiencing depression or anxiety.

Health activities: Direct health services such as dementia support, reflexology and health workshops will be offered in addition to tailored exercise classes including chair-based exercise, tai-chi, walking football, yoga, dance and guided monthly local walks.

Information, advice and advocacy: QCCA will work with partners such as the Citizens Advice Bureau and Age UK Camden to provide weekly and ad hoc financial, housing and health advice services.

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.

Older People aged 75 and over will have increased levels of activity and improved confidence to participate in community activities.

Older people aged 75 and over will have improved health and will make more healthy choices in their life.

Older people aged 75 and over will report improved well-being as a result of the project.

Older people aged 75 and over will report feeling less socially isolated and lonely.

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?

QCCA is fully committed to providing older people's services in the long-term and so, following an evaluation of the project, we would seek to continue beyond 2019. In recent years QCCA has increased its trading activities to diversify income. In addition to committing some of the profits of earned income, we will seek funding from other charitable trusts and foundations.

Who will benefit?

About your beneficiaries

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

72

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

Camden (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?

51-60%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Project Coordinator	32,144	33,397	34,696	100,236
Lunch club staff x 2	29,871	31,035	32,242	93,148
Volunteer training and expenses	1,500	1,600	1,700	4,800
Recruitment	2,500	0	0	2,500
Supervision by Chief Exec (10% of time)	5,760	5,760	5,760	17,280
Events and activity expenses	34,240	33,990	34,765	102,995
Marketing	1,300	1,400	1,450	4,150
Evaluation	0	0	3,000	3,000
Contribution to overheads	16,097	16,077	17,042	49,216
TOTAL:	123,412	123,259	130,655	377,326

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Lunch club payments by service users	15,000	15,000	15,000	45,000
	0	0	0	0
TOTAL:	15,000	15,000	15,000	45,000

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Big Lottery Reaching Communities	43,365	43,304	46,262	132,930
	0	0	0	0
TOTAL:	43,365	43,304	46,262	132,930

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Project Coordinator 60%	19,286	20,038	20,817	60,142
Lunch club staff x 2 60%	17,923	18,621	19,345	55,889
Volunteer training and expenses 60%	900	960	1,020	2,880
Recruitment 60%	1,500	0	0	1,500
Supervision by Chief Exec (10% of time) 60%	3,456	3,456	3,456	10,368
Events and Activities - lunch club income 60%	11,544	11,394	11,859	34,797
Marketing 60%	780	840	870	2,490
Evaluation 60%	0	0	1,800	1,800
Contribution to overheads 60%	9,658	9,646	10,225	29,530
TOTAL:	65,047	64,955	69,393	199,396

Finance details

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

Financial year ended:	Month: March	Year: 2016
-----------------------	------------------------	----------------------

Income received from:	£
Voluntary Income	965,955
Activities for generating funds	269,606
Investment Income	527
Income from charitable activities	0
Other sources	0
Total Income:	1,236,088

Expenditure:	£
Charitable activities	1,158,655
Governance costs	3,000
Cost of generating funds	179,858
Other	0
Total Expenditure:	1,341,513
Net (deficit)/surplus:	-105,425
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	-105,425

Asset position at year end	£
Fixed assets	422,154
Investments	0
Net current assets	-183,773
Long-term liabilities	0
*Total Assets (A):	238,381

Reserves at year end	£
Restricted funds	0
Endowment Funds	0
Unrestricted funds	238,381
*Total Reserves (B):	238,381

* 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?
21-30%

Organisational changes

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

Since our last accounts were published there has been some restructuring within our charity. We reduced our nursery provision from three sites to two, which resulted in one nursery post being made redundant. We also reduced our finance team from two members of staff to one.

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	200,291	264,334	210,515
London Councils	0	0	0
Health Authorities	0	0	0
Central Government departments	0	55,561	116,339
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 £
GOAL	79,313	94,625	96,685
Big Lottery Reaching Communities	35,000	35,000	35,000
BBC Children In Need	27,248	31,523	32,109
John Lyon's Charity	0	30,000	34,200
Tudor Trust	20,000	35,000	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: **Foyezur Miah**

Role within **Chief Executive**
Organisation:

Appendix A

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Project Coordinator	32,144	33,397	34,696	100,236
Lunch club staff x 2	29,871	31,035	32,242	93,148
Volunteer training and expenses	1,500	1,600	1,700	4,800
Recruitment	2,500	0	0	2,500
Supervision by Chief Exec (10% of time)	5,760	5,760	5,760	17,280
Events and activity expenses	34,240	33,990	34,765	102,995
Marketing	1,300	1,400	1,450	4,150
Evaluation	0	0	3,000	3,000
Contribution to overheads	16,097	16,077	17,042	49,216
TOTAL:	123,412	123,259	130,655	377,326

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Lunch club payments by service users	15,000	15,000	15,000	45,000
	0	0	0	0
TOTAL:	15,000	15,000	15,000	45,000

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
Big Lottery Reaching Communities	43,365	43,304	46,262	132,930
	0	0	0	0
TOTAL:	43,365	43,304	46,262	132,930

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
Project Coordinator	32,144	33,397	34,696	86,545
Volunteer Training & Expenses	1,500	1,600	1,700	4,800
Recruitment 60%	1,600	0	0	1,600
Supervision by Chief Exec (10% of time)	5,760	5,760	5,760	17,280
Events and Activities - lunch club income 60%	2,000	2,000	2,000	6,000
Fitness Equipment	500			500
Fitness Instructor	7,800	7,800	7,800	23,400
TOTAL:	51,304	50,557	51,956	153,816