

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: AHOY Centre	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Greenwich	
Contact person: Mr Clive Ongley	Position: CEO
Website: http://www.ahoy.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1084122
When was your organisation established? 02/08/2000	

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 reporting increased well-being as a result of taking part in the arts or sport Work supporting young disabled people (aged 16-25) in the transition to adulthood and/or independent living		
Please describe the purpose of your funding request in one sentence. Implement a 2-year sailing and life skills developing project (Sail to Prevail), to support 60 disabled people aged 16 plus within Greenwich, Lewisham and Southwark.		
When will the funding be required? 01/01/2018		
How much funding are you requesting?		
Year 1: £53,652	Year 2: £50,052	Year 3: £0
Total: £103,704		

Aims of your organisation:

The AHOY Centre is a respected, water sports based, registered charity that supports and changes the lives of disadvantaged, at risk young people and adults (including those with a disability) living in Greenwich and surrounding areas. We use watersports as a medium to educate, train and support young people and adults who are at risk, helping them to gain practical experience with transferable skills.

We aim to support disadvantaged young people and adults to:

?Access challenging outdoor activities that negate sedentary lifestyles and promote health and wellbeing.

?Access skills based training to achieve nationally recognised qualifications.

?Become more confident and communicative, developing valuable interpersonal skills.

?Be full participants in all the opportunities AHOY offers to gain important transferable and employable skills that move people towards greater independence.

Main activities of your organisation:

Sailing and Rowing Activities: Utilising the River Thames to provide safe and exciting training & activities, we engage people whilst increasing their concentration, alertness/awareness, as well as improving their physical and mental health. We use the medium of sailing & rowing to educate and provide practical learning, supporting values learned in the classroom while instilling additional life skills through team work, communication and problem solving, providing a true Kinaesthetic learning experience.

Shipmates: This volunteer programme delivers alternative education, team building opportunities and transferable skills across several areas of the charity for 8-18 year olds. We equip young people with the key skills required to work as a team, including communication capabilities. We also provide apprenticeships for 16-24 year olds through our Activity Leadership Programmes.

Sailability: Our facilities are reported as a ?centre of excellence? by the Royal Yachting Association (RYA). The centre provides complete wheelchair access, enabling our participants to enjoy integrated water-based activities whilst learning new skills.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
9	7	4	68

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?
Owned	

Summary of grant request

We propose implementing a 2-year sailing and life skill building project, called 'Sail to Prevail' (STP). Running from Dec 2017/Jan 2018 ? Dec 2019, this project will support 30 disabled people (with either a physical, sensory or learning disability), per year (60 in total), aged 16 plus and who are living within 3 local London Boroughs: Greenwich, Southwark and Lewisham.

Many of those with learning disabilities may be considerably older than 16 but quite often will have a mental age of 12 to 16. By recruiting a Full-Time Equivalent Assistant Sailing Instructor/Mentor (35 Hours per week), along with 8 local trained Assistants/volunteers and AHOY ?Shipmates? (trained in disability awareness), our STP project will support beneficiaries as follows:

?Access to water sports: Expanding on our 'Sailability' service, 60 people with disabilities (30 per year) will be able to participate in 26 inclusive (life changing) sailing, rowing, and other integrated water-based activity sessions per year (52 sessions in total). These activities will engage beneficiaries while equipping them with lifelong values (teamwork, confidence, friendship).

?Mentoring/Life Skills Development Sessions: All beneficiaries will receive a minimum of 20 1-hour long life coaching sessions, per year, delivered by the Assistant Sailing Instructor/Mentor. As the project progresses, those that need additional support will receive 1-hour sessions each week. Sessions will focus on supporting people with disabilities to self-develop and have greater independence (adapted to their level of ability).

?Peer Support Groups: We will set up and run a minimum of 1 peer support group session per month, running for 2 hours. If required further sessions will be implemented.

The 16 plus age group is a turbulent period for most people but this is further compounded for those living with a disability. Many of the people we support are living with either physical mobility impairments, Learning Disabilities (LD) including, Asperger?s, Down syndrome, ADHD, or other mental health conditions. Subsequently most have been isolated from sports, social activities and mainstream society at large, due to:

- ? Fear of discrimination.
- ? Lack of self-esteem.
- ? 'Non-disabled friendly? facilities creating a barrier of entry.
- ? Prevailing misconceived notions (held by both disabled and non-disabled people) on their ability to participate in sporting activities and achieve personal goals despite their disability.
- ? Lack of knowledge concerning support services in their community.

Our recent evaluation reports that 95% of our disabled service users enjoy the watersports and have significantly benefitted from the experience, reporting improvements in their wellbeing, forming new friendships, gaining self-confidence and learning the value of teamwork within a refreshingly uncommon environment. However, we learned there is a growing need among these users to have a more sustainable social interaction with their peers, both within and outside of the water based activities.

Our project will not only address the beneficiaries' crucial need for support, but also provide them with unforgettable lifelong experiences.

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 are a registered: RYA (Royal Yachting Association) Training Centre & Sailability Centre plus British Rowing and NCFE training Centre

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.

60 people with disabilities (30 per year) will be able to participate in 26 inclusive (life changing) sailing, rowing, and other integrated water-based activity sessions per year (52 sessions in total).

All beneficiaries will receive a minimum of 20 1-hour long life coaching sessions, per year, delivered by the Assistant Sailing Instructor/Mentor. As the project progresses, those that need additional support will receive 1-hour sessions each week.

We will initially set up and run a minimum of 1 peer support group session per month, running for 2 hours. If required further sessions will be implemented.

Periodically, we will invite motivational speakers to the peer support groups to further motivate and encourage young people.

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.

We anticipate at least 90% of beneficiaries (54 disabled people) will report having a positive outlook and greater self-confidence to be self-sufficient as a result of the sailing and rowing activities.

We anticipate 70% of beneficiaries (42 disabled people) will show increased enthusiasm in our watersports or accessing other inclusive local sports services as a result of our signposting support.

We anticipate 90% of beneficiaries (54 disabled people) will report making new acquaintances/friends with non-disabled users and feeling less isolated, as a result of the water sports and peer support group sessions.

100% of disabled people will receive a minimum of 60 hours of life coaching and peer group support, which we anticipate will result in increased personal goal achievement, greater awareness of local support services and reduced levels of depression.

We anticipate 90% of service users will progress to gaining an RYA Sailability Award (in bronze, silver or gold) as a result of participating in the sailing and rowing activities.

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 do intend to continue activity post project, taking lessons from the evaluations to gain insight into improving the project further. Evidencing the success and impact of the project will enable us to seek further funding to support disabled people, either from other foundations or alternative funding from local authorities.

Who will benefit?

About your beneficiaries

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

30

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

Greenwich (40%)

Lewisham (35%)

Southwark (25%)

What age group(s) will benefit?

16-24

25-44

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
Assistant Sailing Instructor/Mentor	31,226	31,226	0	62,452
Outreach Support costs	5,500	5,500	0	11,000
Assistant/Volunteer -Training & support	7,200	3,600	0	10,800
Staff Management/Administration - telephone - printing	8,276	8,276	0	16,552
Assistants/volunteers - transport - refreshments	1,450	1,450	0	2,900
Equipment - maintenance - repairs	12,000	9,000	0	21,000
Licenses - fees - certification - log books	1,500	1,500	0	3,000
	0	0	0	0
	0	0	0	0

TOTAL:	67,152	60,552	0	127,704
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
AHOY sponsored rowing Challenges	12,000	12,000	0	24,000
	0	0	0	0

TOTAL:	12,000	12,000	0	24,000
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
none anticipated	0	0	0	0

TOTAL:	0	0	0	0
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How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Total
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Staff Management/Administration - telephone - printing	8,276	8,276	0	16,552
Assistants/volunteers - transport - refreshments	1,450	1,450	0	2,900
	0	0	0	0

TOTAL:	53,652	50,052	0	103,704
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Finance details

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

Financial year ended:	Month: December	Year: 2016
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Income received from:	£
Voluntary income	944,264
Activities for generating funds	0
Investment income	2,354
Income from charitable activities	60,990
Other sources	14,366
Total Income:	1,021,974

Expenditure:	£
Charitable activities	642,722
Governance costs	2,505
Cost of generating funds	140,265
Other	0
Total Expenditure:	785,492
Net (deficit)/surplus:	236,482
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	236,482

Asset position at year end	£
Fixed assets	947,454
Investments	0
Net current assets	334,380
Long-term liabilities	0
*Total Assets (A):	1,281,834

Reserves at year end	£
Restricted funds	748,562
Endowment Funds	0
Unrestricted funds	533,272
*Total Reserves (B):	1,281,834

* 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?
0%

Organisational changes

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

NA

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 £
London Marathon Trust	0	0	100,000
The Alfred & Peggy Trust	0	0	61,200
Big Lottery	85,500	0	0
Fidelity UK	0	30,000	0
Garfield Western	0	30,000	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: **Clive Ongley**

Role within **CEO**
Organisation: