

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Bikur Cholim Ltd	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Hackney	
Contact person: Ms Yocheved Eiger	Position: Chief Executive Officer
Website: http://www.bikurcholim.co.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1085965
When was your organisation established? 10/09/1979	

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? Carers aged 65 years and over better able to access support, advice and respite		
Please describe the purpose of your funding request in one sentence. To provide practical and emotional support to older carers in order for them to be supported in their caring role.		
When will the funding be required? 01/11/2017		
How much funding are you requesting?		
Year 1: £29,060	Year 2: £28,804	Year 3: £29,427
<div style="text-align: center;"> 291 Total: £87,561 </div>		

Aims of your organisation:

Bikur Cholim's mission and aims are to relieve the effects of sickness, poor physical and mental health and old age, for people of the community in North London by assisting with the provision of support, facilities and services.

Established in 1979 in response to a local tragedy, Bikur Cholim was founded to ensure that no person would have to battle the challenges of illness and disability on their own. More than three decades since we were first established, our commitment to this ideal remains as principal as ever.

Although there is not much that can be done to prevent illness, there is a lot that can be done to reduce the pain that accompanies it. Bikur Cholim's values of person centred services and attitudes of respect, dignity and sensitivity as well as our unstinting commitment to confidentiality have enabled us to meet the individual needs of each of our service users.

Main activities of your organisation:

The main activities of the organisation include:

- a. Homecare - We are commissioned by local councils and privately to deliver homecare to Adults and Older People, People with Learning Disabilities, End of Life care and Children with Disabilities.
- b. Volunteering - Our team of over 130 volunteers provide visits at home and in hospital, deliver sandwiches to patients and carers atin hospital, befriending, accompaniment to GP and hospital appointments, respite to main carers etc. We also have a team of Young Volunteers who provide support to families in crisis with young children
- c. Mental Health Services - Including Mental Health Support Workers, Crisis Support and Talking Therapies - we are registered with BACP as an accredited service provider.
- d. Hospital Transport - We fund taxi services for people for whom public transport is unsuitable.
- e. Meals Service - We deliver fresh nutritious meals daily to people who are ill, or elderly.
- f. Advocacy
- g. Benefits advice and form filling

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
34	127	4	163

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	10 years

Summary of grant request

The service will be targeted at older carers from Hackney and neighboring boroughs. As a community of which over 80% of its older population are holocaust survivors, the needs of this population are significant and specific. Over the past three years we have identified a trend of carers' breakdown particularly in older carers aged 65 years and over. We have identified three categories of carers:

- a. Carers who are caring for older spouses.
- b. Carers who are caring for older parents.
- c. Carers who are caring for their adult children with Learning Disabilities.

Our new Older Carers Support Service will address these needs by providing advice, support and respite activities for older carers. We will recruit and train an Older Person's Carers Support Worker who will be responsible to:

- ? reach out and identify hidden carers by sensitive promotion of the service
- ? to support carers on an individual basis by providing practical advice and support in accessing relevant benefits including DLA / Attendance Allowance, Carers Allowance and Carers Direct Payments through local Councils Social Care.
- ? Establish a peer support group which will provide regular meetings and activities for older carers.
- ? Set up specialist training events for older carers.
- ? Develop personalised crisis plans with older carers (copies to kept with Bikur Cholim as appropriate) which will provide a safety net in times of crises such as unplanned and sudden carers breakdown eg due to illness or hospital admission.
- ? Organise respite activities including arts and crafts and keep fit sessions and coffee mornings for older carers.

Our project supports the following of the City Bridge Trust's Older Londoners programme outcomes:

- ? Carers aged 65 years and over better able to access support, advice and respite and it is clear that by providing a specialist carers support service we will be able to achieve the outcome set out by the trust. The project will work with 60 older carers over the age of 65 to achieve this outcome and reduce the incidence of carers' breakdown.

How the project meets the Trust's principles of Good Practice

- a. Involving older people in the management and running of the service

This service has been developed in response to a need identified by older service users and we have consulted and involved older people in the design and development of the service and they will remain involved in the delivery and review of the service.

- b. Welcome people of all backgrounds and value diversity

The target group for this project is the Charedi (orthodox jewish) community in North London which includes people from an eclectic mix of backgrounds and cultures eg Yemenite refugees. Our premises have full disabled access and we encourage people with disabilities to apply for all posts including this one. All written communication can be translated on request and is available in larger print version as required.

- c. Value and Support Volunteers

Volunteering has always been an integral part of all services provided by Bikur Cholim and this is evidenced by our achievement of the Investing in Volunteers Quality mark and the excellent report which we received.

- d. How we are taking steps as an organisation to reduce our carbon footprint

We will continue to implement our environmental policy and ensure that at a practical level recyclable products are used as appropriate and lights, computers and printers are switched off when not in use. In accordance with our environmental policy we are constantly looking for new and improved ways to reduce our carbon footprint and this is a standing item on our staff team meetings.

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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 Level 1

Investing in Volunteers and BACP Service Accreditation

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.

Recruitment of a Older People's Carers Support Worker. This will include advertising of post, interview, recruitment, training and ongoing support and supervision.

Development of personalised crisis support plans for 40 older carers. These support plans will include emergency contact details, medication requirements etc of the person being cared for and will be kept in the carers home with the option of a copy being held at Bikur Cholim.

Specialist training days /sessions for carers. We will provide three sessions per year including first aid, virtual dementia tour and self management and relaxation. In total 9 sessions will take place over three years.

Respite activities for carers. These will be provided either in pairs or in groups and carers will enjoy time off and an opportunity to refresh and recharge. In each year at least 100 activities including coffee mornings and exercise groups will take place totalling 300 sessions over three years.

Peer Support Groups for older carers. This will be safe space for carers to meet and share information and support. In Each year there will be 6 groups with a total of 18 groups over 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.

Older Carers will live more active and healthier lives. We want to support carers practically and emotionally which reduces the difficult emotional stresses and physical symptoms related to the stress of caring. Carers will be supported to look after their own physical health, to be more active and healthy.

Older carers will receive the emotional support required to continue in their caring role reducing anxiety and depression and improving their overall mental health and wellbeing.

Older Carers will have greater financial security due to support with benefit maximization. We will support carers with increasing awareness of benefits and financial support available thereby increasing their income and improving their financial position and making them more secure.

A reduction in carers' breakdown. We will support carers and provide them with the support they require with an emphasis on early intervention thereby reducing the incidence of carers breakdown.

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 will have the project evaluated and we are hopeful that we will be able to demonstrate the need and how the project will have achieve its intended outcomes. This will enable us to make a case to local Councils and the CCG as well as to other funders and grant making organisations.

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?

Hackney (95%)

Haringey (5%)

What age group(s) will benefit?

65-74

75 and over

What gender will beneficiaries be?

All

Male

Female

What will the ethnic grouping(s) of the beneficiaries be?

Other ethnic group

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

What proportion of the beneficiaries will be disabled people?

21-30%

Finance details

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

Financial year ended:	Month: March	Year: 2017
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Income received from:	£
Voluntary income	900,535
Activities for generating funds	0
Investment income	169
Income from charitable activities	1,544,132
Other sources	
Total Income:	2,444,836

Expenditure:	£
Charitable activities	2,497,586
Governance costs	0
Cost of generating funds	12,538
Other	
Total Expenditure:	2,510,124
Net (deficit)/surplus:	(65,288)
Other Recognised Gains/(Losses):	
Net Movement in Funds:	(65,288)

Asset position at year end	£
Fixed assets	308,127
Investments	0
Net current assets	940,926
Long-term liabilities	0
*Total Assets (A):	1,249,053

Reserves at year end	£
Endowment funds	0
Restricted funds	247,631
Unrestricted funds	1,001,422
*Total Reserves (B):	1,249,053

*** 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?
68%

Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts:None

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary of Older People's Carers Support Worker	20,140	20,744	21,367	62,251
Recruitment	500	0	0	500
Training and Supervision	850	600	600	2,050
Older Carers' Peer Support Groups	1,350	1,350	1,350	4,050
Older Carers' Respite Activities	1,500	1,500	1,500	4,500
Work Mobile plus contract (for Carers Support Worker)	360	250	250	860
Specialist training courses for carers	3,600	3,600	3,600	10,800
Publicity (Advertising)	750	750	750	2,250
Admin (including stationery and telephone)	1,360	1,360	1,360	4,080

TOTAL:	30,410	30,154	30,777	91,341
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
City and Hackney Wellbeing Network (MIND)	1,350	1,350	1,350	4,050
	0	0	0	0

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salary of Older People's Carers Support Worker	20,140	20,744	21,367	62,251
Recruitment	500	0	0	500
Training and Supervision	850	600	600	2,050
Older Carers' Respite Activities	1,500	1,500	1,500	4,500
Work Mobile plus contract (for Carers Support Worker)	360	250	250	860
Specialist training courses for carers	3,600	3,600	3,600	10,800
Publicity (Advertising)	750	750	750	2,250
Admin (including stationery and telephone)	1,360	1,360	1,360	4,080
	0	0	0	0

TOTAL:	29,060	28,804	29,427	87,561
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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	962,915	970,060	969,925
London Councils	310,759	312,994	306,242
Health Authorities	225,890	324,642	218,828
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 £
Big Lottery Fund	29,025	58,068	58,523
Samuel Sebba Charitable Trust	50,000	0	0
Maurice Wohl Charitable Foundation	30,000	180,000	0
Comic Relief	37,194	57,916	9,902
BBC Children in Need	39,310	12,990	26,157

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: **Yocheved Eiger**

Role within **Chief Executive**
Organisation: