

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Carers Support (Bexley)	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Bexley	
Contact person: Ms Alison Baker	Position: Chief Officer
Website: http://www.carerssupport.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1075801
When was your organisation established? 02/02/1999	

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 People living with Alzheimer's and other forms of dementia having a better quality of life		
Please describe the purpose of your funding request in one sentence. Volunteers providing respite for older Carers who do not qualify for Council support, whilst also improving the quality of life of the person cared for.		
When will the funding be required? 01/01/2018		
How much funding are you requesting?		
Year 1: £55,175	Year 2: £55,613	Year 3: £56,061
Total: £166,849		

Aims of your organisation:

At Carers Support (Bexley) our vision is simple; we want to make a real difference to the lives of carers in Bexley and Greenwich. We are committed to tackling the isolation and loneliness that many carers feel by providing information, advice, support, respite and other services to those who dedicate their lives to caring for their loved ones. We pride ourselves in working with carers young and old, and their families, in a positive, responsive, professional and creative way to improve their lives.

Main activities of your organisation:

Respite at home service (provided by volunteers) - volunteers take over the caring to enable a carer to have a break while the person they care for can remain in their own home (provides breaks of any length from a few hours up to 2 weeks if required to enable a carer to take a holiday)

Information, signposting and advice for Carers

Care Navigation (advising Carers and those they care for on the support services they are entitled to and assisting them to access those services)

Welfare benefits advice and help to complete claim forms

Support groups

One to one emotional support for carers who are isolated and under stress, provided by trained volunteers.

Specific information and support service for carers of stroke survivors, including outreach in the stroke wards of local hospitals.

Help for carers to manage individual budgets on behalf of the person they care for (chargeable service)

Support workers who help with housework, shopping, etc (chargeable service)

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
0	16	6	50

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	N/A - ongoing.

Summary of grant request

Need: There are more than 45,000 Carers in Bexley and Greenwich, but less than 10% receive services from the local authority (LA). Due to LA funding cuts, many carers find they do not qualify for respite from the LA for various reasons. We have a long waiting list of Older Carers caring for older people who have Alzheimer's or dementia and who have no other access to a break from caring.

Delivery: We are proposing taking on 3 additional full time volunteers to provide breaks for this group of older Carers. The service will be managed by and the volunteers recruited, trained and supported by a paid member of staff who will also provide out of hours support when required.

Aims: By providing them with a break, we will aim to improve the quality of life for older Carers by reducing their stress and sense of isolation, improving their mental and physical health and enabling them to become more active. At the same time, the support from the volunteers will improve the quality of life and wellbeing of the person cared for and reduce their isolation.

The right organisation: We have excellent links with other voluntary and statutory organisations in the borough and our Chief Executive sits on various local Partnership Boards; we are the lead agency in a partnership with 3 other local charities to deliver the Carers Wellbeing Service, providing information and advice, befriending, training, welfare benefits advice, advocacy, and emotional support for Carers in Bexley. We are thus able to provide a holistic service for Carers.

We have 23 years' experience of providing respite at home for Carers and an excellent track record including a consistently "good" rating from CQC.

We understand local needs, we understand the needs of carers and we really care about them.

Outcomes: We believe this project meets all 5 of the "Older Londoners" programme outcomes:

1. It will enable older Carers to live more active and healthier lives by enabling them to attend GP and other health appointments for themselves, or to get to the gym or the swimming pool, or even take a walk. It will also support the older person cared for to get out and be more active.
2. It will reduce stress and isolation and improve the quality of life/wellbeing for Carers and cared for people leading to a reduction in depression among older Londoners.
3. It will link older Carers and cared for people into our in-house Information and Support Service as explained above.
4. Feedback we have received from beneficiaries has shown that older people living with Alzheimer's and other forms of dementia report an improved quality of life because they really enjoy the company of our young, overseas volunteers and they can support them to do things they would not be able to otherwise.
5. The project will provide respite at home for older carers and link them in with support and advice.

Good Practice:

Our Board of Trustees is made up exclusively of carers and former carers; 67% are older people; all have been beneficiaries of our services.

The majority of the volunteers who provide our Carers Breaks Service come from overseas, many from developing countries and we consider this diversity one of the real "plus points" of the service.

Our services are provided to people with any kind of disability and to people of any age, from 1 to 101! We believe passionately in volunteering and we invest time and money in volunteer training and support.

We are taking steps to reduce our carbon footprint and have requested an eco-audit from the Trust.

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?

Advice Quality Standard

Regulated by the Care Quality Commission for our respite service (rating "Good")

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.

Older Carers will be provided with a total of 3,720 hours of respite per annum (11,160 hours over the three year period)

35 older Carers (aged 65+) provided with respite per annum (estimated total over 3 years 70 Carers, assuming that some of the Carers using the service in the first and second years will go on to use the service in the second and third years as well)

35 disabled older people per annum (the majority of whom will be aged 75+ and be living with dementia/Alzheimers Disease) will receive support from a volunteer to improve their quality of life. Again we estimate a total of 70 over the three year period.

All the older Carers and older people with care needs who benefit from the breaks service will receive advice and information about housing, finance, entitlements to benefits and other services, advocacy if required, and emotional support (c. 140 people over the 3 year period)

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 (aged 65+) who do not currently have access to a break from Caring will be provided with a regular break to improve their quality of life, and will report reduced stress, reduced isolation, and improved mental and/or physical health

Older disabled people (75+ and living with dementia/Alzheimer's disease) will enjoy the company of our young, overseas volunteers, and will be supported to engage in activities inside and outside the home; they/their carers will report that they have benefited from reduced isolation, improved quality of life and improved well being.

Older Carers receiving respite and the older people they care for will be linked to our information, advice and advocacy service and will report an increased awareness of benefits, finance, housing and other rights and that they have been supported to obtain the help they need.

Older Carers will report feeling better able to continue caring (thereby enabling people with care needs to continue to live in their own home and community rather than go into a care home).

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, we would like to continue with it and will look for alternative funding from another grant making trust if possible. We are also developing other chargeable services within our organisation that will help to fund this work and we hope these will be further developed by the end of the 3 year funding period.

Who will benefit?

About your beneficiaries

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

70

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

Bexley (67%)

Greenwich (33%)

What age group(s) will benefit?

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
Additional paid staff hours to manage the service (24pw)	20,810	21,248	21,696	63,754
Staff travel expenses	390	390	390	1,170
Office and running costs	1,560	1,560	1,560	4,680
Volunteers' accommodation	10,920	10,920	10,920	32,760
Volunteers' expenses (subsistence, travel, DBS checks,etc)	20,160	20,160	20,160	60,480
Volunteer training	1,335	1,335	1,335	4,005
TOTAL:	55,175	55,613	56,061	166,849

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
None as yet for this project, although we do have funding for our existing service	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
	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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	0	0	0	0
	0	0	0	0
	0	0	0	0
TOTAL:	55,175	55,613	56,061	166,849

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	385,705
Activities for generating funds	33,537
Investment income	949
Income from charitable activities	0
Other sources	0
Total Income:	420,191

Expenditure:	£
Charitable activities	381,291
Governance costs	1,260
Cost of generating funds	0
Other	0
Total Expenditure:	381,551
Net (deficit)/surplus:	37,640
Other Recognised Gains/(Losses):	0
Net Movement in Funds:	37,640

Asset position at year end	£
Fixed assets	1,195
Investments	0
Net current assets	315,918
Long-term liabilities	0
*Total Assets (A):	317,113

Reserves at year end	£
Restricted funds	11,398
Endowment Funds	0
Unrestricted funds	305,715
*Total Reserves (B):	317,113

*** 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? 71-80%
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Organisational changes

Describe any significant changes to your structure, financial position or core activities since the date of your most recent accounts: None
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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	223,275	267,800	295,274
London Councils	0	0	0
Health Authorities	29,812	0	0
Central Government departments	8,276	8,432	3,932
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	51,530	52,735	53,789
Henry Smith Charity	20,000	20,000	20,000
Garfield Weston	0	8,000	0
Llangattock Trust	12,167	0	0
Morrisons	0	0	6,540

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: **Alison Baker**

Role within **Operations Manager**
Organisation: