

# The City Bridge Trust

## Investing In Londoners: Application for a grant



### About your organisation

Name of your organisation: <div style="text-align: center;"><b>Millwall Community Trust</b></div>	
If your organisation is part of a larger organisation, what is its name? <b>N/A</b>	
In which London Borough is your organisation based? <b>Lewisham</b>	
Contact person: <b>Mr Steve Bradshaw</b>	Position: <b>Chief Executive Officer</b>
Website: <b><a href="http://www.millwallcommunity.org.uk/">http://www.millwallcommunity.org.uk/</a></b>	
Legal status of organisation: <b>Registered Charity</b>	Charity, Charitable Incorporated Company or company number: <b>1082274</b>
When was your organisation established? <b>10/01/1985</b>	

### Grant Request

Under which of City Bridge Trust's programmes are you applying? <div style="text-align: center;"><b>Making London More Inclusive</b></div>		
Which of the programme outcome(s) does your application aim to achieve? <b>Work supporting young disabled people (aged 16-25) in the transition to adulthood and/or independent living</b> <b>Disabled people actively taking part in the arts or sport</b>		
Please describe the purpose of your funding request in one sentence. <b>Provision of inclusive educational, developmental and sporting opportunities, alongside mentor support, to empower young people with disabilities to make positive steps towards independent living.</b>		
When will the funding be required? <b>02/01/2018</b>		
How much funding are you requesting?		
Year 1: <b>£36,300</b>	Year 2: <b>£33,450</b>	Year 3: <b>£32,800</b>
<b>Total: £102,550</b>		

**Alms of your organisation:**

Millwall Community Trust uses the unique power of sport and the Millwall Football Club brand to break down the barriers faced by the residents of Southwark and Lewisham caused by high rates of socio-economic deprivation they are surrounded by. In doing so, we aim to improve the lives of people with disabilities by helping them realise their potential, be proud of their achievements and by addressing the restrictions of the deprivation that remains an enduring feature in both boroughs.

We do so through:

- the provision of inclusive developmental and sports opportunities that offer inspiration, encouragement, and guidance to disadvantaged young people and adults, developing them physically and personally and thus allowing them to participate more fully in society.
- the improvement of health, education and career opportunities of young people with disabilities
- acting as a true community partner by providing high quality community interventions to local residents, improving quality of life and bringing neighbourhoods together.

**Main activities of your organisation:**

The Trust provides a range of high quality interventions and inclusive opportunities to improve the lives of disadvantaged groups living in Lewisham, Southwark and the wider Millwall community. Inclusivity is one of our key values, and therefore we champion the following projects:

- ?DS Lion Cubs: fun, sporting activity sessions for young children with Down's Syndrome
- ?Millwall Lions Team: sports sessions for anyone with mental health issues to improve their well-being and work as part of a team alongside those who face similar challenges.
- ?Millwall Lion Hearts: training sessions to allow anyone with a disability to play sport and receive high quality coaching and one-to-one support that allows individuals to feel part of a collective team whilst being mentored towards personal goals.
- ?Millwall Premier League Kicks: a social inclusion programme that offers disadvantaged young people workshops, education and sports training to develop essential soft skills and key transitional skills that will better prepare them for future education and employment opportunities.

**Number of staff**

Full-time:	Part-time:	Management committee members:	Active volunteers:
<b>30</b>	<b>16</b>	<b>7</b>	<b>4</b>

**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?
<b>Leased</b>	<b>14 years left on a 25-year lease</b>

## Summary of grant request

Inclusive Pride will engage young people with disabilities aged 16-25 who face challenges associated with their disability, which are heightened by local deprivation. Our aim is to support these individuals to a position where they feel empowered and able to take control over decisions, have individual autonomy and ultimately, can act independently to improve their own lives.

Young people with disabilities are more likely to struggle when it comes to transitioning into adulthood, due to many barriers around independence and support. Disabled people are commonly personally and physically reliant on other people daily, needing support to complete basic tasks. This leads to young disabled people having little experience of independence, especially socially, with few opportunities to make friends and access transport and telecommunications independently. Personal barriers include low confidence in ability to act independently and worries about making the next steps. Practical barriers include not having the option to act autonomously, the challenging changeover in support services from child to adult services and disabled people being three times less likely to hold qualifications compared to non-disabled people.

We involved young people with disabilities in the planning/design of Inclusive Pride. Our consultation showed:

?Challenges preventing positive transition to independence include: low self-esteem, lack of basic skills, lack of the right type of support and their disability

?There was interest in support programmes that involved gaining something tangible e.g. qualifications

?Few interventions combined life skills and qualifications

?80% want to play more sport

The social value of our work in 2015 was £7 million+ (Substance Impact Report, 2016). We have the expertise and capacity to deliver Inclusive Pride which aims to provide impactful independence and transition support for people with disabilities. Our programmes are inclusive; we value diversity. We take all opportunities to reduce the carbon footprint through the utilisation of accessible venues with good transport links; encouraging the use of public transport.

Inclusive Pride, overseen by the Independent Living Officer (ILO) and supported by sessional staff, includes the following 36 week programme, engaging two cohorts each of 15 disabled young people per year:

?Weekly 2 ½ hour after-school support sessions during term and holiday time ? Each session includes:

-a 45-minute development session which will include completion of ASDAN Independent Living and ASDAN Certificate of Personal Effectiveness courses, opportunities for peer mentoring, educational sessions on housing and future options and mentoring from a relatable role model from the Trust

-an hour of multisport including inclusive sports such as boccia, basketball and table cricket

-a 45-minute session to review/finalise the day's development work and activities, provide further one-to-one mentoring provision, and group debrief.

?Optional sessions - participants will be invited to come to MCT during the weekend and holiday periods onto our current programmes and related workshops.

?Progress reviews ? taking place during one-to-one mentoring sessions and through the ILO completing progress review meetings per participant per six-week block.

?Group challenge- cohorts will organise a community event for other local young disabled people.

?Annual celebration events- both cohorts and their family and friends will be invited to the club where a film of the cohorts' journeys will be screened and participants presented with certificates.

**Outcomes:**

?Young disabled people learning personal skills (e.g. confidence, communication, organisation), and practical skills (e.g. using public transport, managing money) that help them towards acting independently.

?Aspirations of young people and their families will be raised through the young person gaining qualifications, organising a community event, progressing against individual learning plans and having these achievements recognised at the annual celebration event.

?Disabled people seeing beyond their disability, being empowered, able and supported to make positive future steps.

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?

- **Quest Sport for Development Accreditation; an operational quality mark for our sector.**

## 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.

**Delivery of 36 weeks of weekly 2½ hour sessions (split into six blocks of six weeks) for two separate cohorts each year for three years, providing young people with disabilities opportunities to learn skills and gain independence through both practical and educational activities.**

**Delivery of ASDAN Independent Living and Certificate of Personal Effectiveness (CoPE) courses per cohort per year, upskilling participants in topics such as Peer Mentoring, Living Independently and Personal Effectiveness. Course content delivered as six blocks of six weeks. Each block covering a different Independent Living and CoPE accredited module.**

**ILO to undertake initial home visit to each participant's home and complete individual six-week progress reviews to discuss, with parents and participants: progress, what was easy/hard, any difficult personal circumstances, additional support requirements etc., enabling the ILO to better understand the participant personally and how to support them best.**

**Organisation and delivery of one community event for young disabled people living in the local area by each cohort each year to enable cohorts to give back to their local communities. A film will be made of each cohort going through this journey, from introductory sessions to the event day.**

**One annual celebration event for both cohorts each year. This event will provide opportunities for progress recognition through the screening of each cohort's journey throughout the six-weeks and presentation of certificates of achievement for courses completed.**

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.

**90 young people with disability gaining nationally recognised certification and accreditation through ASDAN courses, and thus leaving Inclusive Pride with tangible benefits that will help them transition positively into adulthood**

**90 participants will gain wider life skills, such as managing money and using public transport, and receive one-to-one mentoring and advice from a relatable role model and peer network that will put them in a better position to act independently**

**At least 90 young disabled people will engage in and be part of the organisation and delivery of inclusive practical and developmental activities, through the weekly sessions and the community events delivered by each cohort. This will improve awareness and accessibility of inclusive support programmes, benefiting all local disabled people.**

**90 young people with disabilities gaining increased access to regular inclusive sports sessions will lead to improvements in physical health, strength, ability and psychological wellbeing.**

**Our target groups will gain nationally recognised qualifications, life skills and through their support network better understanding of their needs and capabilities therefore allowing them greater individual autonomy**

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 sustain the support young disabled people have to help them transition positively into adulthood through:**

- Our mentor maintaining contact with participants through emails, phone calls and informal one-to-ones when participants visit the Den.
- Integrating participants into other current sports sessions and programmes.
- Signposting participants to other relevant partners who can offer different types of support.

## 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?

**Lewisham (70%)**

**Southwark (30%)**

What age group(s) will benefit?

**16-24**

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%**

(SUBSEQUENTLY REVISED)  
-SEE 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
Independent Living Officer (pro rata ? 0.6 FTE)	18,000	18,000	18,000	54,000
Transport to and from sessions as required	1,500	1,500	1,500	4,500
Participant travel costs - oyster cards	2,000	2,000	2,000	6,000
One-hour multisport sessions - coach, assistant, facility hire and equipment	9,750	8,750	9,100	27,600
ASDAN Courses - registration, certificates, moderation, learning books and group challenge (staff time and resources)	4,800	3,950	3,950	12,700
Film production	500	500	500	1,500
Annual event - staff time, resources, equipment, refreshments	750	750	750	2,250
Monitoring and evaluation - Internal monitoring and an Independent evaluation of Inclusive Pride to help Inform the future direction of this approach.	1,000	1,000	1,000	3,000
Marketing and promotion - Online and offline marketing, production of flyers and posters and advertising locally.	1,000	1,000	1,000	3,000

<b>TOTAL:</b>	<b>39,300</b>	<b>37,450</b>	<b>37,800</b>	<b>114,550</b>
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### What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Own fundraising - to contribute to sport session costs	3,000	4,000	5,000	12,000
In kind funding (the costs incurred in delivering current disability sports sessions)	5,885	5,885	5,885	17,655
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>8,885</b>	<b>9,885</b>	<b>10,885</b>	<b>29,655</b>
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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
	0	0	0	0
	0	0	0	0

<b>TOTAL:</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
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## Finance details

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

Financial year ended:	Month: <b>March</b>	Year: <b>2016</b>
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<b>Income received from:</b>	<b>£</b>
Voluntary Income	13,745
Activities for generating funds	322,148
Investment Income	0
Income from charitable activities	503,081
Other sources	145,000
<b>Total Income:</b>	<b>983,974</b>

<b>Expenditure:</b>	<b>£</b>
Charitable activities	882,799
Governance costs	5,995
Cost of generating funds	0
Other	8,305
<b>Total Expenditure:</b>	<b>879,099</b>
<b>Net (deficit)/surplus:</b>	<b>86,875</b>
<b>Other Recognised Gains/(Losses):</b>	<b>0</b>
<b>Net Movement in Funds:</b>	<b>86,875</b>

<b>Asset position at year end</b>	<b>£</b>
Fixed assets	857,254
Investments	0
Net current assets	65,643
Long-term liabilities	680,332
<b>*Total Assets (A):</b>	<b>242,565</b>

<b>Reserves at year end</b>	<b>£</b>
Restricted funds	46,412
Endowment Funds	0
Unrestricted funds	196,153
<b>*Total Reserves (B):</b>	<b>242,565</b>

**\* 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?  
11-20%

### Organisational changes

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

N/A

### 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	80,000	50,000	50,000
London Councils	139,051	62,021	77,051
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 £
Football League Trust	50,323	51,750	52,500	
Premier League Kicks	50,000	50,000	50,000	
Football Assolcation	50,000	47,136	40,000	
L&Q Housing	0	79,800	84,000	
Millwall Football Club	71,155	91,751	20,000	

### 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: **Steve Bradshaw**

Role within                      **Chief Executive Officer**  
Organisation:

Rounded Request

## Funding required for the project – Appendix A

Inclusive Pride – Full Budget		Y1	Y2	Y3	Total
Salaried staff	Independent Living Officer (pro rata – 0.6 FTE)	£18,000	£18,540	£19,096	£55,636
Transport	To and from sessions as required	£1,500	£1,545	£1,591	£4,636
Participant travel costs	Oyster cards	£500	£515	£530	£1,545
One-hour multisport sessions	Pan-disability sports coach	£2,000	£2,060	£2,121	£6,181
	Pan-disability sports assistant coach	£1,500	£1,545	£1,591	£4,636
	Facility hire – Lions Centre sport hall hire	£3,000	£3,000	£3,000	£9,000
	Equipment (for boccia, basketball, table cricket etc.)	£1,250	£250	£600	£2,100
Accreditation (ASDAN Courses)	per year x 30 participants per year	£100	£100	£100	£300
	per year x 30 participants per year	£900	£900	£900	£2,700
	ASDAN Moderation Management costs (10%)	£100	£100	£100	£300
Additional resources	Production of learning books for families	£1,200	£350	£350	£1,900
Group Challenge	Staff time and resources required	£2,500	£2,500	£2,500	£7,500
Film production	Costs incurred in filming the participant's journey throughout the course	£500	£500	£500	£1,500
Annual event	Staff time, resources, equipment, refreshments, additional elements etc.	£114	£114	£114	£341
Monitoring and Evaluation	Impact and monitoring - internal monitoring and an independent evaluation of <i>Inclusive Pride</i> to help inform the future direction of this approach.	£0	£0	£0	£0
Marketing and Promotion	Online and offline marketing, production of flyers and posters and advertising locally.	£1,000	£1,000	£1,000	£3,000
<b>TOTAL</b>		<b>£34,164</b>	<b>£33,019</b>	<b>£34,093</b>	<b>£101,275</b>
Management costs (10%)		£3,416	£3,302	£3,409	£10,127
<b>TOTAL</b>		<b>£37,580</b>	<b>£36,320</b>	<b>£37,502</b>	<b>£111,402</b>