

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Community Empowerment and Support Initiatives (CESI)	
If your organisation is part of a larger organisation, what is its name? None	
In which London Borough is your organisation based? Greenwich	
Contact person: Mr Laxman Sah	Position: Chairperson
Website: http://www.cesi-uk.org	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1123534
When was your organisation established? 09/04/2008	

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 Older Londoners having increased awareness of benefits, finance, housing and other rights		
Please describe the purpose of your funding request in one sentence. Active and Healthier Elderly Gurkha of Greenwich		
When will the funding be required? 01/04/2018		
How much funding are you requesting? Year 1: £41,822 Year 2: £43,492 Year 3: £39,492 Total: £124,806		

AIMS of your organisation:

Community Empowerment and Support Initiatives (CESI) is a charity organisation, was established in 2008 in response to the needs of the Ex-British Nepalese Gurkha Army community within the Royal Borough of Greenwich. The Nepalese population in the target area has doubled in the last 10 years to 14,000 and continues to expand. CESI's goal is to provide support for the development of the capacity and skills of the socially and economically disadvantaged members of the Nepalese community in such a way that they are better able to identify and help meet their needs and to participate and integrate more fully into the wider community. CESI aims to improve the quality of life for its beneficiaries and ensure their integration by focusing in the following required areas.

1. The relief of poverty.
2. The Advancement of Education
3. The promotion of equality and diversity and the elimination of discrimination.
4. The promotion of good relations between persons of different racial groups

Main activities of your organisation:

CESI provides a holistic approach to meet the integration, health and communication needs of the Nepalese/ Gurkha community through;

- ? Support, advice and signposting to various services
- ? Provision of consultation events, advice and support to housing and welfare benefits
- ? Health and healthier living training, information, advice and support
- ? Reducing isolation through Casework support
- ? Promotion of community cohesion
- ? Community empowerment
- ? Cultural awareness and preservation
- ? Rapport building and partnership working relations with local communities, statutory and voluntary organisations.

Since its establishment CESI has worked with over 7,000 Nepalese community individuals, and a number of voluntary organisations associated with BME forum, Greenwich Inclusion Project (GRIP), Greenwich Action For Voluntary Services (GAVS), Greenwich Local Labour and Business (GLLAB), Greenwich Gurkha Ex-Servicemen Association (GGESA) and other generic voluntary organisations in the Royal Borough of Greenwich. These works have focussed on networking and partnership development for purposes of sharing best practices and accessing resources for addressing the needs of the Nepalese Community as well as facilitating their integration into the local wider community.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
2	3	7	19

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	

Summary of grant request

Summary of grant request

1. This need of the project was identified by the beneficiaries, the new immigrants Nepalese Ex-British Gurkhas elderly age 75 years and above in 7 consultation meetings attended by more than 200 people in April, June and September 2017. Their sustenance depends on social benefits in deprived wards of Royal Borough of Greenwich. Nepalese Ex-Gurkha elderly people face isolation, depression and health problems; made worse through language, cultural, skills barriers. In 2009, when the British government granted UK settlement rights to them and their family. Nepalese is the second most spoken language in this borough after English.
2. The beneficiaries were involved in the design of this project and will be involved in the implementation (elderly as project volunteers, staff and community champions) and project monitoring and evaluation processes as members of the Project Steering Committee (PSC). The involvement of beneficiaries in the Governance, Management and service delivery aspects of the project ensures that the beneficiaries have a stake in the project hence the project will meet their needs and achieve its outcomes.
3. The proposed project comes from the City Bridge Trust aims 'Older people can also face challenges including ill health, isolation, lack of support and lack of respect' and 'Circumstances can be particularly difficult for older Londoners living in poverty'. This project will aim to support 150 older Nepalese ex-British Gurkha people over the age of 75 to live more active and healthier lives and to have more choice and control in their lives through quality advice and support including housing and welfare support. This project will establish linkage amongst newly arrived Gurkha community and with service providers.
4. CESI is a community based small charity organisation that has directly been working with the Nepalese Ex-Gurkha community that is at the margins of the society and striving to integrate with local wider communities. CESI supports positive changes in the lives and wellbeing of the Nepalese Gurkha community especially the elderly Gurkhas. Our Gurkha volunteers and staff members encourage people participation to generate ideas and solutions to the problems for building a stronger community by encouraging inclusion, connection and integration with local wider communities. CESI is the only organisation in the borough, which has been working together with the Nepalese ex-Gurkha community to address their needs.
5. This project will plan and implement health and healthier living activities such as Yoga and Keep Fit training, Healthier living awareness workshop including healthily eating, nutrition, cookery, alcohol, diabetes and self-management of long-term illness for older Londoners aged over 75 years living more active and healthier lives. Volunteer services, casework support to get services from service providers, door to door support. This will help achieve Trust's outcome: 'Fewer older Londoners aged over 75 years with depression and more reporting improved well-being'. Finally, Targeted outcome 'Older Londoners having increased awareness of benefits, finance, housing and other rights' through volunteers' service delivery and on a time-bound implementation of identified project activities.

Continues overleaf

Continued from previous

6. As our good practice, we will engage older people, the beneficiaries in the implementation of project activities as volunteers, staff, community champions and Project Steering Committee (PSC) for project implementation, monitoring and evaluation. The involvement of beneficiaries including people from all backgrounds and value diversity in the Governance, Management and service delivery aspects of the project ensures that the beneficiaries have a stake in the project hence the project will meet the needs of the beneficiaries and achieve its outcomes. This project will use less electricity and fuel as most of its activities will be carried out by community people in low-cost settings.

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?

-

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.

3 Workshops to increase health and healthier living awareness for 150 Gurkha Elderly people aged over 75. This will include;

- ? **Annual health and healthier awareness workshop on health and nutrition**
- ? **A training on Long-Term Health Management for older people**
- ? **An Alcohol and Drug abuse workshop**

6 trainings on health exercise (Yoga) and 36 keep Fit sessions and Jogging to 150 Nepalese Ex-Gurkha aged over 75 will have demonstrated their confidence to live more active and healthier lives. This will include;

- ? **6 trainings on Yoga**
- ? **3 jogging exercises**
- ? **36 Keep fit training event**

3 workshops on service availability for 150 older people aged over 75 to Increase confidence to access local level services from statutory and voluntary organizations. These include;

- ? **3 Interactive workshop on Housing and Welfare benefits for older people including**
- ? **Training on Finance, banking and utility billing for older people**

3 volunteer trainings for 10 active elderly volunteers on voluntary works for older people by playing catalyst and social leadership role. This will include;

- ? **3 volunteer trainings to 10 elderly volunteers for volunteer service delivery to older Londoners**
- ? **10 elderly people develop their career as volunteer for older people.**

196 events promoting community cohesion and reducing isolation by the participation of the 150 older Londoners. This will include;

- ? **150 Older people's Birthday celebration**
- ? **6 Song competition**
- ? **36 Lunch club sessions (monthly).**
- ? **3 annual excursions to visit places of historical and cultural importance.**
- ? **An event of inter-community event**

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.

150 older Londoners aged over 75 years who attended the training will have demonstrated their confidence to have accessed health services, live more active and healthier lives and reported improvement in their health through specialized health and healthier living consultations

150 older Londoners aged over 75 years who attended the physical fitness trainings will have demonstrated their confidence to live more active and healthier lives.

10 trained elderly Gurkha people will have exhibited their confidence in community volunteers job by playing catalyst and social leadership role in the BME community.

150 older Londoners aged over 75 years and their families will have demonstrated their increased confidence to access local level services such as benefits, finance, housing and other rights from statutory and voluntary organisations within Royal Borough of Greenwich.

150 older Londoners over 75 years and their families will have increased community cohesion and reduced isolation by the participation 196 community events

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?

Trained community groups and volunteers will continue support to the elderly people, the beneficiaries of the project

Who will benefit?

About your beneficiaries

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

150

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

Greenwich (90%)

Bexley (10%)

What age group(s) will benefit?

65-74

75 and over

What gender will beneficiaries be?

Male

Female

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

Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; Any other Asian background)

If Other ethnic group, please give details: **Nepalese Gurkhas and others**

What proportion of the beneficiaries will be disabled people?

1-10%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
A Full-time project coordinator (36 months) Salary calculated based on London Living Wage rate. (1X project coordination 36 months X 8 hrs per day X20 days X £ 9.75 per hour (London Living wage rate) and NI and Pension £1644.00 = £20,364.00 per year	20,364	20,364	20,364	61,092
Staff Recruitment cost for recruitment agency (one off)	600	0	0	600
Publicity material developing, printing and publicising the project	1,000	0	0	1,000
3 Workshops to increase health and healthier living awareness for 150 Elderly people (Healthy eating, Long-term health management and alcohol and drug abuse). - Hall hire for 3 workshops on service availability for older people	475	475	475	1,425
6 Training on health exercise (Yoga) for 150 older people 75. £ 3,150.50. 3 Jogging exercises for 5 months £1,395/3=465 per month. Keep fit training facilitation in open green space (commons) . £768 X 3 =£20394 per year	2,283	2,283	2,283	6,849
3 workshops on service availability for 150 older people aged over 75 to increase confidence to access local level services including benefits, finance, banking, billing housing and other rights. £270 + £1,155=£1,425	475	475	475	1,425
3 volunteer trainings for 10 active elderly volunteers. Training Consultant Fees (1X teacher 5 hours X £30 Hours= £150X 5 days=£750) , hall hire £750, Refreshment £325) Total expenses=£1,825/5 days=£365. £1,825 -10 Volunteers service £18,000	7,095	6,365	6,365	19,825
196 events promoting community cohesion and reducing isolation amongst 150 older Londoners includes 36 Sunday afternoons meet and greet. 150 Birthday celebrations. Song competition. 36 Lunch Club sessions. 3 annual excursions and one Inter-Community event	9,530	13,530	9,530	32,590
Project expenses office rent, stationery, printing, utility, logistics, communications and administration. 28,500	9,500	9,500	9,500	28,500
TOTAL:	51,322	52,992	48,992	153,306

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
CESI'S own reserves for Project expenses office rent, stationery, printing, utility, communications and administration	9,500	9,500	9,500	28,500
TOTAL:	9,500	9,500	9,500	28,500

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 (see project costs on previous page for greater detail)	Year 1	Year 2	Year 3	Total
A Full-time project coordinator (36 months)	20,364	20,364	20,364	61,092
Staff Recruitment cost for recruitment agency	600	0	0	600
Publicity material	1,000	0	0	1,000
3 Workshops to increase health and healthier living awareness for 150 Elderly people	475	475	475	1,425
Healthy exercise training	2,283	2,283	2,283	6,849
3 workshops on service availability	475	475	475	1,425
3 volunteer trainings for 10 active elderly volunteers	7,095	6,365	6,365	19,825
196 events promoting community cohesion and reducing isolation amongst 150 older Londoners	9,530	13,530	9,530	32,590
Project expenses	0	0	0	0
TOTAL:	41,822	43,492	39,492	124,806

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	0
Activities for generating funds	0
Investment income	0
Income from charitable activities	145,208
Other sources	0
Total Income:	145,208

Expenditure:	£
Charitable activities	99,971
Governance costs	15,257
Cost of generating funds	0
Other	0
Total Expenditure:	115,228
Net (deficit)/surplus:	29,980
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	0

Asset position at year end	£
Fixed assets	10,599
Investments	0
Net current assets	63,138
Long-term liabilities	0
*Total Assets (A):	73,737

Reserves at year end	£
Restricted funds	68,795
Endowment Funds	0
Unrestricted funds	4,942
*Total Reserves (B):	73,737

*** 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:

None

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 £
The Big Lottery Fund-Reaching Communities	60,588	0	0
The Big Lottery Fund-Reaching Communities	0	85,299	0
People's Postcode Trust	0	18,165	0
The Big Lottery Fund-Reaching Communities	0	0	902,068
The Royal British Legion	0	0	43,100

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: **Laxman Sah**

Role within **Chairperson**
Organisation: