

**ASSESSMENT CATEGORY - Making London More Inclusive**

**Equal People Mencap**

**Adv: Shegufta Rahman  
Base: Kensington & Chelsea  
Benefit: Kensington & Chelsea**

**Amount requested: £97,990  
{Revised request: £100,990}  
Amount recommended: £101,000**

**The Applicant**

Registered as a charity in 1988, Equal People Mencap (EPM) has provided support to disabled people and their families and carers for over 30 years. A part of the National Mencap Network, the charity believes people with learning, physical or sensory disabilities have the right to make decisions about their own lives, have the right to choose how they want to be supported and have the same rights as everyone else. EPM is a disabled-led organisation.

**The Application**

The application is for a two-year project to provide sustainable, community-based, health and wellbeing interventions to vulnerable people aged 16 – 30 and their families. The Next Step Project (NSP) will offer football and multi-sports, fitness sessions, healthy cooking and eating courses, and gardening projects. The project will support 140 disabled beneficiaries over two years, and a further 80 families and/or carers over the same period.

**The Recommendation**

The charity has provided similar activities as proposed in NSP but on an ad hoc basis with no dedicated funding to ensure a structured programme of support. Based on the popularity and effectiveness of each element of the project, EPM has demonstrated the need for this service. The charity is taking on the project for two years to gauge its potential for continuation after this period. The amount recommended includes additional funding for an independent evaluation which was omitted from the original request.

***£101,000 over two years (£52,600, £48,400) for the salary of the PT (4dpw) Project Coordinator and associated project costs.***

**Funding History**

None.

**Background and detail of proposal**

It is estimated that 3,500 people are living with a learning disability in Kensington & Chelsea. People with learning disabilities tend to have a higher level of health needs than the general population. Poor health among those with learning disabilities can relate to a range of factors, from congenital problems through to lifestyle issues, particularly those with poor socio-economic circumstances. The most common problems tend to be obesity, diabetes and respiratory disease. Despite the relative affluence of the borough overall, there are significant pockets of deprivation. Further, many of the problems faced can be alleviated through a lifestyle that promotes regular exercise, sports and a healthy diet. Unfortunately, without support, some disabled people can face overwhelming barriers which often isolates them. Disability Sport reports that in the UK less than half of the number of disabled people take part

in sport or physical activity for 30 minutes once a week, compared to non-disabled people. Seven in 10 disabled people reportedly want to do more sport, but six in 10 claim that either not knowing about opportunities or the lack of available activities present them from taking part. Psychological barriers play the biggest role in preventing disabled people from taking part in sport; their perception of their own abilities matters as well as others' opinions on whether the activity suits them.

In addition to the sports and health activities to be delivered through NSP, beneficiaries will be encouraged to participate in instructor training. The project will support at least 10 individuals that demonstrate natural leadership qualities or are particularly proactive and enthusiastic to assist the running of activities in year two. 50% of volunteers that will support NSP will have a disability and will contribute their skills to support vulnerable beneficiaries as well as be supported themselves through training provisions and opportunities to support project management.

NSP will provide support to families and/or carers through Peer Support and Advice Sessions. Overseen by the Project Coordinator with support from volunteers and EPM staff, these two-hour sessions will initially run on a monthly basis, with the potential to increase to a fortnightly schedule depending on demand. Support will include advice on welfare and benefits, housing and debt management. Families and/or carers will also use the sessions to share their experiences and advice and supporting the individuals with disabilities.

### Financial Information

The charity did not allocate any expenditure to the cost of raising funds in 2017 but has included figures for this category of spend in 2018 and 2019. The steady growth in income is attributed to the organisation's Floating Support Services seeing an increase in demand. These are chargeable personal care services; EPM is registered with the Care Quality Commission for the provision of this support.

Year end as at 31 March	2017	2018	2019
	Audited Accounts £	Forecast £	Budget £
<b>Income &amp; expenditure:</b>			
<b>Income</b>	885,685	963,609	1,098,695
- % of income confirmed as at 23/05/2018	n/a	100%	94%
<b>Expenditure</b>	(875,938)	(966,172)	(1,084,617)
<b>Total surplus/(deficit)</b>	<b>9,747</b>	<b>(2,563)</b>	<b>14,078</b>
<b>Split between:</b>			
- Restricted surplus/(deficit)	0	0	0
- Unrestricted surplus/(deficit)	9,747	(2,563)	14,078
	<b>9,747</b>	<b>(2,563)</b>	<b>14,078</b>
<b>Cost of Raising Funds</b>	0	3,450	3,700
- % of income	0.0%	0.4%	0.3%
<b>Operating expenditure (unrestricted funds)</b>	<b>841,714</b>	<b>938,578</b>	<b>1,010,922</b>
<b>Free unrestricted reserves:</b>			
<b>Free unrestricted reserves held at year end</b>	<b>223,737</b>	<b>221,174</b>	<b>235,252</b>
No of months of operating expenditure	3.2	2.8	2.8
<b>Reserves policy target</b>	<b>222,485</b>	<b>234,645</b>	<b>252,731</b>
No of months of operating expenditure	3.2	3.0	3.0
<b>Free reserves over/(under) target</b>	<b>1,252</b>	<b>(13,471)</b>	<b>(17,479)</b>