

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Equal People Mencap	
If your organisation is part of a larger organisation, what is its name? Affiliated with National Mencap	
In which London Borough is your organisation based? Kensington & Chelsea	
Contact person: MR Nicholas Walsh	Position: Chief Executive
Website: http://www.equalpeoplemencap.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 298609
When was your organisation established? 23/03/1988	

Grant Request

Under which of City Bridge Trust's programmes are you applying? Making London More Inclusive
Which of the programme outcome(s) does your application aim to achieve? Disabled people reporting increased well-being as a result of taking part in the arts or sport Work supporting young disabled people (aged 16-25) in the transition to adulthood and/or independent living
Please describe the purpose of your funding request in one sentence. To provide sustainable and community focused, sports, health and wellbeing activities, to improve the lives of vulnerable, isolated people with disabilities and their families.
When will the funding be required? 03/09/2018
How much funding are you requesting? Year 1: £52,607 Year 2: £45,383 Year 3: £0 Total: £97,990

Aims of your organisation:

Established In 1988, Equal People Mencap (EPM) has been providing support to people with disabilities and their families/carers for over 30 years. Being a part of the National Mencap Network and North West London Consortium, enables us to share best practice with other organisations across the UK.

Equal People 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 other people in Kensington & Chelsea, including:

- ?The right to work.
- ?The right to have sexual relationships and children.
- ?The right to take part in community life.
- ?The right to be safe from harassment and abuse.

Our support enables our service users to:

- ?Speak and be heard.
- ?Learn new skills.
- ?Try out new experiences.
- ?Understand responsibilities.
- ?Gain confidence.
- ?Be a valued member of society and fully involved in community life.

Main activities of your organisation:

We offer a wide variety of support means to our beneficiaries and their family/carers which include:

- ? Groups and drop-in sessions to reduce isolation e.g. In arts and crafts, music, dance and media/IT training;
- ? Health and wellbeing activities including Zumba, Yoga, Drama and Art;
- ? Specialist independent living/housing/welfare support;
- ? Community access support and personal care; as well as
- ? Floating support to enable beneficiaries to achieve their aims and goals.
- ? Carers Activity Service ? Respite support, allowing carers to have time to recuperate and engage in community activities, including eight organised trips per year.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
6	35	8	10

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	to February 2019.To be renewed

Summary of grant request

An estimated 3,500 people are living with a learning disability (LD) in Kensington & Chelsea. 89% of adults with LD fall into the 18-64 age group. They are more likely to:

Have a higher level of health need than the general population, due to a range of factors including congenital problems, lifestyle issues and poor socio-economic circumstances.

Experience major illnesses, most common being obesity, diabetes and respiratory disease.
? JSNA 2010

For those with physical, sensory or learning disabilities many health problems can be alleviated through regular sports/exercise, healthy diet and social interaction.

A two-year project titled ?The Next Step?, delivered in Kensington and Chelsea will provide sustainable, health and wellbeing support to:

70 vulnerable children, young people and adults (Beneficiaries) living with learning, sensory or physical disabilities (aged 16-30 years) per year. In addition, 40 of their Families/Carers will be supported per year.

The sports, fitness and health/wellbeing activities will be delivered through the recruitment of 1 FTE Project Coordinator and sessional tutors (assisted by our senior staff, 20 local volunteers and eventually 10 volunteer service users).

Our project aims to address poor health, social isolation and barriers to self-development among young people with disabilities, through delivering consistent opportunities for them and their families/carers to participate in regular sport, fitness, social and health and wellbeing activities. Our project will empower the community to be independent, lead a healthy and active lifestyle, help to reduce obesity, achieve personal goals and be socially engaged in their community.

While delivering a sports and activity focused project is a relatively new approach for us, it is predicated on our 30 years of experience successfully supporting people with disabilities and their carers/families with a range of services, including health and wellbeing and fitness activities. We recently made connections with local sports clubs (including Chelsea FC) who we will be working with on the project. Being part of the National Mencap Network and North West London Mencap Consortium, also enables us to share insight (gathered from the project evaluations) and best practice with other learning/disability organisations across the UK.

Our project will meet the trust's project outcomes through:

Anticipating 90% of disabled beneficiaries reporting increased well-being as a result of the sports, fitness and health and wellbeing activities delivered.

Beneficiaries actively participating in the weekly sports activities, receiving support and motivation from the volunteers to remain active.

Training the beneficiaries and volunteers (including disabled volunteers) to lead in running the sports and fitness sessions, upskilling them with further confidence and experience in managing and improving the activities.

Supporting young disabled people in their transition to adulthood (16-30).

Disabled beneficiaries/volunteers will be directly involved in the delivery of activities.

We will consult their advice and suggestions through surveys, one-one meetings and their participation in our expert advisory group.

Continues overleaf

Continued from previous

Coordinator will communicate with (but not limited to) local schools, community centres, faith schools, carer agencies, social services, referral agencies and community groups on social media, to ensure we reach a diverse group of people (including BAME and LGBT groups).

Volunteers will be supported through:

Assisting and eventually lead in the running of the activities.

Instructor training and signposting support, upskilling and improving their prospects for further training or employment.

We will encourage beneficiaries to eventually become volunteers and run the activities and support sessions themselves (a minimum of 10), aiding the established volunteers in helping other vulnerable disabled people (with 25% of beneficiaries anticipated to remain and help sustain support post project).

Using insight from project evaluations, EPM will advocate for beneficiaries to have funds for activities included in their personal budgets needs assessments.

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?

Care Quality Commission (CQC) mark with an overall 'Good' rating for meeting all 5 standards. Have won a gardening award.

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.

Football and Multi-Sports: 6-7 hour weekly sessions for beneficiaries (Including Football, Tennis, Zumba and Swimming). Delivered by 2 professional sports tutors (including a tutor from Chelsea FC), assisted by EPM staff and volunteers. Introductory Level 1 FA Coaching Football Course plus one day Community Sports Leadership award will be available.

Fitness Sessions: 2 Hour weekly sessions for beneficiaries, including cardiovascular and strength training exercises, Yoga, Pilates, Tai Chi and Music and Dance activities. Level 1/Introductory Instructor training also available. Families/Carers will play an integral role in supporting their loved ones during the music/dance sessions, especially those with complex/multiple disabilities.

Healthy Cooking and Eating: 2 Hour sessions for beneficiaries held 3 times a week, teaching the value of a healthy diet through fun, interactive sessions. Foods include fruits, vegetables, sugar-free carrot cake etc. The Chefs will teach and support staff, volunteers and beneficiaries in preparing, cooking and serving healthy foods.

Gardening: Twice a week for beneficiaries, teaching the importance of the environment, the value of growing healthy foods and developing gardening skills. Beneficiaries will grow plants, herbs and vegetables at our allotment and in large planters at our Resource Centre. There will also be visits to local botanical gardens.

Peer Support/Advice Sessions/Respite: Underpinning these activities, 2 Hour monthly peer sessions will help motivate beneficiaries to stay active, as well as enable them and their Families/Carers to discuss personal interests, share advice and experiences. Signposting and access to additional advice will also be provided and Families/Carers will receive respite support.

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.

95% report improved physical fitness including strength and stamina.

Reduced obesity levels.

Life skills with long-term impact, including greater confidence (in and outside sport), friendship, teamwork, leadership, independence and self-esteem, resulting from participation with their peers in the activities.

95% report reduced isolation.

New skills and accredited introductory coaching training.

95% report improved mental wellbeing and physical fitness including strength, stamina, flexibility.

Reduced obesity levels.

100% of Beneficiaries and volunteers gain new skills and experience in management of activities.

Accredited Level 1 instructor training

New skills/experience in the management of activities.

100% Report Improved awareness on how to have a balanced, healthy diet.

90% Demonstrate and report significant increase in cooking and healthy eating habits in and outside home.

Significant reduction in body fat (taking weight measurements before, during and post project).

95% report reduced isolation.

100% report increased awareness on the benefits of growing healthy foods and developing gardening skills.

100% report increased social skills, reduced isolation and appreciation for their local environment and community, as a result of the gardening sessions and group outings to local botanical garden centres.

Increased motivation to stay healthy and active in sport, resulting from encouragement in the sessions.

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 plan to continue the work using insights gathered from the evaluations to evidence impact and need for further sustainable support, e.g. EPM would advocate for beneficiaries to have funds for activities included in their personal

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?

Kensington & Chelsea (100%)

What age group(s) will benefit?

16-24

25-44

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%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Project Coordinator Salary	21,367	21,581	0	42,948
Tutor Trainers (casual workers)	15,000	15,000	0	30,000
Activity Start Up Costs	7,500	0	0	7,500
Overheads	8,740	8,802	0	17,542
Staff, National Insurance and Pensions	6,670	6,737	0	13,406
			0	
			0	
			0	
			0	

TOTAL:	59,277	52,120	0	111,396
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What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
Equal People Mencap Funded	6,670	6,737	0	13,407
	0	0	0	0
	0	0	0	0
	0	0	0	0

TOTAL:	6,670	6,737	0	13,407
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What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Total
N/A	0	0	0	0
	0	0	0	0
	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
Project Coordinator Salary	21,367	21,581	0	42,948
Tutor Trainers (Casual Workers)	15,000	15,000	0	30,000
Activity Start Up Costs	7,500	0	0	7,500
Overheads	8,740	8,802		17,542

TOTAL:	52,607	45,383	0	97,990
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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	26,532
Activities for generating funds	0
Investment Income	194
Income from charitable activities	858,959
Other sources	0
Total Income:	885,685

Expenditure:	£
Charitable activities	875,938
Governance costs	0
Cost of generating funds	0
Other	0
Total Expenditure:	875,938
Net (deficit)/surplus:	9,747
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	9,747

Asset position at year end	£
Fixed assets	6,618
Investments	0
Net current assets	223,737
Long-term liabilities	0
*Total Assets (A):	230,355

Reserves at year end	£
Restricted funds	0
Endowment Funds	0
Unrestricted funds	230,355
*Total Reserves (B):	230,355

*** 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%
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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: 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	119,000	100,000	105,600
London Councils	0	0	0
Health Authorities	0	16,431	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 Band Trust	10,000	0	0
John Lyons Charity	28,000	0	0
Savoy Trust	0	10,000	0
London Community Foundation (Evening Standard)	0	0	17,094
Bally Thomas	0	10,000	0

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: **Nicholas Walsh**

Role within
Organisation: **Chief Executive**