

The City Bridge Trust

Investing In Londoners: Application for a grant



About your organisation

Name of your organisation: Kingston Carers Network	
If your organisation is part of a larger organisation, what is its name?	
In which London Borough is your organisation based? Kingston	
Contact person: Miss Kate Dudley	Position: Chief Executive
Website: http://www.kingstoncarers.org.uk	
Legal status of organisation: Registered Charity	Charity, Charitable Incorporated Company or company number: 1151456
When was your organisation established? 18/07/1994	

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
Please describe the purpose of your funding request in one sentence. We are requesting funding to provide advice and advocacy to older carers in Kingston to improve the quality of their lives and reduce financial hardship.
When will the funding be required? 01/11/2018
How much funding are you requesting? Year 1: £58,096 Year 2: £59,093 Year 3: £60,735 Total: £177,924

Aims of your organisation:

Kingston Carers? Network aims to improve the lives of unpaid carers in Kingston by ensuring that carers:

- Enjoy good physical and emotional health and wellbeing
- Are recognised and respected as expert care partners
- Are given information about services and support available to carers
- Have a life outside of caring through engaging in activities, outings and social events
- Are well-informed and know about their rights, benefits and allowances
- Have support to access benefits and allowances
- Can access training and information to meet their caring needs
- Receive regular support through groups and drop-ins
- Get equal access to services
- Are encouraged to recognise their own needs and to get their status acknowledged
- Are kept informed of national and local policies that affect carers
- Are consulted and have meaningful input into service planning and delivery
- Who are children are protected from inappropriate or excessive caring
- Young carers experience the childhood they deserve and develop the resilience and skills to achieve their potential

Main activities of your organisation:

We support young and adult carers through two specialist projects. Our main activities supporting adult carers include: a comprehensive advice and advocacy service. Advice and advocacy is provided on a range of issues including: benefits; health and social care; housing; employment; mental health and capacity; education and other carer related issues. We work within Kingston Hospital and GP surgeries to identify carers and provide timely support and advice. We provide wellbeing activities including five weekly fitness classes; meditation and stress management workshops; peer support groups; art and craft sessions; information sessions and skills training and social activities. We provide free counselling through trainee counsellor volunteers. We provide targeted family support and mentoring for families with young carers and over 200 different respite activities for carers aged 5 to 18. We work with schools to ensure that young carers receive the support they need to reach their educational potential and provide training to professionals within health, social care and educational sectors.

Number of staff

Full-time:	Part-time:	Management committee members:	Active volunteers:
6	11	8	94

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	10 years

Summary of grant request

This grant would ensure that we could continue our work, identifying and supporting older carers - many of whom struggle financially and risk their physical and mental wellbeing.

The number of older carers seeking advice and support from KCN demonstrates a growing need for our project. Last year, 330 carers aged over 65 were referred to KCN for advice, advocacy and support. A further 350 older carers were given advice within Kingston Hospital on issues including discharge planning and carers' rights.

Evidence from carer engagement shows high demand for this project. Recent consultation showed that KCN's older carers valued our approach to identifying carers within hospital wards and GP practices. Access to this timely, comprehensive advice resulted in 71% of carers reported feeling better able to cope. Independent research with Kingston's older carers highlighted the following issues: financial hardship; difficulty accessing social care; planning for the future care of a disabled son or daughter; managing their own falling physical health, stress and loneliness.

A full-time outreach worker will work within the hospital and GP practices, providing one-to-one advice to older carers on issues including benefits; Carers' Assessments; health and social care; Lasting Powers of Attorney; Court of Protection issues; housing and other carer issues. Working within the elderly patient wards, the outreach worker will support carers to be involved in the discharge process and plan for care at home. We will also deliver monthly information workshops to ensure that carers have the knowledge and skills to make choices about their future and can plan for changes. We will run a wellbeing programme to improve the health, fitness and wellbeing of older carers.

The main aim of the service is to reduce financial hardship among older carers and to ensure that they have control over their future finances and other life-changing decisions.

This project will build on existing work that has achieved the outcomes of the National Carers Strategy. We have a proven track record of achieving these outcomes and our approach to identification of hidden older carers has shown a four-fold increase in the number of older carers being identified since 2014. Last year, we secured over £1.6m of new benefits and other financial gains for carers and families.

The manager of the advice team has over 25 years of advice experience and specialist knowledge on health, social care, benefits, housing, employment and mental health. This ensures we are able to provide advice and advocacy on complex issues beyond that of other local advice services.

We involve older people in the service through a range of consultation methods including focus groups, conferences, surveys, interactive feedback and interviews. Older people are also represented on our trustee board with 62.5% of trustees over 65.

We have reached a wider sector of the community and support carers from hard to reach communities, including travellers and North Koreans. Over 37% of carers we support are from BAME communities approximately 10% above the BAME borough profile. We ensure this is possible by our proactive approach within the community, GP practices and Kingston Hospital.

94 volunteers contribute their skills across a range of different roles. We were recently awarded the Kingston Volunteer Quality Award and were described as "setting the

Continues overleaf

Continued from previous

benchmark" by providing high quality support to volunteers. We show our appreciation of volunteers through regular social events and by highlighting their contribution to the organisation.

We have progressed in lowering our carbon footprint. Examples include staff using less paper, separating recyclable waste and reducing unnecessary use of electrical equipment. Carers are encouraged to sign up to electronic communications to reduce printing costs and environmental impact.

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? **No**

What Quality Marks does your organisation currently hold?

We are currently reapplying for PQASSO and hold the Carers Trust Advice Quality Mark.

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.

Over the three years, we will identify 1,350 previously 'hidden' older carers and provide advice and guidance on issues including: hospital discharge, health and social care, carers' rights and benefits entitlements. Support will help carers navigate the discharge process and to assert their rights (including involvement in discharge planning).

We will provide comprehensive advice and advocacy to 200 older carers. Advice will address the needs of both carer and the person they care for on a range of issues including: welfare benefits, Lasting Powers of Attorney, Court of Protection issues, housing, social care and financial assessments, and Continuing Healthcare.

We will deliver monthly workshops to older carers on a range of relevant issues including: Carers' rights and relevant legislation; social care choices; financial assessments; residential care; managing personal budgets; benefits for older people; mental capacity and Deprivation of Liberty Safeguards; dementia symptoms and signs; and dealing with dementia diagnosis.

We will run a programme of wellbeing activities to include: group exercise; stretch and strengthen; 6 week stress management using the Action for Happiness resource; relaxation and meditation; healthy eating and cooking workshops; Mindfulness and improving sleep techniques.

We will run monthly social groups for older carers to provide peer support, develop social networks and friendships to reduce isolation and to improve emotional wellbeing. Carers will be involved in developing the social activities and ideas include carers' choir, walk and talks, bring and share lunches and outings.

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 will have more confidence about the transition from hospital to home, have improved understanding of their rights and feel better able to cope with their caring role. Over 75% will have increased confidence to be involved in discharge planning and have a better understanding of their rights.

Older carers will have improved financial circumstances and feel better able to continue caring. We expect that this service will secure approximately £500,000 of additional benefits and other financial gains over the three years. 75% of carers will report improved ability to continue caring.

Older carers will feel more informed about issues that might affect them and the people they care for.

Older carers will have improved emotional wellbeing and feel physically healthier. We expect that at least 70% of carers will report an improvement in their physical and emotional wellbeing.

Older carers will have improved social networks and feel less isolated.

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 want to continue this activity in the long-term as it is highly likely the need for our advice and support will grow. We rely on funding from trusts and the Lottery due to the very limited resources of statutory funders. We will continue to approach local commissioners and with improved evidence of impact, we hope to strengthen our position.

Who will benefit?

About your beneficiaries

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

450

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

Kingston (100%)

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?

31-40%

Funding required for the project

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

Expenditure heading	Year 1	Year 2	Year 3	Total
Salaries, NI and pension (4%) for FT Carers Outreach Adviser	33,318	34,318	35,347	102,983
Supervision and management	3,900	4,017	4,138	12,055
Training and travel expenses	1,800	1,836	1,873	5,509
Programme of older carers Information and training workshops, refreshments, room hire, trainers and resources	2,400	2,472	2,546	7,418
Wellbeing and respite activities, support groups and 6 week stress management emotional wellbeing course	4,480	4,614	4,753	13,847
Volunteer expenses	600	618	637	1,855
Rent, rates, utilities, cleaning (contribution to accommodation)	3,788	3,864	3,941	11,593
Stationery, printing, IT support, telephone, postage, accounts, payroll, Insurance, interpreting	7,210	7,354	7,500	22,064
PC and software	600	0	0	600
TOTAL:	58,096	59,093	60,735	177,924

What income has already been raised?

Source	Year 1	Year 2	Year 3	Total
	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?

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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	90,374
Activities for generating funds	0
Investment Income	872
Income from charitable activities	455,780
Other sources	0
Total Income:	547,026

Expenditure:	£
Charitable activities	543,387
Governance costs	1,181
Cost of generating funds	0
Other	0
Total Expenditure:	544,568
Net (deficit)/surplus:	2,459
Other Recognised Gains/(Losses):	0
Net Movement In Funds:	2,459

Asset position at year end	£
Fixed assets	0
Investments	0
Net current assets	166,631
Long-term liabilities	0
*Total Assets (A):	166,631

Reserves at year end	£
Restricted funds	53,348
Endowment Funds	0
Unrestricted funds	113,283
*Total Reserves (B):	166,631

*** 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? 41-50%
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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: Approximately, £90,000 of reserves were spent on building refurbishment. Our previous premises were under licence with the local authority but closure of the building required the organisation to relocate at significant cost. The refurbishment and legal costs were in excess of £90k. Despite relocation to the most affordable part of the borough, the increase costs for rent and maintenance has significantly increased our ongoing expenditure.
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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	99,475	139,760	111,877
London Councils	0	0	0
Health Authorities	103,486	115,299	138,700
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 £
Big Lottery	88,860	108,505	111,319
Comic Relief	23,014	44,081	62,749
Children in Need	34,062	31,669	35,461
Children's Society	37,067	18,669	0
Co-operative	22,936	18,023	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: **Katherine Louise Dudley**

Role within **Chief Executive**
Organisation: