

Neighbourhood Community Development Partnerships~ Proposal Form



Amount of funding requested:

13,500

Reference number (office use)

NCDP-N1/01Which **neighbourhood**
is this project for:

Neighbourhood 1 (Brockley, Evelyn, New Cross & Telegraph Hill)

Project title:

North Lewisham Good Neighbours

Please read Section D and the important information at the back of before submission

SECTION A: Your organisation

Organisation	North Lewisham Good Neighbours- consortium of partners
Contact person	Malcolm Cadman
Telephone	
Address incl Post Code	
Email address	

If an organisation will be receiving the funds on your behalf please provide details below:

Delivery Organisation	Pepys Community Forum
Contact person	Malcolm Cadman
Telephone	07434 611695
Address incl Post Code	1 Creek Road, Deptford, London SE8 3BT
Email address	malcolmpepysforum@gmail.com

SECTION B: The Project

Which priorities does your application address ~ please see guidelines for additional information on each priority Tick all that apply.

Long Term Health Conditions	<input checked="" type="checkbox"/>
Mental Health & Wellbeing	<input checked="" type="checkbox"/>
Access to Information	<input checked="" type="checkbox"/>

1. What would you like to do with the funding? Please describe the project:

- What are the aims and objectives?
- Describe the activities to be delivered
- How will the local health and well being priorities be addressed?

Max 500 words

We are a **new group of partners** who came together for the first time 2017 as a consortium, we have now expanded from **6 partners up to 11 partners in 2018**.

Our first aim is to target people across the age ranges, female and male, who will benefit from health related support, to either make them more active individually or to participate in group and social events that bring people together and help to reduce social isolation.

Our second aim is delivery that will support the people identified as most in need of socialisation opportunities in our area: men, migrants, people with mental health issues and/or learning disabilities and unpaid carers.

Our objective, by a consortium of partners working together, includes both a wide range of specialities and physical bases across the neighbourhood.

We will share our knowledge of these groups to identify individuals to participate and support them to access a delivery partner to suit their needs, taking into account background, health and geography.

Our partners will address the key health needs across all three of the priorities.

By the breadth and wide range of our work, through a Community Garden, older people being given access to social media; young people under 19 years making films; troubled people being helped out; people over 55+ being less isolated; people with HIV being better networked and supported; carers of all ages being better able to cope; refugees, asylum seekers and migrants being advised and represented; and information, advice and guidance being given out through experienced and community sensitive providers.

By the specialities that individual partners offer, across a full range of age groups, BAME, and individual circumstance and needs; we can address health and well being issues together with other and complex interrelated issues. Like asylum and immigration, housing and homelessness, education and employment, training and socializing. These and many other factors, all have an impact on health, that we will address.

Our range of our partners gives a very diverse offer, where different approaches can be taken to better match the people in our neighbourhood and their needs. From an outdoor green environment to grasping the complexities of using the new media, there is a broad and rich choice of activities, at the interactive social level, advice and support level, through to the life skills level of education, housing, training and employment.

2. Who in the community is your project targeted at and how will you ensure that the project supports people across the neighbourhood?

Our consortium partners will target a very wide range of people, of all ages, including those who have individual or specialised needs in Neighbourhood 1.

John Evelyn Community Garden (PCF) will target physical cardio-vascular exercise, for all ages, and Art in the Garden activities for better mental health well being.

REMEC will target mental well being by reducing isolation and loneliness in older people and unemployed adults through social activities.

Inspiring Imagination will target young people who are under 19 years, to act as the film makers, to reach a wider audience.

Deptford Reach will target transformation of lives, for troubled people, with expert advice on issues such as housing, drugs and alcohol dependency, mental health issues and welfare benefits.

Branching Out will target people 55+, bringing many who may be isolated in to a range of regular activities.

Red Ribbon will target ages 16+ living with HIV, their families and carers. Alleviate isolation whilst building self-esteem, creating friendship and building a support network.

Carers Lewisham will target anyone who provides unpaid care of a disabled, frail, or ill relative or friend. To help carers make better-informed decisions that will help them cope with and manage their caring role.

LRMN will target refugees, asylum seekers and migrants of all ages 18+. Information, advice, casework support and representation at tribunals to clients with immigration, housing and welfare issues. Supporting employment, training and volunteering.

170 Community Project will target information, advice and guidance to vulnerable people, like refugees and asylum seekers within a wider Black/Black British client base.

Action for Community Development will target BAME, Refugees & Asylum Seekers, and low income earners, unemployed and disadvantaged people in general. Providing capacity building training to reduce isolation and promote inclusiveness.

New Cross GateTrust will target improvements to physical and mental health through a variety of activities which bring the local community together to increase social networks, tackle social isolation, build self-confidence and improve well-being.

How many people do you estimate will directly benefit from accessing your project?

- **John Evelyn Community Garden (PCF)** all ages, adults and children, up to 30 people benefiting
- **REMEC** older people and unemployed adults, up to 20 people benefiting
- **Inspiring Imagination** young people, under 19 years, up to 20 people
- **Deptford Reach** people transforming of their lives, up to 100 people a day
- **Branching Out** people 55+, benefiting up to 45 people
- **Red Ribbon** ages 16+, up to 20 people directly benefiting
- **Carers Lewisham** engaging with over 2,500 carers aged 8 and upwards
- **LRMN** up to 80 people access a range of services every week
- **170 Community Project** advice given to 470+ people a year
- **Action for Community Development (AfCD)** advice given to 520+ people a year
- **New Cross GateTrust** across all activities reach at least 1000+ people a year

3. How will the project address the local health and well being outcomes?

(Appendix A)

John Evelyn Community Garden (PCF) will provide a large outdoor environment, accessible to all age ranges, for mental and physical health and well being benefits as 'Green Medicine' sessions for planting and growing, by the bending, turning, holding and stretching of gardening, through digging, planting, weeding, to lift mood and spirit. Access to direct sunlight for half an hour or more, assists with Vitamin D intake. Together with holding Art and Creative training and skills workshops. Along with the relaxation benefits, social interaction, and team work.

REMEC will provide services to the elderly 65+ and the unemployed. To introduce and support the elderly to learn or improve their computer skills, learn social media: the internet, email, facebook, instagram, smartphones, whatsapp, skype to contact close and distant relatives. Exploring topics such as healthy eating, alcohol awareness, physical health & a good/balanced diet.

Inspiring Imagination will help with the 'access to information' element of our proposal through the production of new Healthy Lewisham TV videos. By working specifically with young people between the ages of 10-19, to produce the videos. However the videos are to be used for the community as a whole to view, be informed by and to enjoy. Will also be working directly with different organisations within the locality to feature and showcase their work/services.

Deptford Reach will give 'open access' information and advice service to adults in the wider community including a referral pathway to reduce isolation and poverty. Gathering and recording data about other existing services in the borough to develop the referral pathway. With a focus on health and well-being including food poverty as part of the health advice and support. Being best placed to deliver the access to information and address the intersection between health and social care through a provision of structured activities.

Branching Out will give two days of activities per week aimed at older people 55+. Aiming to entice those more socially isolated and less mobile members of the local community into a safe, stable environment. Ethos is that every member belongs, contributes and is valued. Offer a two-hour art class, a tai chi session, a lunch club, a series of movement and mindfulness activities, a monthly repairs session and book and crochet/knitting clubs. There are outings, special events and concerts, a Christmas film show and the group hosts a monthly council hearing loss session. Communal lunches bring all classes together three times a year.

Red Ribbon will offer a range of unique support services to people who are infected and affected by HIV. No restrictions for joining, as far as race, age, gender or sexual orientation our aim being to provide equal opportunity for all people living with HIV. The philosophy is to nurture the feeling of well-being among members through social activities and support. Provide a secure environment, where people come once every week to discuss freely, issues that affect their daily life without fear of being stigmatized or stereotyped. Sessions usually focus on issues such as the impact of a positive diagnosis, healthy eating, physical activity, treatment adherence, disclosure, welfare benefits, family matters among others.

Carers Lewisham will focus on stress as the biggest cause of ill health and informal caring is a particularly stressful role. Many carers end up in worse health than the person they care for. We will deliver an innovative and fun project looking at stress, happiness and well-being for unpaid carers living in the north of the borough through a variety of media such as physical, creative and stress relieving techniques they can use themselves and for their cared for. This will help them to understand, identify and deal with some of their stressors and empower carers to lower their stress levels and have improved health. We will be targeting carers from different areas of the neighbourhood and hope to identify carers, unknown to Carers Lewisham.

We will support carers attending these sessions to access Carers Lewisham's other services (employment support; counselling; peer support, specialist support groups; 1-2-1 casework and disability related benefits) and signpost them to our partners and other local agencies.

LRMN will work with refugees, asylum seekers and migrants. To provide information, advice, casework support and representation at tribunals to clients with immigration, housing and welfare issues. Supporting those who are eligible to gain employment, access volunteering or training/educational opportunities. A specialist programme helps women who have survived gender based violence, including those who have been raped, trafficked, those who survived female genital mutilation (FGM), domestic and honour based violence and more. Homeless and destitute people are offered a small amount of money for their basic needs and given a food parcel. Other support is by weekly sewing, knitting and English classes and a Gardening club.

170 Community Project will deliver Information, Advice and Guidance to vulnerable people. Coming from a very broad range of backgrounds. Somalian refugees and asylum

seekers represent one key demographic group, within a significant wider Black/Black British base. A high representation of from people suffering long term physical and/or mental ill-health or disabilities. As a result of changes to the PIP and ESA disability assessment process, we are currently undertaking growing numbers of appeals on behalf of people to enable them to access the support they need (particularly those suffering mental ill-health).

Action for Community Development will through its Community Health Project (CHP) carry out health promotion and advocacy in the community. Beneficiaries are Black, Asian & Ethnic Minorities (BAME), Refugees & Asylum Seekers, and low income earners, unemployed and disadvantaged people in general. Organize health promotion workshops and seminars, such as Health is Wealth, Black Organ Donation and Glaucoma. Assist beneficiaries in registering with GP surgeries and provide information about health services provided by the National Health Service. Provide capacity building training in Understanding Mental Health and volunteering opportunities for people with mental health issues to reduce isolation and promote inclusiveness.

New Cross GateTrust will support improvements to physical and mental health through a variety of activities which bring the local community together to increase social networks, tackle social isolation, build self-confidence and improve well-being. These include our Community Gardening sessions, walking groups, sewing classes, outdoor based under-5 stay and play, ESOL, IT classes, and wider adult learning opportunities. Other local community groups, are hosted, to deliver health related activities, like 'self-help depression group', JOY cuppa clubs and other social events. Capacity building training is available to other local community groups, like Food Hygiene, Customer Service, First Aid at Work and Safeguarding. An active member of the Lewisham Sugar Smart campaign, promoting health via our activities, newsletters and social media, a member of the Water Refill Scheme and are an accredited London Living Wage employer.

4. When will the activity take place:

Start Date: 1st February 2019

(Please note it can take up to 12 weeks after the decision on funding to be confirmed for you to be paid).

End Date: 31st December 2019

(Please note that the project must be completed by the end of December 2019)

5. Locations where the activities will take place:

John Evelyn Community Garden – Windlass Place, Deptford SE8 3QH.

REMEC – Scotney Hall, 17 Sharatt Street off Idlerton Road, SE15 1NR.

Inspiring Imagination - Riverside Youth Club: 185 Grove Street, London, SE8 3SH.

Deptford Reach – 64 Speedwell Street, Deptford SE8 4AT.

Branching Out – Telegraph Hill Centre, Kitto Road, London SE14 5TY.

Red Ribbon – 170 Community Project, New Cross SE14 5AA.

Carers Lewisham – Waldram Place, Forest Hill, London SE23 2LB.

LRMN - 341 Evelyn Street, Deptford SE8 5QX.

170 Community Project – 170 New Cross Road, New Cross SE14 5AA.

Action for Community Development – 9 Deptford Church Street, Deptford SE8 4RX.

New Cross Gate Trust – Besson Street Gardens, Besson Street, London SE14 5AE.

6. How will you work with others to deliver the project? (For example will your project involve other community groups, local residents, Community Connections, GCDA, Council officers or any other partners? Use this space to tell us how they will be involved during the different phases of the project):

We are a new consortium of partners based in the North Lewisham Community Health

N1, coming together to bring people closer together.

PCF office management support to Garden space, as a Volunteer for 1 day a week over 14 weeks in kind, and liaison with all partners. Quality mark – Carbon Smart Silver.

REMEC work in partnership with other groups delivering other projects, taking referrals to get a cross-section of people in North Lewisham.

Inspiring Imagination project management delivery in one week for 50 hrs in kind.

Deptford Reach own their premises and equipment, can be used by others as a satellite service. Quality marks – PQASSO level 1, AQS housing and welfare benefits. Volunteers from Anthology, and Goldsmiths, and management support for 1 day a week.

Branching Out delivering regular activities, weekly or monthly, in a safe environment.

Red Ribbon working to support the project, delivering activities around community sexual health awareness.

Carers Lewisham will seek carers within the partner agencies facilitating cross referrals as well as across the neighbourhood. We will ask our partners if they are willing to share their expertise and resources.

LRMN will accept referrals from partners whose people need immigration, housing and welfare, employment, counselling and other practical support. Quality mark - Advice Quality Standard (AQS).

170 Community Project will invite project partners to refer clients to our drop in Advice sessions. Quality mark – AQS.

Action for Community Development will act as a member of a number of partnerships and network through which we will disseminate information and invite to participate and attend. Being an active member of Lewisham BME network and its BME health Forum.

New Cross Gate Trust works with a wide variety of partners, including space sharing (i.e. JOY), provision of training (many groups), shared marketing via newsletter and social media (many groups), and working jointly on delivering collaborative projects (e.g. knife crime).

Community Connections will give advice and group meeting support.

Our consortium partners are uniting together with the aim of bringing together a wide variety of community groups and people from across Neighbourhood 1.

7. Outline the key risks associated with the project and how you will minimise their impact. (If you are planning an outdoor event, for example, what would happen if it rained?): **Remember a risk assessment should be completed.**

See enclosed – 2 Risk Assessments

8. How will you ensure sustainability of your work once the project funding ends?

John Evelyn Community Garden is open in the outdoors all Year round of the four seasons – spring, summer, autumn and winter. People can Volunteer occasionally or regularly becoming a core member, to also support others. Activities are promoted for regular sessions, events and workshops for all to engage with and benefit from.

REMEC intend to continue, after the project, to let elderly people know that they remain in touch with society as well as fight loneliness.

Red Ribbon actively engages with every member to participate in physical activity and encouraging adopting healthier well being activities. Will continue to support members by a small team of volunteers who are well trained to improve their mental and physical well-being. With this support, all members of the group are buddies and are able to share knowledge and experiences to promote confidentiality and stigma free environment where people feel confidence to engage and access the service.

LRMN will continue providing services and we will search for continuation funding. We are also developing the capacity of people to self-advocate and use other available resources.

170 Community Project intends to continue its drop in sessions after this funding has ended. We are funded by Lewisham Council and New Cross Gate Trust, and hope to acquire further funding for our services in the near future.

Carers Lewisham will ensure carers know about our other services across the borough and try and engage them in our regular Carers Support Group at The Waldron Health Centre SE14 and the Mental Health Support Group at The Compass Centre SE8, and any other activities which we hold in Neighbourhood One.

SECTION C: Project Costs

How much will the project cost? If you are unable to provide precise information please estimate, but indicate where you have done this. Please also note that expenditure and income must be the same.

Expenditure (the costs of delivering the project)		
PCF > Facilitator 3hrs @ 20x14wks = 840, Materials 15x14 wks = 210 Publicity = 200, Insurance = 200 + Overall Admin of Consortium = 450		1950
REMEC > Facilitator 2hrs @ 20x16 = 640, 2 off volunteers @ 10x16wks = 320, Refresh 20x16wks = 320, Publicity = 70, Insur = 100		1450
Inspiring Imag > 2 off Facilitators 20hrs @ for 1 week = 1000 20 off AQA Accred @ 16.50 = 330, Publicity = 120		1450
Deptford Reach > IAG Worker 4hrs @ 16.70x14wks = 935, Volunteers 2 days @ 4.50x14wks = 126, Publicity = 160, Insurance = 229		1450
Branching Out > Activities Tutors = 500, Outreach by postgrads = 700, Materials = 250		1450
Red Ribbon > Volunteers = 260, Hall hire = 400, Refreshments = 590, Phone = 100, Admin = 100		1450
Carers Lewisham > Room 25hx18h=450, Facilitator 25hx18h=450 Refresh = 120, Admin/Publicity = 200, Volunteer = 30, Material = 200		1450
LRMN > Advice Worker @16/hr x 2 hrs/wk x 40 wks = 1280, Volunteers (food and travel) = 170		1450
170 Community > Volunteers 5 x 34 wks = 170, Advice Worker 16hr x 2hrs/wk x 40 wks = 1280		1450
AfCD > Facilitator 125 @ 2 days = 250, 6hrs venue hire = 480 2 x InfoTec Tutors = 240, Refreshments = 480		1450
NXG Trust > Training In Kind		500
Total Project Expenditure		£15,450

Income (where the money is coming from)			
Neighbourhood Fund requirement			£13,500
Other Council funding (please specify)			
Crowdfunding			
Other Funding			
In Kind Funding – NXG Trust, Training for partners			500
Tideway S106 Funding			1,450
Other funding (please specify)	Applied for	Confirmed	
Total Project Income			£15,450

SECTION D: Terms & Conditions

By completing and signing this application form you will be accepting your project will be subject to the following terms and conditions:

1. The grant will only be spent on the purpose detailed in the application unless otherwise agreed in advance by the Council in writing.
2. On confirmation of the award you will receive an email confirming the final award amount,

notification if supplementary documents are required and a bank form for immediate completion. Payment will only be made once this and any required supplementary documents are returned.

3. In exceptional circumstances, the grant can be withdrawn or withheld at the Council's discretion.
4. Any part of the grant that is not required for the purpose approved must be refunded to the Council.
5. Repayment of the grant can be required at the sole discretion of the Council if:
 - The Council finds that any false information has been supplied to the Council;
 - the work undertaken is not the work for which the grant was approved (if the Council has not been informed of, and approved, these changes in accordance with point 1);
 - the grant has not been spent within one year unless otherwise agreed by the Council;
 - your organisation becomes insolvent or goes into administration, receivership or liquidation, and the grant has not already been spent on its intended purpose, or;
 - there is any other breach of any of the conditions in this form.
6. The grant is made on a 'one-off' basis and does not carry any commitment to future funding of the project.
7. The grant cannot be made as "match" funding against any other Lewisham Council funded initiatives.
8. The project shall be required to return a completed monitoring form and financial breakdown of how the grant was used at the end date of the project. Failure to do so will render the project ineligible for future grants. A template monitoring form will be forwarded to successful applications as part of the confirmation process.
9. The project agrees to attend quarterly neighbourhood development partnership meetings to report back on the success of the project.
10. The grant shall be specifically acknowledged within your annual accounts for the year in which it was received.
11. The grant and Lewisham Council will be acknowledged in all printed materials that the organisation produces about your project, and acknowledged appropriately elsewhere.
12. The Council / CCG may use your name in any publicity material.
13. The Project shall comply with any legal obligations that may be relevant in order to carry out the scheme, such as planning, licensing, employment, health and safety, insurance and equal opportunities legislation.
14. Receiving a grant from Lewisham Council does not constitute the grant of planning permission, or any other permission, and in no way prejudices future decisions of Lewisham Council or the Local Planning Authority. You must obtain all relevant permissions.
15. Lewisham Council reserves the right to share the information you have provided with relevant parties (e.g. Charity Commission) where appropriate.
16. Any Value Added Tax (VAT) payable by your organisation is your responsibility and Lewisham Council shall not be obliged to pay any additional amount.
17. Lewisham Council requires all organisations signing for an award to hold the following documentation. By signing this form you hold the relevant documents for the project the Council are pledging against, and your organisation agrees to provide these to Lewisham Council if it is deemed necessary.

Required documents:

- Organisation's constitution or governing document.
- Equalities and Diversity policy and procedures.
- Public liability insurance.

Project specific documents:

- Health & safety policy.
- Volunteers' policy.
- Child protection and vulnerable adults safeguarding policy.
- Statement evidencing that all staff & practitioners are DBS checked to the required standards for the project being undertaken.
- Risk Assessment.

DECLARATION

*I the undersigned confirm the information given in this application is correct. The organisation is neither established for profit nor is conducted for profit. We will inform the relevant officer of Lewisham Council of any changes in the organisation's contact details or circumstances that would affect this application or the use of any grant relating to it. **This declaration can be typed and sent in electronically***

Signed: M Cadman
on behalf of the organisation

Name in block capitals: MALCOLM CADMAN

Position in the Organisation: CHAIR and MANAGER

Date: 7th September 2018

Funding awarded by the Public Health is subject to formal approval by the Executive Director for Community Services or Mayor and Cabinet depending on the value of the award.

Where the value of the project is over £5,000, payment will be made in two instalments: one initial payment followed by a second final payment on completion of the project and the return of satisfactory monitoring information.

Funded organisations must ensure that:

1. A bank account is in operation into which payment can be made, please note we will not pay into individual bank accounts.
2. All legal and insurance liabilities associated with the project are fulfilled.
3. Appropriate safeguarding measures are implemented such as DBS checks.
4. All projects are completed in 2020.
5. A completed monitoring form with appropriate information is provided at the end of the project. Failure to provide this will result in the organisation being ineligible for future Public Health funding.
6. All financial evidence, including receipts, is kept for at least two years after submission of monitoring information.

For Completion by Officer upon successful application

Documentation	Required Yes / No	Comments
Constitution / Terms of Reference	No	Already on file
Public Liability Insurance	No	Already on file
Health & Safety Policy	No	Already on file
Equal Opportunities Policy	No	Already on file
Risks Assessments	Yes	For any new activities
Evidence of DBS Checks	Yes	For anyone who we do not have on file