

## Appendix B

### GRANT APPLICATION 2014/15 – ASSESSMENT AND RECOMMENDATION

<b>Priority Corporate Outcomes</b>	To promote a healthy, active, independent and informed over-55 population To increase resilience amongst older people and help them to age well	
<b>Organisation</b>	<b>MIDDLE EASTERN WOMEN AND SOCIETY ORGANISATION</b>	<b>ref</b> 267/C/CTY
<b>Address</b>	Durham Road Resource Centre, 86 Durham Road, N7	

#### Corporate policy, aims and objectives

The council is committed to helping people to be independent and live active lives, recognizing that some people need more support than others to achieve this. The transformation of adult health and social care set out in the Care Act 2014 and Department of Health publications 'Our Health, Our Care, Our Say' and 'A Vision for Social Care, Capable Communities and Active Citizens' places growing emphasis on preventative services; delivering targeted information and advice; ensuring people have the right support at the right time; and enabling people to plan for later life.

The Older Adults Strategy, 'Living Longer, Living Better', and the Older People's Commissioning Strategy, 2008-17, 'Independence, Choice and Control', focus on developing preventative services; tackling inequalities; and the wider well-being agenda. Barnet's Health and Well-Being Strategy and Integrated Care Model seek to promote the health and well-being of older and disabled people, helping them to achieve key outcomes, including the best possible quality of life, and to remain part of the community. The provision of culturally specific services to support older people from minority ethnic communities is a key element of each strategy to overcome the problems of social exclusion.

#### Activities / proposal

Middle Eastern Women and Society Organisation (MEWSO) is a registered Islington-based charity formed in 2010 whose core aims are to help women from refugee and minority ethnic communities from the Middle East to integrate into British society; to protect themselves from discrimination and domestic violence; and to develop their independence. Clients are mainly Arabic, Kurdish and Turkish-speakers from Afghanistan, Iraq, Jordan, Kurdistan, Lebanon and Syria living in north London, of which 50% (500) are from Barnet. Core activities, largely delivered on an outreach basis, comprise:

- \* volunteer-led befriending women at risk of social isolation;
- \* one-to-one and group counselling;
- \* health-related workshops;
- \* advice, guidance and advocacy.

In Barnet. MEWSO currently runs a weekly exercise class for 50 women and group therapy at North Finchley Library; a swimming club; and dance therapy and stress management courses.

This application seeks help to establish a weekly social and activity club at Trinity Church Centre (in N12) specifically for older people (aged 50+), both men and women, living in Barnet in response to demand for help to self-manage health and well-being. The club will include exercises; talks and discussions led by visiting speakers on health and other issues; lunch; and music, dancing and games. It will initially have a weekly capacity of 35. Although targeted at older people from the Middle Eastern communities served by MEWSO, membership will be

open to older people from all communities in support of integration

The primary objectives are to reduce isolation and inequalities; support people to change behaviour, such as to become more physically active; and promote healthy living.

The proposal is supported by Adults & Communities on the basis of how it complements the emphasis on prevention, self-help and well-being amongst older people, especially those from minority ethnic communities. There are no existing activities in the borough specifically for older people from the Middle Eastern countries identified. A commitment to target especially isolated older people and alignment with the Barnet Neighbourhood Group, the voluntary and community sector consortium commissioned to provide activities and services to older people, should be conditions of any award in support of the new club.

### Cost and financial need

MEWSO operates on the basis of mainly fixed-term grants which support its various projects. It receives no core funding. Activities are mainly led by volunteers with some professional input. Expenditure in 2014/15 is shown as £21,240, of which £15,000 is the cost of two paid part-time workers (an activities co-ordinator and a counsellor) funded by the Big Lottery and Comic Relief. Donations and the proceeds of fundraising make up the balance of income in the absence of any fees or charges. Net current assets at 31/3/2014 were £18,675, which was an entirely restricted sum made up of the balances of the Big Lottery and Comic Relief grants (each of £10,000), paid in that year but extending into 2014/15.

A grant of 10,000 is sought towards the cost of launching and running the social and activity club for older people over the next twelve months, shown as £19,400, on the basis that it will be financially sustainable from year two onwards. The budget, based on delivery over 40 weeks, includes room hire costs (£6,000); the cost of a part-time co-ordinator (£3,000) and a fitness instructor and visiting speakers (£1,400); equipment hire; transportation; publicity; and administration. The provision of lunch (£5,600) will be self-supporting through the imposition of a charge. MEWSO states that it will defray the overall shortfall of £3,400 by way of fundraising.

The club's sustainability is predicated on the introduction in year two of an admission charge; subsidisation by a craft-based social enterprise to be created by MEWSO; business sponsorship; and fundraising within the Middle Eastern community.

The grant recommended, which is in line with other recent grants in support of developing the range of activities in Barnet for older people, including those with personalised budgets, is on the basis that a general admission charge should be introduced in year one, perhaps after an initial taster period, and the scope that exists to reduce some elements of the budget, such as purchasing equipment instead of hiring it.

### Grant recommendation, type and conditions

**£6,500** (from Edward Harvist Charity)

Start-up grant

One-off grant

### Special conditions:

Payment of the award should be made subject to (a) membership of the new club being restricted to Barnet residents only; (b) receipt of a revised balanced budget; (c) agreement of an implementation plan, to include a strategy for targeting isolated older people and milestones for monitoring purposes; (d) collaboration with the Barnet Neighbourhood Group of providers of social welfare support for older people; and (e) the receipt of quarterly progress reports and an

undertaking to provide an evaluation of the club at the end of twelve months.

**Target grant outcomes**

- (a) To maintain the independence, and improve the quality of life, health and well-being, of vulnerable elderly people from the Middle Eastern and other minority ethnic communities and
- (b) to support their integration into the wider community.

**Date:** February 2015