

# Community Chest Application Summary 2016/2017

Local Authority	St Edmundsbury Borough Council
Organisation	<b>Sue Ryder</b>
Amount Requested	<i>£10,000</i>
Total Project Cost	<i>£37,118</i>
Match Funding	<i>£12,500</i>
Partnerships	Suffolk Young Carers, Alzheimers Society and Age UK
West Suffolk Bid?	Yes

## Key Points

- Sue Ryder is a registered national charity that provides specialist palliative care, nursing care and support for people with complex disabilities and long term neurological conditions. In addition to specialist care, Sue Ryder provide a range of community-based support services and activities, which aim to combat social isolation, promote peer support, provide support for carers and help establish dementia friendly communities.
- Sue Ryder are applying for funding to continue two Synergy Cafes, one in Bury and one in Haverhill which provide a life-line weekly support service for people with dementia and their family carers.
- The cafes are aimed at anyone with dementia, memory loss or confusion, to attend with a family member, friend or neighbour and a diagnosis is not needed.
- The cafes provide a relaxed and informal, safe and supportive environment for people and their carers to spend and enjoy time together and get advice and support on living with their conditions.



**St Edmundsbury Borough Council  
Community Chest Grant Application Form  
Part A**



Community Chest funding supports voluntary and community groups who make a contribution to improving the quality of life for people in West Suffolk. The information you provide will help us consider your application. If you have any questions, please give us a call on 01638 719763. Before completing this form, we ask you to please read the guidelines, which are available on: <http://www.westsuffolk.gov.uk/community/community-grants.cfm>

Please return your completed, signed form and supplementary documents to: [richard.baldwin@westsuffolk.gov.uk](mailto:richard.baldwin@westsuffolk.gov.uk)

1. Name of your organisation(s):

2. Organisation address details

Address Ln1	The Chantry		
Address Ln2	Hadleigh Road		
Address Ln3			
City/Town	Ipswich	Postcode	IP2 0BP
Main phone	01473 295200	E-mail	Rebecca.lissaman@suerydercare.org
Website	<a href="http://www.sueryder.org/care-centres/neurological-centres/the-chantry">www.sueryder.org/care-centres/neurological-centres/the-chantry</a>		

Main Contact Person		Second Contact Person	
Title	Ms	Title	Ms
Forename	Rebecca	Forename	Jo
Surname	Lissaman	Surname	Marshall
Role	Development & Funding Officer	Role	Centre Director
Daytime Tel No.	01473 295200	Daytime Tel No.	01473295200
Mobile No.	<span style="background-color: black; color: black;">XXXXXXXXXX</span>	Mobile No.	
Email	<a href="mailto:Rebecca.lissaman@suerydercare.org">Rebecca.lissaman@suerydercare.org</a>	Email	<a href="mailto:Jo.marshall@suerydercare.org">Jo.marshall@suerydercare.org</a>
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1		Ln1	
Ln2		Ln2	
Town		Town	
Post Code		Post Code	

## About your organisation

3. What local authority area(s) does your organisation work in?

Across Suffolk, including St Edmundsbury

\*Community Chest funding is offered by both Forest Heath and St Edmundsbury councils. As the decision making process is different any projects applying for funding across West Suffolk, must apply separately.

4. What is the status of your organisation?

Registered charity	X	Charity number: 1052076
Applying for charitable status		
Company limited by guarantee		Company number:
Community Interest Company		
Part of a larger regional or national charity (Please state which one)		
Constituted Community Group		
Social Enterprise		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	10	Service users	
Full Time staff / workers	1246	Volunteers and helpers (non-management)	12471
Part Time staff / workers	1779		

6. What is the purpose of your organisation? Please briefly describe why your organisation was set up, its aims and objectives and who primarily benefits from your organisation.

Sue Ryder – nationally

Sue Ryder is a registered national charity that provides specialist palliative care, nursing care and support for people with complex disabilities and long term neurological conditions. Our mission is to provide a range of care and support services for people with life changing conditions and palliative care needs and we campaign to improve the lives of everyone living with these conditions.

In addition to specialist care, Sue Ryder provide a range of community-based support services and activities, which aim to combat social isolation, promote peer support, provide support for carers and help establish dementia friendly communities.

Although a national charity, we respond purely to the local need at each hospice and neurological care centre.

Sue Ryder - The Chantry

The Chantry is a specialist neurological centre based in Ipswich, caring for people aged 18 and over



who have life-changing conditions affecting the brain and nervous system. We are here for people with degenerative conditions which get worse over time – such as motor neuron disease, multiple sclerosis and Parkinson’s – as well as those with acquired conditions resulting from a brain or spinal injury or stroke.

We offer a huge range of support, from slow-stream rehabilitation in our 31-bed listed building, set in over 100 acres of beautiful parkland, to day services to help people remain independent at home. Our community services include a 10 week reablement course for people with MS and Stroke; 11 weekly Synergy Café’s, offering advice and support for people with dementia, older people with other health conditions and their carers; and a Dementia Helpline service offering information and support to anyone living in Suffolk.

7. What was your organisation’s total income for last financial year?
8. What was your organisation’s total expenditure for last financial year?
9. Does your organisation have more than six months running costs? Yes
10. What are your organisation’s current unrestricted reserves or savings?
11. West Suffolk prioritises building resilient families and communities that are healthy and active. Please indicate which of the following areas your project contributes towards:

X	A thriving voluntary sector and active communities who take the initiative to help the most vulnerable.
	People playing a greater role in determining the future of their communities.
X	Improved wellbeing, physical and mental health.
	Accessible countryside and green spaces.

### About your project – why are you applying for this funding?

12. What do you want the funding for? Please be specific. Please note that ‘project’ is meant to describe the project for which you are seeking funding, and not your organisation.

We are applying for funding to continue our two Synergy Cafés in St Edmundsbury- one in Bury and one in Haverhill – that provide a life-line weekly support service for people with dementia and their family carers.

The Haverhill café opened in September 2013 and runs every Tuesday at the Westfield Congregational Hall from 11am-3pm with an attendance of between 10-14 people. The Bury café opened in September 2014 at the British Sugar Social Club every Wednesday with a regular attendance of 12-14 people. Led by specially trained facilitators who are supported by a team of dedicated local volunteers, the cafés offers fun activities and entertainments, talks and education sessions, refreshments and lunch, and is free to attend.

The cafés are aimed at anyone living with dementia, memory loss or confusion, to attend

with a family member, friend or neighbour, and a diagnosis is not needed. The cafes provide a relaxed and informal, safe and supportive environment for people and their carers to spend and enjoy time together and get advice and support on living with their conditions. People are welcome to drop in whenever they want, although most attend for most of the day on a regular basis. We provide a programme of activities, information and advice sessions, to support people to better manage their situation; re-engage with their local community; improve their overall health and wellbeing; and live richer and more fulfilling lives.

We would like a grant from the Community Chest to help us continue the cafes from April 2016, when our current funding ends. Although we are asking for £10,000, we would be grateful for any amount to help us continue the service whilst we raise the additional funding. A commitment from the Community Chest at this time would help us lever other contributions for the cafes as we continue to appeal to other funders.

13. How has the project been developed out of the community's desire to improve the lives of local people? What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation.

The cafes came out of an identified need for a local, community based support service for people living with dementia and their family carers. People living with dementia can often become confused and find it difficult to communicate resulting in a reluctance to go out. As dementia progresses, those living with the condition often withdraw from social interests, which can lead to social isolation for both the dementia patient and their family carers. Unfortunately, there is still some way to go in reducing the stigma surrounding the condition. 'Mainstream' leisure opportunities in the community are not always viewed as appropriate by the person with dementia and their carers, who feel they need an environment which is supportive and safe for them to be able to relax and be themselves.

By withdrawing from society and the opportunities it presents, people with dementia take part in less physical activities, social interactions, and experience significantly reduced mental and sensory stimulation. This is detrimental to the health and wellbeing of a person, and can affect memory and mental deterioration, relationships, happiness and quality of life. Family members caring for a person with dementia can also feel isolated and unsupported resulting in stress and anxiety and affecting their ability to cope. Having information on where to get help and an opportunity to meet and socialise with others in the same situation benefits both carer and cared for.

Nationally there are 850,000 people living with dementia in the UK and an estimated 670,000 people acting as their primary carers. In Suffolk alone, there are approximately 11,000 people living with dementia with an additional 8,000 family carers, and due to the ageing population, this number is increasing. It is estimated that Suffolk will see approximately 435 new cases of dementia per year, reaching 16,327 by 2025 (Suffolk County Council). With two thirds of people with Dementia living in the community, it is likely that most of these people will receive unpaid care from a friend or family member.

Synergy cafes were established to meet the particular needs of people with dementia and their family carers and they now run in 11 locations across Suffolk. Many organisations offer support for people with dementia in various forms, making it difficult for people recently diagnosed with dementia and their family members, carers and healthcare professionals to keep track of which organisations do what. It is important that healthcare organisations work together to ensure the best possible outcomes for people in Suffolk affected by dementia, which is what we do by working in 'synergy'.

The ethos of the Synergy Café is partnership working, linking in and complementing other services in the local community, so we can ensure we continue to provide the most relevant and beneficial service to people living with dementia and their families and carers. We invite a range of health and social care professionals and organisations to speak whether in an educational capacity, to share experiences or discuss support available. This includes the provision of legal and financial advice, occupational therapist and physiotherapist support, health and social care professionals, dementia specific support from GPs, Dementia Advisors and Support Workers, carers groups, and statutory public services (including emergency services). We work in close partnership with Suffolk Family Carers, Alzheimer's Society and Age UK, and last year invited over 60 other statutory and voluntary organisations to support our Synergy Cafés learning and activity programme.

At a recent conference hosted by the Debenham Project in June 2015, Professor Alistair Burns, National Director for Dementia at NHS England highlighted the need for community services such as Synergy Cafes as the current availability of community-based post diagnostic support across Suffolk is in the region of only 1,000 person sessions per month. Synergy Cafes alone have the potential to offer 500 person sessions per month (based on current attendance): the Bury and Haverhill cafes offer 80-100 person sessions per month at the moment and have the potential to offer up to 160 per month in 2016/17 as we develop and grow the service.

Synergy Cafes also recently won a Working Together Partnership Award from the Suffolk Community Foundation in recognition of its outstanding community activity as a result of collaborative working.

#### 14. How will the project help local people to support one another?

Through offering a regular service that people with dementia and their family carers can attend on an ongoing basis, we aim to reduce their feelings of isolation and develop their peer support networks. For many attendees, the café might be one of the only times they socialise with others and certainly the only place they can feel relaxed and supported alongside their peers. At the extreme end of the scale, it may be the only time some members leave their home. Through attending the café, we have seen that their confidence to re-engage with other activities outside the home increases and, through building their social networks in the café, they make new friends and build a local support network outside of the café too.

Through our community engagement work, we will link in with other local organisations and businesses to build their awareness so that the wider community can play a part in the support of people living with dementia in their community.

#### 15. Are you working with any other organisations on this project? Yes

If yes, please state the names of these groups and the nature of the relationship.

Yes – as described above, we work closely with our members and other organisations, particularly Suffolk Family Carers, Alzheimers society and Age UK to shape and deliver the service.

We work alongside over 60 other statutory and voluntary providers, inviting them to the Synergy Cafés to support our learning and activity programme by delivering specific support and information sessions for carers and people with dementia. In setting up the cafes we worked with The Norfolk and Suffolk Dementia Alliance to create a network of learning hubs alongside local community



initiatives such as The Debenham Project and emerging Dementia Action Alliances.

Suffolk Family Carers provide wellbeing sessions and caring for confidence courses for carers in our cafés. The Alzheimer's Society provide a dementia support worker to regularly visit our cafes to give 1:1 advice and support and group information talks and Age UK Suffolk provided input from Dementia Advisors and benefits advice. We hold regular operational meetings with these three organisations to ensure we are working together effectively and that our work is joined up, to avoid duplication, promote and make referrals to each other's services, and provide practical support to each other.

16. When will the project start? April 2016

17. When will the project finish?  or is the project ongoing?

If this is an ongoing project, how will it be funded and continue going when the funding ends?

As long as there is a need and demand for the Synergy cafés, we will continue to fundraise to keep them running. We do not charge for this service as many of our users would not be able to attend. Synergy Cafes as a whole have previously been funded by a grant from Norfolk and Suffolk Dementia Alliance match funded by Suffolk County Council, but this will end in March 2016. Although they are highly supportive of what we do and recognise the need for it to continue, it is unlikely they will have the budget to continue funding the cafes: certainly not at the previous level, and we need to diversify our funding approach to ensure we can continue this much needed service.

Our current plan is to raise funding through a mixture of grants from private Trusts and Foundations; locality budgets and local council funds; and fundraising activities through the cafés. Although attendance is free, we do charge for refreshments and lunch to cover these costs. In addition, some members make one-off donations which we are trying to make more regular: this has to be done carefully to ensure those who may be struggling financially do not feel obliged or excluded from attending. The budget is as efficient and tight as we can make it and we also benefit from in-kind support and volunteers. We are also working hard to engage more local support around each of our Synergy Cafes in Suffolk – through increased volunteering, the new Dementia Action Alliances, and other services and organisations – so that each cafe becomes more sustainable with a securer long-term future. Local fundraising is a key part of this as well as continuing to keep costs down through partnership working, linking into other services and in-kind contributions.

18. Which years funding are you applying for? 2016/17

19. How many people do you expect to benefit directly from the project on either a weekly, monthly or annual basis?

We expect 24-28 people to benefit each week and a total of 100-120 people to benefit over the year

20. What results (including targets/numbers) do you expect to see as a result of the funding and how do these relate to the Community Chest funding criteria?

**Improved wellbeing, physical and mental health** - our cafes will improve the health and wellbeing of families living with dementia in the St Edmundsbury area, by providing practical and emotional support. Our programme will include practical advice on nutrition, cooking sessions to help people adapt and 'keep on cooking', health advice from therapists, GPs and specialist nurses and organisations, individual one to one sessions with specialist carer support workers and advice for



carers on how to look after themselves. In addition, the social and peer support people will get from attending the café will have a huge impact on their wellbeing. Socialising and relaxing alongside people who understand and are going through the same challenges is beneficial to a person's health and wellbeing, improving sleep, happiness and quality of life. We expect 80-90% of attendees to increase their wellbeing, physical and mental health as a direct result of attending our café.

**A thriving voluntary sector and active communities who take the initiative to help the most vulnerable** – the people using the cafe are some of the most vulnerable and isolated in our community. The service will reduce isolation and build their peer and wider networks so that they can access the support they need. Plus, through our partnership working and community engagement, we will continue to raise awareness and engage the wider local community in supporting families living with dementia in St Edmundsbury. This will include local businesses and services not directly linked to our service. Through our work we will engage with over 40 local organisations to raise their awareness and encourage their support of people living with dementia.

With the funding we would plan to hold 100 weekly sessions that run from 11am – 3pm on Tuesdays and Wednesdays. This will include 80 educational/information talks; approximately 200 one to one advice sessions (a conservative estimate based on the last 3 months demand); and 80 fun activity/entertainment sessions.

We expect average attendance of 20-24 people per session at the beginning of the year and would like to grow this to 28-32 by the end of March 2017: with the aim of benefiting a total of 100-120 people in the St Edmundsbury area during the year. By the end of the year we aim to grow a team of 20 local volunteers, 6 per week who will contribute approximately 1,000 hours of their time, helping set and clear up, provide refreshments and lunch, and assisting with activities and crafts.

21. What is the total cost of the project? £37,118 (including in-kind)

Please provide a full breakdown of the total cost of this project, including VAT if applicable along with any in-kind contributions such as volunteer hours.

<b>Item or activity</b>	<b>Cost (£)</b>
Facilitator – 2 days per week	6,310
Assistant Facilitator – 2 day per week	5,506
Programme & Marketing Admin Assistant (pro rata across 11 cafes)	1,582
Travel costs at 45p per mile	3,520
Venue (Haverhill <b>in kind</b> value £2.5K, Bury £50 per week)	5,000
Food and refreshments (balanced by income from attendees)	4,000
Marketing – leaflet printing and distribution	200
Phone for Facilitator	100
Programme costs – guest speakers fees and expenses (often in-kind)	2,000
Training for staff (Food hygiene etc)	100
Volunteer hours <b>in kind</b> x 1000 value @ £6 per hour	6,000
Volunteers expenses	200
Monitoring and evaluation (currently in main budget as funded by SCF grant)	0
Management costs	2,600
<b>Total cost of items listed above:</b>	<b>37,118</b>

22. How much funding are you applying to us for? £10,000

23. What funds have you raised so far for this project?

Source	Amount (£)
Income from food and refreshments to balance expenditure	4,000
In-kind Volunteer hours x 1,000 valued @ £6 per hour	6,000
In-kind venue hire valued @ £50 per week for Haverhill	2,500
<b>Total fundraising:</b>	12,500

24. What other funders have you applied to for further funding for the project?

Funder	Amount (£)	Timescale for decision
The Alborada Trust	7,000	February 2016
The Tudor Trust (all Synergy Cafes – Bury & Haverhill allocation)	4,000	February 2016
Member donations	1,000	Ongoing
Local fundraising events and activities	2,000	Ongoing
Suffolk Community Foundation (Bury & Haverhill allocation)	800	December 2015
<b>Total:</b>	14,800	

25. What other grants and contracts has your organisation received over the past year from either Forest Heath District Council or St Edmundsbury Borough Council?

Funder	Amount (£)	Reason for funding
<b>Total:</b>		