

# London | *Catalyst*

*Working together to tackle poverty and ill health in London*

## A Review of our Grant Making



2009



## History

London Catalyst, formerly known as the Metropolitan Hospital Sunday Fund, was established in 1873 following a meeting of religious and civic leaders hosted by the Lord Mayor of London. Appalled at the impoverished lives and poor health of so many in the Capital, it was pledged that on one day each year, in places of worship throughout London, a collection would be made to raise funds to help improve the lives of the 'sick and poor'. The legacy of the original entreaty and our annual Hospital Sunday Appeal provides the income of the charity.

## Grant-Making

Grants are made to charitable organisations working within the boundary of the M25. We prioritise projects that will make a difference by tackling an unmet health need in London's poorest areas.

Our Samaritan Grants provide an emergency fund to social work agencies with the expertise to distribute grants to people in need. In 2007 a total of £100,850 was paid to 54 hospitals, social work and community health teams, and £87,000 was paid to 55 agencies during 2008. A separate review of this grant programme is available from the charity's office and website.

In 2007, the trustees increased funds for grant-making with £327,968 set aside for Special Interests allowing 20 substantial grants to be made. In 2008, £197,041 was allocated to assist 18 community groups to respond to new challenges or develop services. Furthermore, under the Small Grants programme £87,061 was paid to 30 organisations in 2007 and £46,628 to 18 groups in 2008. This review includes projects funded in both years.

## Special Interest Grants

This is our main programme through which the trustees seek to support thoughtful responses to unmet health and social needs. The following selected summaries and quotes illustrate the range of our grant making and capture some of what we have learnt from the reports received from grant recipients.

### Health and Well-being

#### Médecins Du Monde Uk

##### Project: London

Volunteer-led health clinic and outreach

£25,000

Tower Hamlets and East London

Project London assists people on the margins of society; migrants, homeless people and street sex workers. In 2008, 845 people used the clinic. 72% of users are migrants although most have been resident in UK for three years. Many require help to access health care, often at a late stage.

*“...Ms S came to us during her 38th week having had no prior antenatal care... refused maternity access at her local GP surgery and hospital... it was vital to secure a bed in the maternity ward of another hospital.”*

#### Headway North West

##### London

Support group for people with acquired brain injury

£7,500

Harrow and North West London

The LINK project now has 12 regular service users, with six who visit occasionally and five awaiting assessment. The project is frequently visited by health professionals and contacted by brain injury survivors, their carers and families, seeking information and support. Respecting the group's views is essential and it is their choices which are helping to shape its development.

*“When K first came to the LINK, she was mainly silent and watchful, still on the slow road to reclaiming a measure of independence after a serious aneurism had left her with profound speech and mobility problems. She had been having Speech and Language Therapy for months but social isolation had meant that she had had little opportunity to use the language she had regained. Now K chats [still hesitantly but with great enthusiasm] and laughs with service users and volunteers, gaining confidence and re-establishing a social network. There's no question that K's own determination is the key factor in her progress. However, during a group discussion exercise last week, K said that we had “given her back conversation” and the confidence to try to talk.”*

**Your Space E16  
Counselling Project**

Cross cultural therapist and  
group work

£9,000

Newham

*“We’ve started a new workshop on Listening Skills for Parents and Carers and I am impressed by the learning which takes place... and continue to be amazed by the impact on family relationships.*

*Individual counselling provides ... the possibility that things could be different ...*

*It is interesting when professionals get involved at community level, there are all sorts of expectations... and the learning [it brings] for us... through finding creative ways to engage local people in thinking about the potential to benefit from “emotional support”... we are learning to find a language for communicating.”*

**Trust**

REALIZE training and  
support programme

£10,300

Lambeth

The drop-in worker has developed a harm reduction and personal development programme for women drug users involved in prostitution. This is designed to explore new ways to promote better physical, sexual and mental health and has helped 28 women to take positive steps toward greater stability in their lives.

*“They saved my life – got me off the drink, got me off drugs, got me off the street.”*

**Newham People First**

Healthy living project for adults  
with learning difficulties

£5,000

Newham

This user led project employed a person with learning difficulties and a support worker to run a healthy living course, map available local resources, promote activities, work with health agencies and concluded with an awareness event for local GPs.

**Barnet Care and Support  
Services**

Rapid Response Service

£10,000

Barnet

Matching funds with another trust to help set up a new crisis service to provide respite for unpaid family carers, available 24hrs a day, 7 days a week.

## Health Advocacy

### London Citizens

Associate Organiser

£20,000

London-Wide

Through the Living Wage Campaign this project helped 112 people to register with a GP. Research found that over half of those surveyed had some health problem and that self-medication was common for workplace injuries. Also, two-thirds of non-minimum wage workers felt badly treated at work but this fell to a quarter with those on the Living Wage. In the lowest wage group, almost one in four regularly missed meals.

*"I never had problems with my health, here everybody has problems."*

### London Ecumenical Aids

Trust

HIV Prevention Co-ordinator

£25,000

London-wide

LEAT recruited 24 volunteers, networked with HIV forums and partnering agencies, and targeted Black churches and faith communities. Support groups confirmed the continuing stigma and discrimination towards people with HIV in some faith communities. Challenges exist to develop the resources of volunteers and encourage the take up of training by faith groups. Trained faith leaders are the key to reaching other faith groups.

### Sickle Cell Young Stroke Survivors

Outreach and respite for families of children with sickle cell who have suffered a stroke

£20,000

South London

*"Parents who have children affected by Sickle Cell disease do not want to talk about it. They take each day as it comes and pray about it. To them it's a cultural thing and the stigma surrounding the disease makes them crawl back into their shell. They do not realise that their children do not want to be molly-coddled in this way and it really becomes a battle of wills when the children are teenagers."*

### Rushey Green Time Bank

Volunteer Broker Co-ordinator

£6,000 x 2 years

Lewisham

The Time Bank, where people deposit time volunteered as credit to 'purchase' services, is based in a thriving and forward looking GP practice. Time banking is an innovative way to inspire and engage people who would not normally volunteer.

*"We have created a network of people who not only help each other but also get to know each other. It's very, very local and it helps build up a community and restore trust amongst people."*



Time Bank volunteers

**Disability Advice Service  
Lambeth**

Stroke Users Network  
£15,000  
Lambeth and Southwark

The Stroke Users Network is a voluntary sector peer-led initiative enabling people living with stroke to engage with service providers to promote self care and self management, as well as develop and improve services and raise awareness of stroke.

**Asian Resource Centre Of  
Croydon**

Community Health Champions  
£4,000  
Croydon

The training course for the Health Champions has improved the skills of local Asian community workers, enabling them to improve awareness and develop new activities for better health promotion.

## Mental Health

### **Wheels For Well-being**

Start up project to provide cycling opportunities for people with severe mental illness.

£5,000

Lambeth and Southwark

*"I last rode my bike when I was eight... without the one-to-one lessons I'd have never had the confidence to ride again... I used to spend lots of time moping at home but now I think I can just pop out on my bike."*

*"We are very grateful to London Catalyst for helping us get our first project for people with severe mental illness off the ground and we have now received core funding for the next three years from a major grant maker."*

### **London Playing Fields Foundation**

Coping Through Football, a sustainable recovery programme for young adults with enduring mental illness.

£10,000

Waltham Forest

LPFF has established a 'Positive Mental Attitude' football league to support recovery and aid transition to mainstream activities. It is designed around the needs of people in the mental health care system and the evaluation is led by a Clinical Health Psychologist.

*"My anxiety is like being imprisoned... but during my Coping Through Football time I feel like I'm on day release!"*

### **Core Arts**

Arts workshops

£3,240 x 2 years

Hackney

This arts training programme is focussed on improving the understanding of mental health services from a user perspective, using the arts to aid self expression and communication, and providing opportunities for staff and patients to reflect on ward practice at Homerton Hospital.



Wheels for Well-being



Sixty Plus

## Older People

### Sixty Plus

Well-being Promoters Project  
£22,807  
North Kensington

The weekly ‘aging well’ sessions resulted in the training of ten older volunteers and supported 82 people to attend 34 sessions at six community venues. Five people accessed health services. Participatory informal sessions worked best, with memory sessions popular and the café location attracted more men. Participants’ knowledge of long term health conditions, community activities and health services increased. Using volunteer buddies to accompany people to groups could have been developed further.

### Hackney City Farm

Community Reminiscence Arts Project  
£3,725  
Hackney and Tower Hamlets

Farm workshops are bringing together elders and young people (9–15 years) to share life experiences, engaging young people through weaving song, artwork and drama into memories. Together, generations have fed orphan lambs and planted edible seeds.

*“When you’re sitting indoors for hours you see all the bad stuff [about young people], and here we see there is so much good in kids.”*

### Age Concern Hackney

Maintaining advice services and developing healthy living activities for elderly people on the Woodberry Down Estate  
£30,000 x 2 years  
Hackney

A neighbourhood development approach has seen considerable progress with maintaining the existing advice surgeries, extending an older people’s group and introducing new activities and strategies to engage older residents. The drop-in attracts 20+ users each session, growing in popularity with two or three new faces each month. Meetings, trips and events attract many more occasional users and there is greater use of ancillary projects such as the falls team, stroke project and other health promotion and community safety activities. Advice surgeries resulted in 12 people having their income from benefits uplifted by an average of £1,418. In total, 117 people have received support.

A committed group of supportive service users bodes well for future developments. A spirit of community and solidarity is being fostered and services established in an area previously neglected. A purpose-built day centre remains a priority but use of facilities within a refurbished sheltered home now provides a base for development on the estate.

**Subco Trust**

Souchein Befriending Project

£20,000

Newham

This specialist befriending service is working with mental health and dementia services to develop support for Asian elders in residential and hospital care.

**Alzheimer's Society**

Newham

Local branch development

£24,000

Newham

The grant has established a local branch of the Alzheimer's Society which is delivering support to and developing new services for people with dementia and their carers. It has identified the need for more local support groups and specialist training, especially for carers and staff in private care homes.

**Tower Hamlets Friends  
And Neighbours**

Advocacy service

£19,000

Tower Hamlets

The grant has improved the skills of the volunteer team and enabled them to better advocate for clients. Additional training and reviews of sector good practice took place and a group of 30 volunteer 'consultees' has been established as a representative forum. Over the year 74 people were supported in the new advocacy role. For some volunteers the transition from a befriending role to that of an advocate has proved difficult. The model of advocacy we now employ, based on long-term relationships with clients, has worked well for our service.

*In 2008, in collaboration with the Church Urban Fund, a pilot grant programme entitled 'Health and Belief' was set up with £15,000 from each funder. Its purpose was to encourage partnership between faith groups and health agencies to promote social action. Four new projects were funded including: an activity and outreach programme for older people and care home residents in Southwark, faith based support groups for people with HIV/AIDS, training workshops and a website for faith sensitive sexual health education in Newham, and an outreach service for isolated undocumented women on a Hackney housing estate.*

# Small Grants Programme

In the past two years the Small Grants programme has supported 48 projects in 16 London boroughs; half support adults with complex health needs (physical and mental), a third support older people and the remainder families with multiple health and social needs.

Community health activities and support for volunteers/advocates accounted for two-thirds of the budget for this programme. It can be difficult to assess the impact of small grants; we are one factor in a larger equation, however, in some cases a small grant at an important time can make a difference.

## Roundabout

Running costs and evaluation of the benefits of Drama and Movement Therapy in a care home for frail older people  
£3,000

*“...the evaluation has been extremely useful to our work, confirming that huge shifts may take place for members from the beginning of a session compared to the end. A number of ‘soft outcomes’ included increased well-being, greater sense of connectedness, better self esteem, an increased ability to communicate and a sense of being valued.”*

## Centre For Armenian Information And Advice

Older persons health workshops  
£2,985

As a result of this project CAIA has been commissioned by London Councils to continue providing health talk workshops for the next four years.

## Motor Neurone Disease Association East London

Branch development, volunteer recruitment and therapy costs  
£2,000

*“... we have now recruited an association Visitor, a treasurer, two volunteers, started therapy sessions at the YMCA, nearly reached branch status ... and can make visits to people who can no longer come to us.”*

## The Iris Trust

Refuge training programme  
£1,800

To trial a meditation training programme for women who have suffered domestic violence.

## Notre Dame Refugee Centre

Co-ordinator post  
£3,000

To employ a Drop-in Centre Co-ordinator to assist destitute refugees and asylum seekers.

## What have we learnt from successful projects?

In the course of this review we have identified nine common factors found in successful projects:

- The project really fits the purpose of the organisation
- There is a close working knowledge of a particular client group
- It is a considered response to real need
- It is supported by evidence
- There is relevant expertise or a willingness to work with expert partners
- Projects are purposeful and can demonstrate what is achievable, when and how
- It takes place where people normally come together
- There is a willingness to learn from the project
- There is a champion for change within the organisation

With the above in place it is clear that a small grant can make a difference in a relatively short period of time. These points raise key issues and now provide a basis for discussion with all grant applicants.



## For more information or to discuss an application

Tel: 020 7021 4204

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## Making a donation

To support the Hospital-Sunday Appeal and provide funds for our Samaritan Grants programme donate on line at [www.londoncatalyst.org.uk](http://www.londoncatalyst.org.uk) or contact the office.

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