



TFN Impact Report

Name of your Organisation:	Healthy Living Club
Name of the project TFN funded:	Funding of sessional costs for exercise classes
Date Funded by TFN:	06/02/2018
Were you able to undertake your project as planned?	No
If no, please outline how the project has changed	<p>The Healthy Living Club has been successful in various other grant funding applications in 2018 which led to a request for the nature of the funding from the Young Funding Network to be changed which was accepted. As the lead time in grant funding application decisions can be anywhere from 4 weeks to 4 months or longer, the charity was awarded a restricted grant of £3,000 to support the funding of a sessional worker to run exercise sessions across the two days of the club. This was awarded shortly after the Young Funding Network event and before the initial 80% of funding was paid to the charity.</p> <p>Given the flexible nature of the Young Funding Network, our request to alter the project aims from funding of exercise sessions to expansion of our Monday session was met with a warm response and understanding.</p>
Can you describe and/or demonstrate the specific impact that TFN funding has had against your initial objectives?	<p>Funding from the Young Funding Network has allowed us to expand the Monday session of the Healthy Living Club from a half-day community group into a full day of health focused activities for older people living with dementia in Lambeth. Extending the hours of the Monday session was identified by us as a key component of self sustainability as the club could reach a wider audience of people, benefiting an even greater number of people in the borough of Lambeth. The previous half-day session was often seen as too short a session for potential attendees to join as the sessional benefits were outweighed by the frequent stress and complications in travelling to the sessions for only a few hours.</p> <p>This funding has allowed us to expand safely in line with our safeguarding policy ratio of support staff to attendees. The club has managed to increase the number of attendees from 8 individuals to 22 individuals which has not only improved the lives of those attending but also the wider support networks of those attending the sessions. Whilst an increase of 14 individuals may seem meagre to other organisations, this is a significant step for an extremely small charity who are close to matching the number of attendees at the Wednesday session which the charity was built on. The 14 additional individuals are also now regular attendees rather than occasional which has a much greater impact on the cognitive health of the individuals.</p> <p>Being able to extend the hours of the club with financial backing has allowed the Healthy Living Club to persevere with the challenges that extension of the club can bring. Having attempted this in the past with</p>



TFN Impact Report

	<p>small pockets of unspent money raised through local fundraising, there has been a lot more success this time around due to the restricted nature of the funding, giving us dedicated backing to fully explore the idea of extension. Previous attempts could not gather the required momentum to sustain a large recruitment and retention of attendees as the funding was either insufficient to do so or diverted to other short term areas of focus.</p>
What portion of the project did TFN fund?	20%
How many direct beneficiaries did the TFN funded project reach?	22
How many indirect beneficiaries did the TFN funded project reach?	90
Were you able to leverage further funding as a result of TFN support?	No
Did you receive any pro-bono support, volunteer offers or introductions as a result of the event?	No
How important was TFN funding in helping you achieve your objectives?	We wouldn't have been able to achieve our objectives without YFN funding
Since presenting at TFN, has your organisation undergone any other significant changes?	<p>In the midst of a tough funding climate, the charity has been looking to become self-sustainable without the reliance on grant funding; which funding from the Young Funding Network has allowed the Healthy Living Club to pursue. From October 2018, members of the club have been asked to make a contribution of £5 per session in order to provide a degree of certain income for the charity and better enable it to meet costs sustainably.</p> <p>Longer term members of the club have received 7 years of sessions at no cost and the nominal fee introduced has been set low enough for members to contribute in a meaningful way without the payment being too much of a hardship in the majority of cases. Pre funded places are already available for those who are unable to make a payment of £5 per session. The funding has allowed the club to expand to a sufficient level to receive an income from new members and better support the ongoing costs of the club as a whole.</p>
Do you have any other comments or feedback on the experience of the TFN process?	I have felt completely supported by the Young Funding Network and really benefited from all of the engagement prior to the funding event itself. I felt that there was a good level of information provided about



TFN Impact Report

	<p>the format of the session and a genuine enthusiasm for the projects being presented. The level of engagement was perfect and not too onerous given the capacity that we as a small organisation have.</p> <p>Whilst we have not been inundated with requests from the Young Funding Network and have been left to get on with delivering our project, the request for an impact report is the first we have heard from the organisation since the funding event. Whilst reports such as this take a while to compile and put together, some form of contact regarding the progress of the project and additional support required (volunteering, building of networks etc) may have been helpful, perhaps after 6 months had passed. A phone call rather than report would be the preferred contact method.</p> <p>With the request for an impact report, we have had to ask for an extension to the deadline by 1 week as the original request for a report within 2 weeks is not sufficient for us to be able to complete the work to a good standard. As a small organisation with only part time staff, myself only working for a handful of hours per month now, we require a longer lead time for such requests. By the time this report is submitted, we will have spent 2 hours on it which must be factored into our work schedules when trying to deliver existing projects with limited resources.</p> <p>The funding being received in 2 instalments was not an issue for us as the project costs were evenly spread across the project rather than upfront. Restricted funding was a bonus for us as it held us to account to deliver the project in full and stick with it whereas previous attempts with leftover funds from local fundraising allowed us to begin to expand but never fully commit to it with resources eventually being pointed towards other short term concerns.</p>
<p>Can you tell us any personal stories to highlight the value of the project?</p>	<p>‘S&V’ are two individuals who have been coming to the original Healthy Living Club Wednesday sessions for the past 2 years. ‘V’ has lived with dementia for a number of years now with ‘S’, his wife, supporting him as a full time carer. Whilst they have both enjoyed the Wednesday sessions throughout the years, the opportunity to engage with others in a meaningful way through the sessions enjoyed during the day or over lunch had been limited to just once a week. Although the Monday session had previously existed but for only half a day, if the morning started off on a bad note, it was unlikely that the couple would be able to justify an ongoing struggle to leave their home for just a few hours reprieve.</p> <p>With the extension of the Monday session, ‘S&V’ are now regulars regardless of what has happened that morning. Despite constant battles with unreliable transport and the toll of the both physical and mental journey of leaving the comforts of their home, being able to</p>



TFN Impact Report

enjoy a full day together has meant that the woes of the morning can be forgotten and the rest of the day enjoyed. No longer is it the case that no sooner have they arrived and the negative feelings of the morning evaporated that they must be on their way again. Now, by the time such feelings have faded, there is a whole day of enjoyment left together with a meal in a sociable setting to look forward to as well.

For 'S' there is another valuable moment in the week for respite from caring for her husband full time. The club allows her to interact with other carers and other individuals outside of her day to day setting which is a huge benefit when considering the strain that the caring role can have on an individual. Another moment of respite, albeit not entirely free from the duty of care, is a valuable time for 'S'.

For 'V' there are not only the cognitive benefits that the sessions bring but in a similar way to 'S' the social benefits from reducing isolation and being part of a community group which values each individual and provides a sense of belonging to a community group.