

We transform lives for people in Islington.
We're independent, and trusted.
The money we give improves lives for
local people, building a better future for us all.

Cripplegate Foundation Helping since 1500



Annual review
2009

Cripplegate Foundation is an independent charitable trust that has been working in Islington and parts of the City of London since 1500.

Our aim is to improve the lives of the poorest residents in our area.

Cripplegate Foundation gives grants to local organisations and residents in order to:

- **alleviate poverty**
- **increase access to opportunities**
- **build social cohesion**

As well as giving grants, we use our local knowledge to identify needs, to develop new ways of tackling poverty, and to contribute to the wider policy debate about deprivation and disadvantage.

Islington is a place of stark contrasts.

Despite a reputation for affluence, it is the fourth poorest borough in London and the eighth poorest in England. London's richest and poorest residents live side by side in Islington, leading entirely different lives.

In Islington:

- two thirds of the borough ranks amongst England's 20% most deprived areas
- 32% of the population live in social housing
- you need to earn £65,000 a year to move from social housing to your own property, almost three times the national average salary
- 42% of young people live in poverty - the second highest rate in London
- 1 in 9 children aged 11-16 suffers from mental health problems, 36% higher than the national average
- 140 different languages are spoken in Islington schools
- in 2007 men suffered the highest suicide rate in England
- 33% of men report having a long-term limiting illness, this is significantly higher than the London average (19%)
- men have the second lowest life expectancy in the capital, women the sixth lowest. Life expectancy differs by as much as five years between some wards; the gap is widening

**2009 was a year of new programmes,
new partnerships, new areas, new research
and more grants than ever before.**

We took forward the findings of *Invisible Islington: Poverty in Inner London* by investing in four new major programmes.

We developed our grant making in north Islington, particularly in the Finsbury Park area.

We started to manage Richard Cloudesley's Charity grants programmes for organisations and worked with trustees to develop new approaches to their grant making.

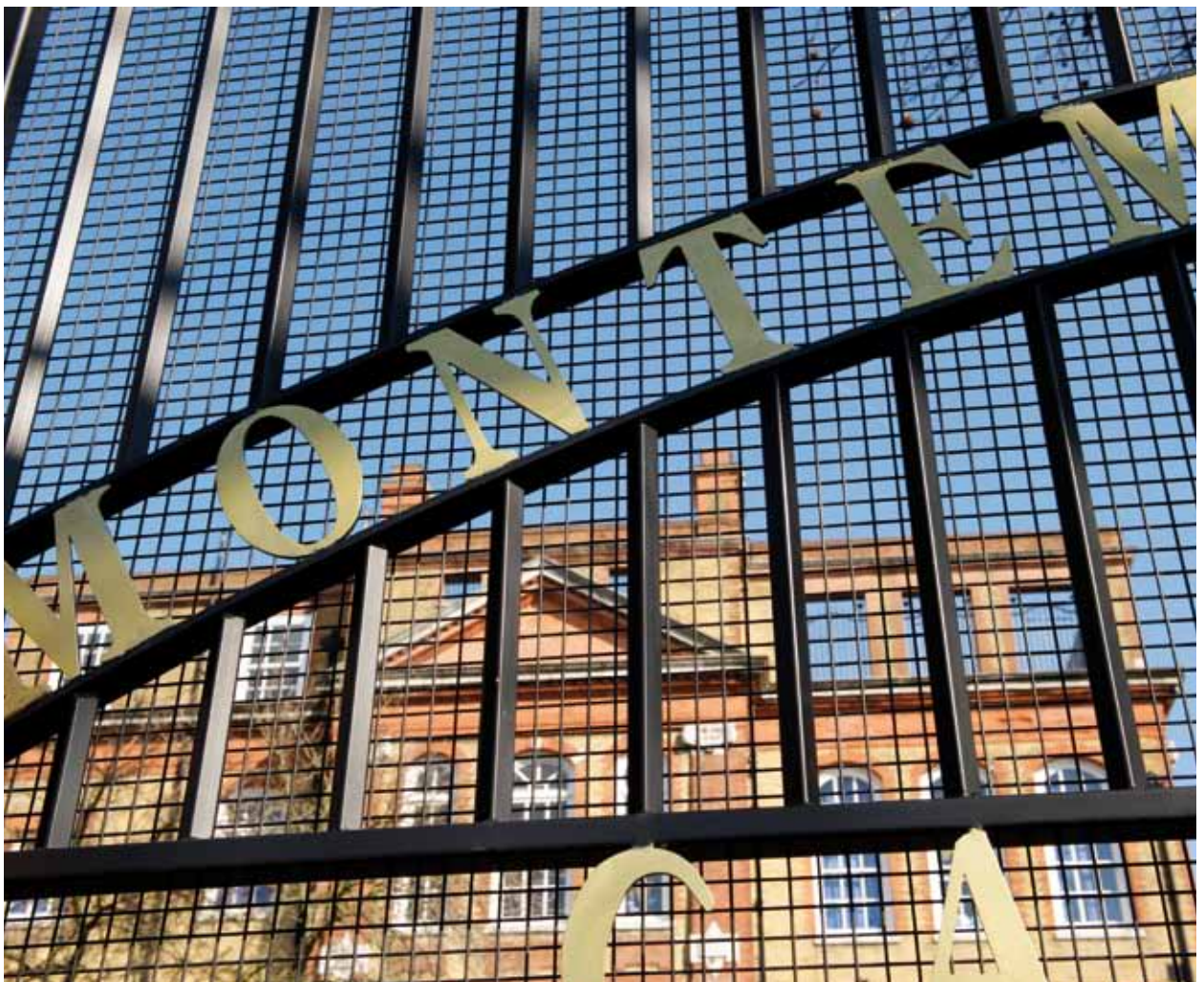
One Canonbury, our neighbourhood work in the Essex Road area of Islington transformed an unused community hall to provide and manage local services.

We developed new working partnerships with NHS Islington, London Funders, Charities Aid Foundation and the Macquarie Foundation.

We commissioned research into how volunteering can tackle isolation.

We assessed over 1,500 applications from individuals and organisations.

We gave out almost £1.8m to organisations and individuals.



To tackle poverty we need to innovate.
Cripplegate Foundation uses research to understand better Islington's deprivation and to develop and test new solutions.

Our 2008 research report, *Invisible Islington*, delivered clear findings and recommendations relating to inner city poverty. In 2009 we took those findings forward by launching four innovative new programmes.

→ **Help on Your Doorstep**

We invested £100,000 in a new organisation which knocks on the doors of our estates and steers residents to services, education and opportunities for employment and volunteering. The isolation that so often accompanies poverty prevents people from discovering opportunities that could improve their situation and give them a route out. Help on Your Doorstep tackles that isolation head-on, bringing advice, information and support directly into people's homes. In future the service will also link to welfare rights advice and youth workers.

In 2009 Help on Your Doorstep:

- set itself up as a company limited by guarantee
- expanded into two new areas, Essex Road and Finsbury Park
- visited more than 1,600 people in nine months
- secured vital funding (£1.3m) from Islington Strategic Partnership allowing further expansion into Kings Cross



→ Islington Debt Coalition

A key finding of *Invisible Islington* was that, for the borough's poorest residents, debt is a fact of life. Now led by Islington Council, the Debt Coalition works to put debt at the heart of local anti-poverty strategies.

In 2009 the Coalition:

- developed a common debt recovery protocol to be adopted by all council departments. This means that one person will be the contact for all council debt issues, a first in London
- compiled Islington's first directory of all advice services
- devised an ambitious two-year programme to offer financial capability training to all Islington community groups so that they can pass on financial advice to their users

→ Catalyst

The Catalyst programme offers tailored support to individuals to help them bring about sustained change in their lives. Working through seven local organisations, we offer small grants to pay for activities that will alleviate the isolation and low self-esteem that are caused by poverty and make it so entrenched. In 2009 grants ranging from £80 to £200 allowed Islington residents to do all sorts of things including join a snooker club and a gym, buy a fishing rod and visit relatives. The programme's participants reported improvements to their lives such as going out more, doing more for themselves and feeling more confident.

→ English as second Language:

Access to a Wider Life

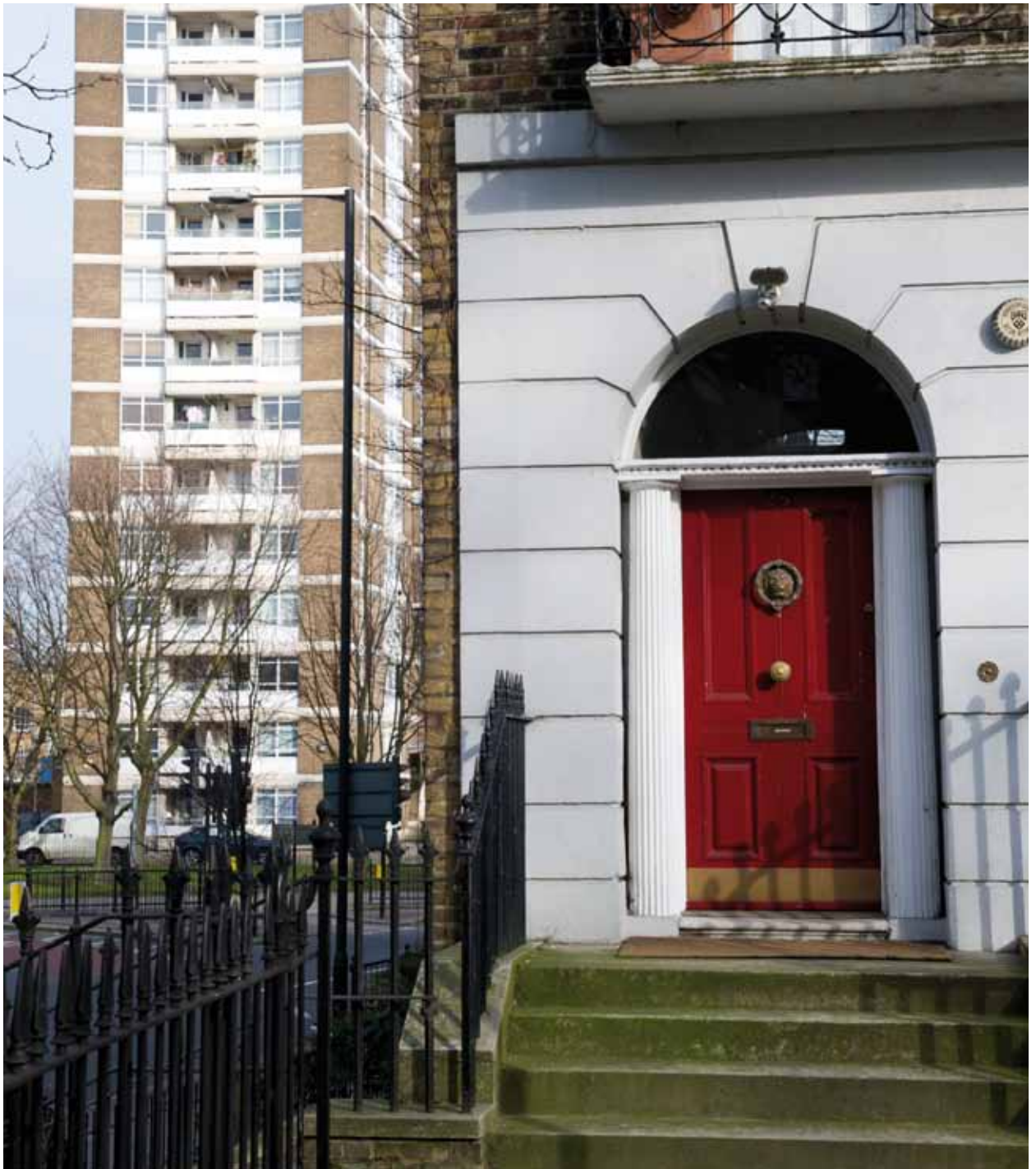
'I can't speak English and I have problems, for example going to the doctors I can't explain what I need, so I have stopped going. I can't work and I worry about providing for my children. I would love to go to work and I am now trying to find a new job'

Invisible Islington interviewee

In 2009 City and Islington College set up an action research project that works with people who are in danger of dropping out of English teaching at the College. The project is testing how additional support can reduce ESOL drop-out rates and ensure that it really does lead to better opportunities for Islington's poorest residents.

Evaluation

The four new programmes that have stemmed from *Invisible Islington* are deliberately innovative. Our aim is to test new ideas and see what works and what does not. Over time we hope to develop tested programmes that really make a difference to isolation, poverty and debt. All of the initiatives will be evaluated in 2011.



One Canonbury is a forum that brings together 45 representatives of residents and local services in one of Islington's poorest areas. It's about communication, co-operation and cohesion – between residents, service-providers, everyone who wants to make Canonbury a better place.

Cripplegate Foundation acts as the coordinator for One Canonbury. The forum gives us detailed knowledge of the needs and issues facing Canonbury's residents and helps to build strong partnerships between those working locally. The aim is to give residents a voice and to develop services that are informed, coordinated and relevant.

In 2009 One Canonbury:

- delivered events and activities that brought different communities and age groups together. These included social, arts and sports events and projects
- worked with the Safer Islington Partnership on a pilot project in which residents voted for projects to improve feelings of safety in the area
- supported the development of Help on Your Doorstep's Canonbury Connect service with NHS Islington
- brought an underused community centre back into use, helping to develop services and events that local people want, including health activities, a base for Canonbury Help on Your Doorstep and open days when local people can try new activities
- brought together local youth service providers, supporting them in their joint work to give young people activities and to get them involved in the community
- changed its name to One Canonbury to demonstrate its first priority: creating a cohesive community in Canonbury

“ *Being involved in the One Canonbury initiative has enabled us to form working relationships with others who share the aim of making our community a place full of opportunities and stories of success.* **”**
Ben Bell, Senior Youth Worker, Urban Hope



We support Community Language Support Services for one simple reason: it offers a lifeline to people who have recently arrived in Islington often with no networks, no language and no one to turn to.

Community Language Support Services (CLSS) was established in 2005 to give advice, advocacy and linguistic support to East African and other Arabic-speaking refugees and asylum-seekers. CLSS advisors provide an impressive range of support, including:

- interpreting and translating
- advice on housing, welfare benefits, education and health
- escorting clients to appointments
- counselling and emotional help
- referrals and signposting to other services
- outreach to isolated and housebound residents, especially women

Housed in a local church basement, CLSS runs on an annual budget of under £20,000. The charity depends on a dedicated volunteer workforce and has only one paid member of staff who works one day a week.

In 2009 CLSS joined the Finsbury Park Advice Project funded by Cripplegate Foundation and Richard Cloudesley's Charity. Islington Law Centre staff make sure that refugees using CLSS services are offered welfare rights, housing and employment advice. CLSS is now part of a strong partnership of local organisations offering support to Finsbury Park residents.

“ *When they use our services they don't just disappear, they bring other people along who need our help... they pass the information by word of mouth. We have very strong links with our community and Arabic-speaking community – we know their language, their culture and their need. We like to see changes.* **”**

Wezenet Haile, CLSS

In 2009 we gave over £237,000 to local people who needed help. Our grants help to buy basic necessities – a cooker, a bed, a fridge – things that make life manageable but which all too often are unaffordable.

Cripplegate Foundation, Richard Cloudesley's Charity and St Sepulchre all give grants to Islington residents to help buy necessities like furniture and white goods. The three programmes are managed by Cripplegate Foundation. In 2009 we received over 900 applications for help. We found that:

- 34% of our applicants had significant debts
- 38% had mental health problems
- 30% were single parents
- 70% were applying for the first time
- the most requested item was a bed

It's about more than just giving money. Everyone who applies for a grant is offered a welfare benefits check. In 2009 we identified an unclaimed £480,000.

Residents are offered information on local services that might help them. By applying to Cripplegate Foundation, our applicants can find a route to occupational therapy, children's centres, specialist health services, money advice, psychotherapy and local community groups.

When they applied to us, a Kurdish family with a disabled daughter was regularly travelling to Hammersmith to get help from a Kurdish group as they did not know any Islington services. Cripplegate Foundation put them in touch with a local group which is supporting them and helping them to claim the benefits they need.

“ *Without your help I don't know what I would have done. I didn't even have a bed to sleep on.* **”**

Applicant who received a grant for furniture

“ *I didn't have any way of cooking food and was not able to follow the diet prescribed by the hospital.* **”**

Applicant who received a grant to buy a cooker

We believe in the power of volunteering. Our research shows that it helps to reduce isolation, boost self-esteem and offer new opportunities.

In 2009 we commissioned research into the value and impact of volunteering. Islington Community Chest, a small grants programme we run on behalf of Islington Strategic Partnership, had already shown us the power of volunteering. The 1,000 volunteers involved in Community Chest funded groups develop confidence, skills and networks whilst making a contribution that is worth £1.7m a year. We asked the Institute for Volunteering Research to take a closer look at volunteering in Islington and assess its benefits and impact. Their report, *Unlocking the potential: Volunteers in Islington*, found:



→ volunteering is a powerful route to assimilation for refugees and new communities.

'The volunteer establishes a base in this country where he can say, 'yes, those people know me'. Every year we get one or two volunteers and they go out and get a job and we are happy because wherever they go they take part of us with them.'

Unlocking the potential interviewee

→ volunteers in Islington's small groups are not coming from outside but are found within communities, helping each other as neighbours.

'I have done no volunteering and didn't know any neighbours at all and I've lived here for ten years before I joined and it's quite incredible that I can't leave the house now without bumping into people, which is lovely. And that's what I got from it more than anything else, the kind of community feeling, it's very nice.'

Unlocking the potential interviewee

How are we responding?

- We have used the report to shape and influence our grants programmes
- We are encouraging private and public sector organisations to increase the volunteering opportunities they offer
- We are fostering links between small local groups and wider volunteering opportunities

Two heads are better than one. That's why in 2009 we set up Islington Giving, a coalition of local funders to work together to address disadvantage.

Islington Giving was launched in March 2010. It is backed by Islington Council and includes:

- The Breadsticks Foundation
- Cripplegate Foundation
- The Morris Charitable Trust
- Richard Cloudesley's Charity
- UnLtd
- Voluntary Action Islington

Together we aim to raise £3m over three years to support three key areas:

- Help on Your Doorstep to ensure that the poorest Islington residents are linked to local opportunities and services
- Investing in young people, especially at the weekend. A recent survey of our young people showed that they do not go out because it is too expensive
- Combating isolation, especially for those suffering from mental health and loneliness

We don't just ask for money. Islington Giving is also asking individuals and companies to invest their time as volunteers to create a better future for us all.

“ *There are two Islington: one successful, vibrant and prosperous, the other poor and disadvantaged. Our coalition recognises that it is through the sum of our parts that we can achieve the most for Islington.* **”**
Jack Morris, Chair of Islington Giving Appeal Committee

Grants approved in 2009

Increasing access to opportunities and making connections

Caspari Foundation Therapeutic support for children and young people over three years	£20,000
City and Islington College Towards the 'Access to a Wider Life' ESOL project over two years	£99,200
Catalyst Programme Cranstoun Drug Services, Hillside Clubhouse, School Home Support, Single Homeless Project, The Manna, The Parent House, The Stuart Low Trust and Umbrella over two years	£77,500
Cranstoun Drug Services Discharge of a loan to purchase City Road premises	£65,000
Cripplegate Foundation Art Prize Art materials for the Cripplegate Foundation Art Prize	£200
Cubitt Gallery and Studios Arts workshops for older people	£7,000
Friendship Works Core costs of the befriending service over three years	£60,000
Islington Borough User Group To employ a Projects Manager over three years	£21,000
Live Futures To produce a magazine for young people	£10,000
London Borough of Islington: Adult and Community Learning Towards the 'Access to a Wider Life' ESOL service over two years	£16,000
London Sinfonietta A music project with local young people	£15,000
The Elfrida Society To fund a peer support network for parents with learning difficulties over two years	£30,000
The Parent House Core costs over three years	£75,000
The Rose Bowl Youth Club Towards running costs of the youth club over two years	£50,000
Three Corners Trust Towards the salary of a coordinator in 2010	£20,000

Social Cohesion

Bemerton TMO To develop neighbourhood arrangements with Team Cally over two years	£40,000
Culpeper Community Garden Towards salaries of two part-time garden workers over three years	£30,000
Islington Somali Community, Islington Somali Women & Children Action Group, Somali Speakers Association and Solace Women's Aid For Xawaaley, a Somali domestic violence project, over two years	£70,000
Macquarie Foundation Towards the cost of capacity building for Islington voluntary organisations	£2,400
Maytree Respite Centre Towards running costs of a respite centre for those at risk of suicide	£8,000
Somali Forum Towards a coordinator's salary and development costs for two years	£20,000
St. Mungo's Towards an Independent Living Programme over three years	£20,000
The Brandon Centre To support a counselling service for young people aged 12 to 21 over three years	£54,000
The Claremont Project Core costs of mental health and older people's services over three years	£30,000
The Maya Centre Towards running costs of a psychotherapy service for women in 2009	£10,000
The Women's Therapy Centre Psychotherapy for women living in Islington, over three years	£40,000

Addressing Poverty

Dress for Success London Running costs over two years	£10,000
Help on your Doorstep Development costs of the new service	£7,000
Islington Law Centre	
Towards the costs of the Finsbury Park Advice Project over two years	£30,000

Schools Programme

Ten school journeys	£22,200
Eight arts projects	£50,892
Two health projects	£5,400
Towards the salary of a School-Home Support worker	£8,200

Total for grants to organisations	£950,586
Grants for individuals	£52,574.98
Total Cripplegate Foundation grants	£1,001,486.98

Grants administered for others

Islington Community Chest (funded by Islington Strategic Partnership)

Grants under £5,000 (68 grants awarded)	£285,031
Grants over £5,000 (18 grants awarded)	£173,969
Total grants awarded for Islington Community Chest	£459,000

Grassroots Grants (funded by the Office of the Third Sector) (29 grants awarded)	£114,639
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A full list of Cripplegate Foundation, Islington Community Chest and Grassroots Grants is in our annual report - see www.cripplegate.org

Neighbourhood Management (funded by Islington Strategic Partnership)

Institute of Community Cohesion - for a development workshop with One Canonbury	£4,600
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Essex Road Advice Project (Funded by Southern Housing)

Mary Ward Legal Centre	£4,500
Islington Law Centre	£4,500

Essex Road Advice Project (funded by Homes for Islington)

Mary Ward Legal Centre	£5,000
Islington Law Centre	£5,000

Richard Cloudesley's Charity

Grants for individuals affected by illness or disability and living in Islington	£165,481
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St Sepulchre (Finsbury) United Charities

Grants to individuals over 45 and living in Finsbury	£19,965
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Total for grants programmes administered for others	£780,602
Total for grants approved in the year	£1,859,251

Financial summary

The following information is taken from Cripplegate Foundation's annual report for 2009, which was approved on 16 April 2010. Full copies of the 2009 Report and Accounts can be obtained from Cripplegate Foundation, or from our website www.cripplegate.org

Money received

This year we received over **£2.1 million pounds**

This is where our funds came from:

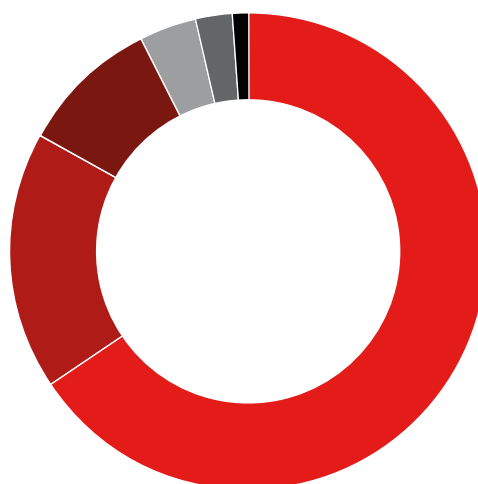
Investment income	£1,173,000
Income to administer programmes	£1,020,000

Money spent

We spent nearly **£2.5 million pounds**

This is how the money was spent (£,000):

■ Grantmaking to organisations	£1,622
■ Research and support costs	£427
■ Grantmaking to individuals	£237
■ Investment management costs	£102
■ Governance costs	£61
■ Fundraising costs	£29



We maintained our level of grant making to organisations by using unrestricted reserves that the Foundation has accumulated over the last few years.

Invested for the future

This shows how much money we have invested for the future.

In 2009, our investments **increased in value by £2.8 million**

Our total funds are now £28.8 million.

This consist of (£,000):

Endowment fund	£27,300
Unrestricted funds	£1,500
Designated funds	£47
Restricted funds	£18

Who we are

Governors

Rob Abercrombie
Stella Currie CC Deputy (to December 2009)
Councillor Barry Edwards
(from September 2009)
Anne-Marie Ellis
Councillor John Gilbert
Alderman David Graves (from January 2010)
Rob Hull
Tom Jupp Vice Chair
Paula Kahn
Heather Lamont Chair of Finance
and General Purposes Committee
Judith Moran
Barbara Riddell
Revd. Katharine Rumens
David Sulkin Chair
John Tomlinson CC
Joe Trotter (to September 2009)
Lucy Watt
Mark Yeadon

Grants committee members

Frances Carter
Graeme Jones (until March 2010)

Finance committee member

Kate Rogers

Staff

Kristina Glenn Director
Deepa Craig Finance Manager
Frances Dawson Grants Officer
Chris Hobbs Grants Officer
Casey Lord Grants Administrator
Stellah Nafula Administrator
Geraldine Rees Senior Grants Officer
Zaheer Mamon Grants Officer
(to April 2010)
Amanda Wood Finance Manager
(maternity cover from March 2010)

Consultants

Michelle Wright and Nick Gandon
Development Consultants
Tom Sterry MBE Financial Consultant
Tania Bronstein Grants Advisor
Elizabeth Balgobin Grants Advisor

Cripplegate Foundation Helping since 1500

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