

# Short Breaks Project Funding Information Pack

## Barnwood Trust's Themed Funding Round, 2023

A themed funding opportunity to provide a Short Breaks project for disabled children and young people and their parent-carers in Gloucestershire

**April 2023** 



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## 1. Introduction

This pack contains information about Barnwood Trust's Short Breaks Themed Funding. This funding round has been devised by a steering group consisting of Barnwood Trust staff, parent-carers, young people, and people with experience of Short Breaks and respite care in Gloucestershire. Applications will be assessed and selected by members of this group, alongside Barnwood Trust staff.

Up to £300,000 is available for 'test and learn' projects that provide activities for disabled young people in Gloucestershire, allowing parent-carers to take a short break from their caring responsibilities. Barnwood Trust would like to fund several projects, each to a maximum value of £60,000, for a duration of at least 9 months and a maximum of one year.

Projects will be treated as a 'cohort', with a 'test and learn' focus. 'Test and learn' means that providers will have the opportunity to trial or hone new or existing ways of working, with a commitment to share this learning journey alongside other providers over the life of the funding, in a mutually supportive Community of Practice convened by Barnwood Trust.

Applicants can apply for an additional £10,000 per project to address specific access needs of children and young people and parent-carers.

We recommend you read this information pack in full before writing your application, and refer to sections 5, 6 and 7 (pages 9-20) as an aid when writing your application. If you require assistance or would like to receive this information in a different format, please contact Ged Cassell, Funding Policy Coordinator, at

ged.cassell@barnwoodtrust.org



## 2. About Barnwood Trust

#### **Overview**

The Trust acts as an agent of social change, working alongside disabled people and people with mental health conditions to create that change. Our goals are delivered through a programme of funding, listening and learning, and changing conditions.

#### Mission and vision

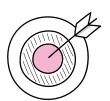
Gloucestershire will be a better place when disabled people and people with mental health conditions are equal, empowered and their rights are upheld. Barnwood's long-term goals are that disabled people and people with mental health conditions:

- have choice of opportunities to meet their hopes and passions
- are included and involved in their communities and the places where they live
- access their rights and see positive change on disability issues

#### **Values**

All of the Trust's work is guided by four values:

## Focused



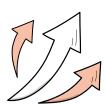
Disabled people and people with mental health conditions across Gloucestershire are at the heart of everything we do

## **Inclusive**



Connecting and collaborating with openness and honesty, we ensure all voices are respected, heard and valued

## Bold



In the face of change and uncertainty we are flexible and confident in finding ways forward

## Forward Thinking



Using our independence, we explore long-term solutions to everyday challenges



## **Barnwood Trust's funding principles**

Our application and decision-making processes are delivered in line with our funding principles. For example, we will only ask applicants to provide information that we need in order to make our decision. More information on our funding principles can be found <a href="https://example.com/here">here</a>.

• We support opportunity • We build on community strengths • We enable flexibility • We work in partnership • We encourage engagement • We ask relevant questions • We are accountable • We are open to learning

## 3. About the Short Breaks research

In 2022, Barnwood Trust conducted research into Short Breaks and respite care in Gloucestershire to identify ways it could support more families to access such provision.

#### What are Short Breaks?

The terms 'Short Breaks' and 'respite care' are often used differently by children's and adult social care services. However, both are used to describe social care services providing specialist care and support to families of disabled children and adults so that:

- Unpaid carers receive breaks from their caring responsibilities to maintain their resilience, and their physical and emotional wellbeing.
- Disabled children, young people and adults have opportunities to socialise independently in an environment that is safe, secure and suitable for their needs.



Examples of Short Breaks and respite provision include, among others: specialist clubs and groups (such as holiday playschemes or Saturday clubs); inclusive breaks within non-specialist provision; athome respite care; support from a personal assistant; short break holidays; and outdoor or nature-focussed recreational group or 1-1 activities.

In consultation with parent-carers and disabled children and young people, the definition above has been strengthened further to emphasise how these opportunities should afford parent-carers the choice of a complete break – i.e. that they have a choice not to stay with their child and/or that a break is sufficient for the parent-carer to recharge.

#### The research methodology and findings

Through a combination of surveys, focus groups and interviews involving over 120 people in total, the research highlights how parent-carers, providers, and disabled children and young people in the county were experiencing a range of barriers and challenges to accessing Short Breaks and respite care. Included here are some of the findings from the research that are most relevant to this fund.

Applicants wishing to know more about the research and the work being done with it are welcome to contact Dan Jacques, Lead Researcher, at <a href="mailto:dan.jacques@barnwoodtrust.org">dan.jacques@barnwoodtrust.org</a> There are also opportunities outlined below to attend 'drop-in sessions' about the fund (see section 6).

The research highlighted challenges around access, a desire for more co-production with disabled children and young people, and the need for more information that is easy to find or proactively shared with parent-carers:



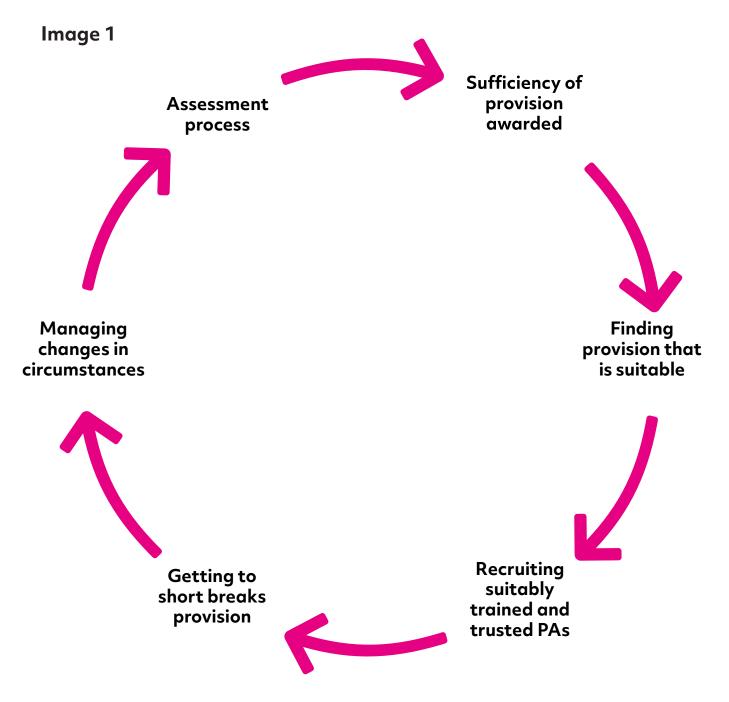
- 94% of parent-carers told us they were not currently accessing all of the Short Breaks or respite care support they felt they required.
- 49% of parent-carers told us they were not currently accessing any Short Breaks or respite care support.
- 52% of disabled children and young people told us they did not attend any groups or activities after school or at weekends.
- 38% of disabled children and young people told us they had never been asked about any aspect of the support they were receiving or wanted to receive. Young people wanted more choice in the activities they did, the people they did them with and the times they did them.
- 49% of parent-carers responded that information provision was a barrier to accessing Short Breaks provision this was the most frequently reported barrier.

In addition, we heard how access was impeded by:

- A lack of local provision which required long travel time and often prevented the carer having a proper break to recharge, catch up on admin or spend time with other family members.
- Cold spots' within the county in which there was little or no provision. Cheltenham, the Cotswolds and Tewkesbury were most commonly noted as 'cold spots'.
- Difficulties accessing private or public transport.
- Capacity within existing provision limiting how many children can attend at any time or how often children can attend their activities.
- The need for specialist training or insurance to meet the needs of those with more profound disabilities or particular medical conditions.
- The need for a formal social care assessment of your child's needs restricting what is available to you.



The following diagram was created from the research and illustrates what many parent-carers told us about how overcoming one barrier often leads you into another, and another in a way that is often cyclical:



Barnwood Trust would like the Short Breaks Project Funding to help find ways to overcome the different stages of this cycle of barriers – this is where funding may have the greatest lasting impact.



## 4. Developing the brief

This funding brief has been co-designed with parent-carers and disabled children and young people – many of whom also participated in the research. This group of 'Experts by Lived Experience' came together in ways that were accessible to them for 4 sessions alongside members of Barnwood Trust staff. The group were shown the research, taken through Barnwood's approach to group and organisational funding, and informed about how else Barnwood is working with the research findings to influence change.

The group contributed their experiences, ideas and suggestions that have been taken forward here into the funding brief. They supported the creation of a set of principles for good quality provision illustrated in Image 2.

Barnwood Trust offered payment to each of the Experts by Lived Experience involved in this co-design group to reimburse them for their time and expertise, in line with the Trust's Expert by Lived Experience payment policy.

Experts by Lived Experience from this group will also be on the scoring panel for this funding round.



## Image 2





## 5. The funding opportunity

#### **Purpose and outcomes**

We appreciate that with a budget of £300,000, we won't be able to bring about major systemic changes in the way Short Breaks provision is managed in Gloucestershire. To this end, we would like to award funding to a cohort of providers to 'test and learn' how to address some of the barriers outlined in Image 1 through the delivery of time-limited Short Breaks projects.

A 'test and learn' focus means providers will have the opportunity to trial or hone new or existing ways of working in a learning-centred way, with a commitment to share this journey with Barnwood Trust and other providers over the life of the funding. Sharing the learning from these projects will improve our collective understanding and support Gloucestershire County Council to examine how Short Breaks are provided in the county.

We have identified two key outcomes which we will aim to deliver with our funding:

- More disabled children and young people have access to appropriate, varied and interesting opportunities that are for them
- Providers deliver high quality activities that are co-designed with young people and their parent-carers

We are looking to fund projects which address some of the barriers which currently make it difficult for disabled children, young people and their families to access Short Breaks activities. These criteria are listed in the next section.

Applicants will be expected to commit to sharing the learning from their project through a Community of Practice where successful applicants will come together to discuss challenges, learning, and to contribute their thoughts on how this knowledge can be shared externally and used to influence practice more widely.



This is 'one off' funding. Several projects delivered by a range of providers will be funded for between 9 months and one year each.

## Criteria: who can apply?

The opportunity is open to charities, Community Interest Companies, social enterprises, special schools or specialist education providers, and other groups who work in Gloucestershire's local communities. We encourage organisations to work in partnership if this is suitable for the project you wish to deliver.

Due to the nature of this funding, applicants need to be a 'constituted' organisation or group to apply alone. We will accept applications from organisations, groups and self-employed individuals working in partnership, as long as a constituted group acts as the lead responsible party for the grant. You will find more information on this in section 7.

## What should projects address?

Applications will only be considered if they address the following **two** essential criteria:

## 1. Co-designed with disabled children, young people and their parent-carers

Applicants must outline a plan for how they will meaningfully involve families in the creation of their provision. This may look like a series of workshops or taster sessions to get to know families and understand their wishes and needs, or a series of 1-1 discussions about the project and how it can be most impactful. We recommend that this process be an ongoing one throughout the life of your project, and not a one-off consultation.



## 2. Widening access to enable more disabled children, young people and their parent carers to benefit

Applicants must provide a compelling plan to ensure their project will enable disabled children, young people and their parent-carers who currently have little or no access to Short Breaks to benefit. While every geographical area will be different, Barnwood's research has highlighted a lack of suitable provision for the following groups:

- Children with complex medical needs
- Children with challenging behaviour
- Children with Profound and Multiple Learning Disabilities (PMLD) - e.g. those requiring / accessing continuing health care
- · Children with mental health conditions
- Under 8s
- 16 to 25 year-olds
- Families with fewer connections to services in the local area for multiple personal and/or cultural reasons

Applicants should work with families with disabled children and young people in their area to understand their barriers to Short Breaks, the adjustments they need, and to inform how provision can be developed to reach more families.

For example, you may consider the following measures to widen access:

- Allowing for families with a disabled child or young person to self-refer, without the need for a social care needs assessment
- Employing a member of staff to reach out to, and directly support, local families to become involved
- · Funding a directory of information that is shared with families



A third desired, but non-essential, criterion is as follows:

#### 3. 'Cold spots' and insufficient provision

The project will provide Short Breaks in parts of the county where provision either does not currently exist, or where it is considered to be insufficient. Although the Trust will consider applications for work in all parts of the county, applications that address the lack of provision in Cheltenham, Tewkesbury and rural areas such as the Cotswolds will be viewed favourably.

As well as demonstrating how your application will address the above criteria, we'd also like you to outline how you will use the funding to address 1 of the following 3 barriers. While you may plan to look at a combination of these options, it is recommended you focus on 1 for this project; please note that you if you fill in more than 1 option, you will be scored according to your highest-scoring answer:

#### **Option A: Locality and transport**

How will your project ensure that disabled young people and their parent-carers are not disadvantaged by a lack of accessible or appropriate transport? This could involve the provision of transport directly, supplementing transport costs, or exploring more innovative approaches such as establishing mobile or satellite provision in under-served areas within the county/ the aforementioned 'cold spots'.

#### **Option B: Specialist training for staff**

How will your project ensure that your staff have the right training to support children and young people with more complex needs? This is with a view to more parent-carers having the choice to leave their child for the duration of the session. For example, you may decide to use some of the funding to hire an external training provider to support your team's knowledge of certain access needs or conditions.



#### **Option C: Supplementing existing provision**

How will you use the funding to ensure that more disabled children and young people and parent-carers are able to access more of the Short Breaks they feel they require? This could involve supplementing private purchasing of sessions and/or expanding your existing capacity to reach more disabled children and young people. An example of this may be that you wish to use some of the funding to expand your provision to under-8s and need to cover costs and staff time associated with Ofsted registration.

#### **Duration and frequency of delivery**

Projects should last for a minimum of nine months, and a maximum of one year.

Note that during the co-design phase for this funding, Experts by Lived Experience indicated that Short Breaks should be **regular** and **reliable**. This could mean every school holiday, or at a particular frequency such as once a month, every other week, weekly, etc. Therefore, when, and how frequently, you provide your Short Breaks over the course of that year is up to you, but note that the more regular the delivery, the more likely it is to be successful. Please note that this funding should therefore not be for a one-off event.

#### **Funding available**

The total funding available for any one applicant is £70,000. This includes:

- Up to £60,000 for project delivery and overhead costs, and
- Up to £10,000 ringfenced to make your offer accessible to your participants



#### In more detail:

Interested organisations are invited to apply for up to £60,000 each to run their project. This funding can be used to cover:

- core costs such as salaries and overheads,
- **project costs** such as training, room hire, specialist equipment hire, freelance staff costs, etc.
- evaluation and learning costs can also be included in your budget, including travel and staff time for Community of Practice sessions.

Applicants can apply for up to an additional £10,000 that must be ringfenced for:

- Accessibility costs specifically to support children, young people and parent carers to access your provision. The specific way in which you use this should be informed directly by the families you are working with; for example, your participants may require:
  - support for accessible and appropriate transport,
  - additional Personal Assistant (PA) time,
  - any other costs that would support children, young people and their parent carers to access your provision meaningfully.
- You will be required to report to Barnwood Trust how you spent this money to enhance our understanding of the most common practical barriers to accessing Short Breaks.
- If you do not spend the full amount ringfenced for access,
   Barnwood Trust may ask for you to repay remaining funds.

The Trust hopes to fund several discrete projects that will work together as a cohort, so that the Community of Practice members are delivering according to the same timeline. If applications for eligible projects totalling the full available funding pot are not received, the Trust may work with a smaller cohort.



## **Evaluation and learning**

Learning from the projects we fund is one of the key aspects of this funding programme. We'll ask you to join a Community of Practice, where you'll meet with other successful applicants and share challenges, advice, and some key learning. As this funding is for one year, the cohort of projects will meet a minimum of 4 times over the life of the grant.

The Trust will work with successful applicants to agree an approach to evaluating the impact of the projects that is proportionate, and which uses appropriate and relevant measures. By applying for this funding, you are automatically agreeing to join, and contribute to, the Short Breaks Community of Practice.

We recommend you consider the cost of taking part in Community of Practice sessions as part of your project budget (e.g. staff time, travel costs etc.). If you require external expertise to evaluate the impact of your project, you may factor this into your budget also.



## 6. The application process

You can apply using Barnwood Trust's online application form <a href="here">here</a>. Please note that you will need to first register for a Flexi Grant account, log in, and then search for the Short Breaks Project Funding application form. The questions on the form are based on our criteria, outlined above. If you require assistance to access or fill in the form you may contact Ged Cassell, Funding Policy Coordinator, at <a href="mailto:qed.cassell@barnwoodtrust.org">qed.cassell@barnwoodtrust.org</a>

Barnwood Trust will provide online drop-in sessions where you will be able to learn more about these grants and ask any questions. These will take place on the following dates:

- Drop-in session 1: Tuesday 16 May, online at 2.30pm
- Drop-in session 2: Thursday 1 June, online at 2pm

If you would like to attend either of these sessions you can email Ged Cassell, Funding Policy Coordinator, at <a href="mailto:ged.cassell@barnwoodtrust.org">ged.cassell@barnwoodtrust.org</a> Alternatively, if you cannot attend one of these sessions you can email Ged and set up a time to discuss the funding.

Once we have received your application, we'll check your eligibility and carry out a due diligence check. We'll look at a range of issues such as your organisation's financial sustainability and your approach to safeguarding. Full information on the checks we conduct are listed here.

The Trust may request further information from you by email at this stage if required, either to clarify parts of your application or to assist us in our due diligence checks.

Provided your application is eligible and there are no due diligence issues, it will be considered by a panel which will include Experts by Lived Experience. The panel will not see any identifying information about your organisation, and Barnwood Trust's Funding Team will redact any information that gives away who you are or who you intend to work with.



This is in the interest of fairness, and to prevent conflicts of interest or loyalty, as our panel will know many organisations in the county. The panel will score all the applications against the criteria and recommend funding based on the scoring.

## How will the panel score applications?

Each application will be scored by the panel against the framework in Table 1, built around the criteria outlined in section 5.

The panel's recommendations will be considered by Barnwood Trust's Funding Committee, which will then award the funding. If your application is successful, we'll pay your grant once you have signed and returned the Terms and Conditions.

#### Table 1

1	<ul> <li>The application shows either:</li> <li>Compelling evidence that children and/or young people were involved in planning and designing the proposed activities, or</li> <li>Compelling evidence of a commitment to involving them in the design of activities.</li> </ul>	
	Strong evidence – 5 points Some evidence – 3 points Limited evidence – 1 point No evidence – 0 points	
2	The application shows a clear commitment to widening access and enabling more children and young people to take part in activities, especially those who were previously excluded.	
	Clear evidence of commitment – 5 points  Some evidence – 3 points  Limited evidence – 1 point  No evidence – 0 points	



3	<ul> <li>The application will improve provision in identified 'cold spots' where provision is currently insufficient, either:</li> <li>By providing activities in those areas, or</li> <li>By ensuring that families based in 'cold spots' can access the provision.</li> </ul>	
	Clear impact – 3 points Some impact – 1 point Limited/no impact – 0 points	
	Applicants may answer 1, 2 or all 3 of the questions below.  Each answer will be scored but only the highest answer scoring answer will count towards your overall total (i.e. each application can score 5, 3, 1 or 0 for this question).	
4a	The application will reduce the impact of transport and physical access as a barrier to participation.	
4b	The application will enable the provision of specialist training to enable more children and/or young people with more complex needs to take part.	
4c	The application will enable families to access more provision, for example by expanding the capacity of existing provision; or by enabling families to take part in more sessions.	
	Strong evidence – 5 points Some evidence – 3 points Limited evidence – 1 point No evidence – 0 points	
	Total possible score: 18	



## **Timeline**

## Table 2

Week commencing 17 April	Funding round opens to applications
16 May	Drop-in information session 1, online at 2.30pm
1 June	Drop-in information session 2, online at 2.00pm
14 June	Funding applications closes at 5pm
15 June – 13 July	A Panel (including Experts by Lived Experience) reviews applications and makes recommendations to Barnwood Trust's Funding Committee
Week commencing 24 July	Applicants notified of outcome
August/ September 2023	Funding paid and projects begin in August/ September 2023
4 dates to be confirmed between September 2023 and August 2024	4 x Community of Practice sessions take place
August / September 2024	Projects finish; Barnwood Trust collates learning and shares a report



## 7. Your questions answered

#### What is the purpose of this grant?

We want disabled children and young people to be able to enjoy activities that are meaningful, worthwhile and fun; and that are delivered in line with their needs. We also want parents and carers of disabled children to be able to have a break from their caring responsibilities from time to time.

Our research has made clear that there are lots of barriers that make it hard for families to access the provision they need. We are looking to fund projects that will help them to overcome those barriers.

As well as increasing the level of Short Breaks provision, and making existing provision more accessible to more people, we want to use the learning from these projects to help to improve Short Breaks provision for all families in Gloucestershire.

#### What do you mean by 'test and learn'?

'Test and learn' means that providers will have the chance to trial or hone new or existing ways of working in order to learn, and subsequently share, best practice with the other funded projects in the cohort. This does not mean that what is delivered needs to be new, but instead allows space for innovation within an existing offer, as long as this offer meets the criteria of the Fund.

#### Who will benefit from this grant?

The beneficiaries of this funding are likely to be: disabled children and young people, who will have better access to worthwhile activities; and their parents/carers who will be able to enjoy a break from their caring responsibilities.



#### • Who is eligible to apply?

This funding is aimed at organisations rather than individuals. (An individual looking to take part in an enjoyable activity could be eligible for funding from our Grants For You programme: however, please note that this programme is currently under review. Check our website for more details.)

Constituted organisations such as charities, Community Interest Companies, social enterprises, special schools, specialist education providers and community groups are all eligible to apply. We aren't able to fund commercial or profit-making organisations. If you are a non-constituted group, or a self-employed individual / sole trader, you might still be able to apply if you are part of a joint bid led by a constituted organisation.

#### Are you expecting to see a minimum number of beneficiaries proposed?

We haven't set a minimum number, but we are particularly interested in funding projects which will enable more children and young people to take part or which will make existing provision more accessible to more people. While we will look at 'cost per head' as part of our due diligence process, we will not penalise projects for whom the cost per participant is high, if it is clear why this is the case in the application.

#### What do you mean by 'disabled'?

The Equality Act 2010 states that a person is disabled if they have 'a physical or mental impairment that has a substantial and long-term impact on (their) ability to do normal daily activities'.

We would like to fund activities which are accessible for everyone, but we also recognise that it may not be possible for providers to meet the needs of all disabled children and young people including those with a high level of additional needs.



We welcome provision that is as inclusive as possible, for example we would be happy to support an application that would enable a provider to increase the number of staff, thereby enabling them to provide activities for children who have a high level of needs; specialised needs; or who, because of challenging behaviour, have previously been unable to take part.

#### What do you mean by 'children and young people'?

The Trust takes a flexible approach to this definition. During the research we primarily heard from parent-carers of children and young people under the age of 25. For this reason, we are targeting this funding at projects that primarily support disabled people from the age of 0 to 25; however, we won't exclude applications from organisations working with disabled adults if you have evidence that this is a priority group in your area.

#### What kind of activities will the Fund support?

We want to encourage the provision of activities which are worthwhile, enjoyable and fun. Above all we want children and young people to have a voice in the activities that are provided for them, rather than simply having to accept whatever activities are offered. We will support a wide range of activities, but we will expect children and/or young people to have played a part in planning and designing those activities – this is what we mean when we say that we expect to see evidence that activities were 'co-designed' by participants.

#### Where will the fund be located?

Barnwood Trust can only fund work within the county of Gloucestershire, or which benefits Gloucestershire residents. However, we appreciate that there may be providers in adjacent counties who can offer activities which are not available in Gloucestershire, so we will support this provision provided those taking part are Gloucestershire residents.



#### What size will the grant award be?

Our total budget for Short Breaks is £300,000. The maximum available for any one project is £60,000, plus up to £10,000 to address the accessibility requirements of specific families. We aren't necessarily expecting to allocate the entire budget on a small number of very large projects – we will also welcome bids for smaller sums. In line with our funding principles, we will expect you to request the sum you actually need to deliver your project.

#### When should projects start?

This is a 'one-off' funding programme and we need to allocate our budget for projects starting during 2023, and lasting for up to one year. We will award the funding by the end of July, and we expect projects to begin as soon as possible, ideally in August/September.

#### How do we apply?

You can apply using the online application form. To access it, **please click here**. Please note that you will need to first register for a Flexi Grant account, log in, and then search for the Short Breaks Project Funding application form. You will be asked to provide information about your organisation at the beginning of the form, but note that this information will not be shared with the panel.

The questions in section two of the application form will be based on the criteria and used by the panel to score your applications, so you will know before you make your application exactly how we will make our decision. While making your application you can save a draft and also call the Funding Team for advice and guidance. Once you have submitted your application, you won't be able to make any further changes.



#### What can we include in our application budget?

You can include in your application all the costs of the project including capital costs, staff costs, overheads and evaluation costs. You will be asked to outline how you will spend ringfenced accessibility funding in a separate question on the application form.

#### What do you mean by 'due diligence'?

When we receive an application for funding we carry out a due diligence check on the applicant to check that funding the application represents an appropriate use of Barnwood Trust's resources. This includes checks in a range of areas, for example we look at your accounts and the level of your reserves; and your safeguarding policy. We rarely decline applications based on these checks but they may highlight issues where we will need to come back to you for additional information. Full information on the checks we conduct are listed <a href="here">here</a>.

#### How will you decide which applications to fund?

We have identified a clear set of criteria, and our funding panel of Experts by Lived Experience will score each application against those criteria using the scoring matrix in Table 1. The panel will not see any identifying information about your organisation, and Barnwood Trust's Funding Team will redact any information that gives away who you are or who you intend to work with. This is in the interest of fairness, and to prevent conflicts of interest or loyalty, as our panel will know many organisations in the county. Based on those scores, the panel will make recommendations on which applications to fund. The final decisions on funding will be made by Barnwood Trust's Funding Committee.



#### Are you expecting applicants to bring match funding?

We don't require match funding - you are able to apply to Barnwood Trust for the full cost of your project, up to the maximum of £60,000. If your total project cost is over £60,000 then you will need to meet any outstanding sum from other funding sources.

#### How many applications can be submitted?

We can accept only one application from each organisation.

If you have any questions not covered in this pack, require support in applying or would like to receive this information in a different format, please contact Ged Cassell, Funding Policy Coordinator, at <a href="mailto:qed.cassell@barnwoodtrust.org">qed.cassell@barnwoodtrust.org</a>