

Health & Wellbeing Group Grant Form (for small grants)

1. Name of applicant:

Fiona Ollerhead

2. Organisation applying:

The Pantry Partnership CIC

3. Contact details of applicant:

Fiona@thepantrypartnership.org

07905283471

4. Total cost of your project (provide a simple breakdown of costs):

25 sessions throughout the summer and into the harvesting period
@£175 per session = £4,375

Plus 25 sessions x mileage of £15 = £375

Total = £4750.00

5. How much are you applying for from the Health & Wellbeing Group fund?

£4750.00

6. What is the title of your project?

Brickworth Gardening Project

7. Please give a paragraph (or 2) description as to what your project is for/what its aims and objectives are

We will work with a variety of adults referred to us by local charities including Help for Heroes and Headway (who work with adults recovering from brain injuries). We will run an intensive therapeutic programme growing food at gifted plot of land for up to 12 people once per week. The group will be collected from a central point and taken to the plot where they will be supervised by a member of our team all day. All activities will also be supported by a group of volunteers who are on hand to assist with the group as needed and /or care for the plot in between sessions.

The food grown by the group will be shared with others in the community at community cooking events as well as shared by the growing team who will receive direct access to their own freshly grown produce. Typically these people benefit from

the opportunity to develop their confidence and independence and our activities will aim to enable them to begin to live more independent lives. Creating opportunities to share the produce grown will also enable them to engage in activities away from the plot to further develop these attributes.

Our specific aims are to:

1. Improve confidence and independence to be translated into daily life for these people
2. Pass on gardening skills and so encourage continuation of healthy outdoor activities away from the plot
3. Improve healthy habits through access to fresh and nutritious produce and accompanying understanding of the nutritional benefits of freshly grown produce
4. Encourage involvement in communal activities both at the plot and at shared meals away from the plot
5. Enable people to develop a sense of well-being and self-esteem through seeing the results of their work and enjoying being part of a team with a purpose
6. Enable carers to have a break from caring activities

8. Please tell us when your project will take place

The project will take place as soon as funding is awarded which we hope to be as soon as possible to get ready for the main growing season. Sessions will be from the spring until autumn, once per week.

9. Does the project meet a local need? (for which postcodes?)

Yes, it will benefit Salisbury (SP1,2 & 3) and Wiltshire based people referred to us by local charities. The people will come from across this region.

10. How well does the project meet the priorities of the Joint Strategic Needs Assessment:

Loneliness Yes (many of our people suffer from loneliness and isolation due to the nature of their injuries)

Social Isolation Yes

Dementia Some (we work with Alzheimer's society and they may refer people if they have any who they think will benefit. We have worked a lot with them in the past)

Carers Yes (as above, by freeing up their time)

Avoidable admissions to hospital Not specifically

Avoidable admissions to hospital due to falls Not specifically

*As above, we provide outdoor activities encouraging both healthy lifestyles and healthy eating.

(ie Does the project addresses the reasons why people are admitted to hospital eg providing opportunities for healthy eating/exercise etc)

11. How well have older people and their carers been/will be involved in the project?

Through the nature of our work we liaise closely with charities who work with older people and their carers. The food grown on the plot through this project will feed into our community café which is held in Salisbury and is a place for people to come and share meals and make friends; typically older people and their carers attend our café. The project itself is possibly not best placed to work specifically with older people (though we are very open to that) but will enable us to continue to create healthy meals at the café where we welcome older people and carers.

12. How accessible is the project for all? (Disabled access, low income, vulnerable, socially isolated etc)

It is entirely accessible to all people with varying needs. All of our activities are completely inclusive and we encourage all people referred to us with these differing needs (and from different referral sources) to join together in these mixed activities and celebrate this. The garden has some disabled access which we have as accessible as reasonably possible. Some of our people have limited mobility but will still be able to access the garden where they have a place to sit and rest as needed.

13. How well will the project safeguard the welfare of vulnerable people?

We have a safe-guarding policy which we will actively use and comply with at all times.

14. How will you monitor and evaluate the project?

We will use 'jelly baby trees' to measure immediate feelings of individuals in terms of how they feel about participating in the activities.
We will use a confidence and independence scale measure for each individual at each session to measure distance travelled in this respect for each person
We will record hours of activity and attendance
We will record additional volunteer hours
We will estimate kgs of food grown
We will take photographs and videos of activity (with permission)
We will aim to follow up with case studies and stories.