

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant: **WELLSPRING WARMINSTER**

GRANT APPLICATION FOR A NEW VOLUNTARY COMMUNITY INITIATIVE of £3,284.58

Name	Bob Morgan
Organisation	Wellspring
Address	9 Sambourne Gardens
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2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	x
Over £5000 (please note – our grants will not normally exceed £5000)	

3. Are you applying on behalf of a Parish Council?

Yes	
No	x

4. Project title?

Wellspring

5. Project summary: (100 words maximum)

A new community outreach day group run by volunteers one day a week. Support adults feeling marginalised, have wellbeing issues such as loneliness, anxiety, depression, stress. Those suffering unplanned life changes such as unemployment, bereavement, family breakdown, illness in the family. Causing marginalisation in society lack of fulfilment and companionship.

To enable the maintenance and promotion of cognitive and social skills by providing a safe environment for large and small group activities.

To help those who have difficulty with literacy and numeracy skills and promote a “can do” philosophy through applying life skills.

6. Which Area Board are you applying to?

Warminster Health and wellbeing

7.

What is the Post Code of the place where your project is taking place?

BA12 9AD

8 Please tell us which themes best describe your project:

<p>Intergenerational project for vulnerable adults in Warminster and surrounding villages</p>	<p>All adults over 18 who can function independently and make sensible decisions in their best interest will be welcome irrelevant of: age, gender, physical ability or mental ability. Our inclusive ethos is designed to promote a “can do” philosophy in all users.</p>
<p>Older People Support/Activities</p>	<p>Several volunteers are over 70 and most are retired. This project is giving them a sense of purpose and self-worth. We shall use their skills in small group table activities and provide a runner to fetch and carry etc. Some elderly residents have registered an interest in attending to combat their isolation and boredom.</p>
<p>Carers Support/Activities</p>	<p>We are targeting this group of people as volunteers and users through other organisations e.g. Dorothy House, Salisbury Hospice, MS Centre, Carers Champion and others.</p>
<p>Promoting physical and mental wellbeing for all adults.</p>	<p>Activities will include differentiated exercise and relaxation, a flexible range of art and crafts, discussion on themed holistic wellbeing topics, creative writing. Functional skills in literacy numeracy; and food preparation, nutrition with food hygiene. Creative writing.</p>
<p>Combating social isolation We are providing for a group of adults who by their nature become marginalised and invisible by default.</p>	<p>We are providing a safe, warm, friendly environment, conveniently located to bus stops and car parks. Volunteers will befriend users, promoting self-esteem and self-confidence in formal and informal group situations, promoting new relationships, crossing social barriers will be encouraged. Disabled access and disabled parking are available</p>
<p>Promoting cohesive/resilient communities Arts, crafts and culture</p>	<p>We will enrich lifestyles by enabling opportunities and supporting individual skills development. We aim to build confidence by sharing those skills with others. We hope users will become volunteers with Wellspring or elsewhere; or move into some kind of appropriate employment.</p>
<p>Inclusion, diversity and community spirit</p>	<p>We provide a non-judgmental, supportive forum using “can do” communication techniques. Enabling individuals to experience a problem solving approach to a range of creative tasks which can be transferred and used in other life situations. Actively promoting resilience by encouraging each other and building each other up.</p>
<p>OTHER Transition preparation</p>	<p>We are targeting carers, the bereaved, families using hospice provision and those living alone including those in sheltered accommodation. Stay at home parents, the unemployed looking for personal development and a work placement environment.</p>

	We are helping people adjust to life changing scenarios and enabling them to move on in situations which are out of their control. Empowering them to feel that life is still good and they can still be productive.
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10. About your project

Please tell us about your project (a strong application will address all of the following):

How does your project support local needs and priorities?

The Wellspring management group have tracked the targets in Warminster Town Councils Community Plan 2016, we have matched our Wellspring aims where appropriate with the aims and objectives of the community plan. Our main aims coincide on many levels.

They include:-

- Social inclusion, holistic wellbeing, enrichment and enablement promoting empowerment, enabling a can do philosophy. Encouraging self-help and supporting others to achieve their goals.
- Mobility and exercise, maintaining and promoting mental acuity, promoting problem solving skills through design and make activities.
- Additionally preparing for transition through life's phases.

This section will find strength from being linked to the previous section's analysis. We believe we meet Warminster and its surrounding villages targeted needs and priorities very strongly.

How many older people/carers do you expect to benefit from your project?

We anticipate being able to support up to 30 or 35 people. Of these we predict 2/3 or more will be within these two categories. We are finding that most of our volunteers are within these 2 categories.

How will you encourage volunteering and community involvement?

This is fundamental to our whole ethos and style of delivery. All staffing will be voluntary. Leaflets are circulated through other agencies and churches and posters are put up in appropriate places. A newspaper article should have been published in the Warminster Journal by the time you consider this application.

How will you ensure your project is accessible to everyone (for example: people living with a disability or on low incomes, or vulnerable, or socially isolated etc.)?

Disabled access is enabled by the building with all facilities on the ground floor and doors wide enough for wheel chairs.

Those unable to pay will not be expected to, we are estimating 10 people a week will be within this bracket. Fund raising will need to be done to enable this policy to be implemented and maintained.

Those who can pay will be charged:

- Costs for drink and cake will be minimal £1.00 for the day
- Cost for lunch will be £1.50

How will you work with other community partners?

Initially we have worked through the Carers Champion Bernice Robbins, The Avenue GP surgery, WCC Community Involvement Manager Jacqui Abbot and Churches Together. Inspiration for some of

our activities for this group came from Dorothy House COPE course. Two way communication is by email, the Carers Champion, and talks to groups.

In the near future we will set up links with other tertiary providers such as Bath and Salisbury hospices, MS centre, Alzheimer's Support, Warminster Town Council. Visiting speakers are planned.

11. Safeguarding

Please tell us about how you will protect and safeguard vulnerable people in your project (You must address all of the following):

- Please provide evidence of your commitment to safeguarding and promoting the welfare of older/vulnerable people and their carers.
- How do you make sure staff and volunteers understand their safeguarding responsibilities?
- Who in your organisation is ultimately responsible for safeguarding?

Safeguarding Responsibilities and Training

- Ultimate responsibility lies with **Mrs Ruth Brooks-Martin**. She has a history as a Health Visitor and works with early year's education, co-ordinating provision in this area of the county. She is qualified to deliver safeguarding training up to and including level 3 and as such many of our volunteers are already trained. She is responsible for our Safeguarding policy and our vulnerable adults policy.
- One of the management team **Helen Morgan** is trained to level 3 Safeguarding.
- One of the management team **Bob Morgan** is trained to level 2 Safeguarding and has attended a Fire Awareness Training course.
- All four of the management team have attended Dementia Friendly training courses.

- Two of the management team. **Jane Brake and Bernice Robbins** have booked level 2 Safeguarding training in November
- All four of the management team are booked into an Emergency First Aid at Work (EFAAW) course at the beginning of September.

Grant funding is needed for volunteers who are experiencing a poverty scenario.

- Other volunteers need to be trained to level 1 or 2 Safeguarding, and in EFAAW. Ensuring there will always be appropriately qualified people on duty.
- Four people need to be trained in the Food Hygiene Handlers course.

All volunteers will have up to date police checks. **Bob and Helen Morgan** already have these as do some of the volunteers.

The welfare of volunteers and service users are equally important as both categories may have a degree of vulnerability. A zero tolerance policy for bad behaviour will operate. Anti-social behaviour will be actively discouraged.

12. Monitoring your project.

How will you know if your project has been successful? *required field

- By numbers of volunteers and users.
- Numbers finding their peace and no longer needing provision.
- Progression of social, physical and cognitive skills in volunteers and users.

- The way volunteers and users create opportunities for themselves, problem solve, and transition onto their next challenge.
- Verbal and non-verbal indicators are equally important as people will have differing comfort zones. A willingness to be encouraged and fully involved in activities.
- Levels of formal and informal communication 1:1 and in groups.
- 3 training days spread throughout the year will be used to review delivery and plan improvements.

13. If your project will continue after the Wiltshire Council funding runs out, how will you continue to fund it?

Our main issue is enabling those wanting to be involved as volunteers or users, who cannot afford to pay their way, will continue to have access through subsidy. The 3 areas of concern are:-

- Room rental.
Matched funding for rent provided by Warminster Baptist Church will reduce the amount of fundraising needed. When full numbers are using the service the shortfall will be created by those who cannot pay.
- Ongoing long term costs for staff training will continue as qualifications need renewing and new volunteers join us. Fund raising will have to take place to meet costs. We will continue to expect those who can self-fund to do so.
- Consumables for those unable to pay will be subsidised, this includes food and craft resources.

15. Finance:

We are a small community group and do not have annual accounts as this is our first year: We have an appointed treasurer with experience of this duty **Bob Morgan** and accounts will be independently audited and available for your inspection.

15b Project Finance -Requested grant covers the following necessary items

Items needed	Itemised list	Cost breakdown	Total cost
Room rental is being match funded by the church, making rent £5 per hour, this includes use of kitchen, and main hall plus space to store resources.	User access time = 3 ½ hours per week in the first phase. Set up and clean up time ½ hour before and after people arrive. Total 4 ½ hours weekly.	£22.00 per week	
Weeks per year	Delivery during school term times in the first instance will be over 37 weeks a year	37 weeks x £22	£814.00
Training during the initial month of September subsidised by the church. and 3 annual training days.	4 Wednesdays in September, subsidised by the Baptist Church. 3 Wednesdays throughout the year	£0.00 £66.00	 £66.00

Supporting the poor and needy. Estimate for 10 people weekly	Food costs £2.00 per person. Craft consumables, eg wood, fabric, paint costs £1.00 per person	£2.00 x 10 £1.00 x 10 = £30.00 x 37 weeks	£1,110.00
4 heavy duty PVC plastic table cloths 2.5 meters length <i>(food hygiene need as craft tables will be used to eat at)</i>	10 meter roll of fabric = £ 65	£65.00	£65.00
Reusable functional skills text books literacy and numeracy level 1 and 2 <i>(to support the unemployed)</i>	Maths levels 1 x 3 Maths level 2 x 3 = 6 books at £6 each Literacy level 1 x 3 Literacy level 2 X 3 = 6 books at £6 each Delivery estimate	£36.00 £36.00 £5.00	£77.00
Exercise books Squared Lined	1 pack of 20 1 pack of 20	£10.95 £10.95	£21.90
6 x PVC heavy duty aprons 3 for kitchen use <i>(catering work experience)</i> 3 for craft use	£10.78 X 6 Delivery estimate	£64.68 £5.00	£69.68
Service and PAT test donated embroidery sewing machine	Estimated cost	£150.00	£150.00
Qualification and training <i>(the cost of these courses is specifically targeted for those on low incomes who are unable to fund their own training).</i>	3 x level 3 safeguarding £125.00 per person 6 x level 2 safeguarding on line £40.00 per person 3 x emergency first aid at work £72.00 per person 4 X food hygiene handlers on line training £20.00 per person	£375.00 £240.00 £216.00 £80.00	£911.00
TOTAL GRANT NEEDED			£3,284.58

16. Have you or do you intend to apply for a grant for this project from another area board within this financial year? *required field

No

17. Please list which area boards you are intending to apply, including this one (You can apply to a maximum of 3 Area Boards for the same project in a financial year) *required field, if Yes to Q11.

Warminster Area Board only.

18. DECLARATION

Supporting information - Please confirm that the following documents will be available to inspect upon request (You DO NOT need to send these documents to us):

Quotes:

I will make available on request 1 quote for individual project costs over £500 & 2 quotes for project costs over £1000 (Individual project costs are listed in the expenditure section above) [We can](#)

present you with a list of web sites if you desire, it took hours to find the cheapest options from a great range of web sites.

Accounts:

I will make available on request the organisation's **latest accounts** once we have any.

Constitution:

I will make available on request the organisation's Constitution/Terms of Reference etc.

Policies and procedures:

I will make available on request the necessary and relevant policies and procedures such as Safeguarding Adults, Public Liability Insurance, Access audit, Health & Safety and Environmental assessments.

Other supporting information (Tick where appropriate, for some project these will not be applicable):

I will make available on request any other form of licence or approval for this project has been received prior to submission of this grant application.

And finally...

I confirm that the information on this form is correct, any award received will be spent on the activities specified. **Accounts being readily available on request and visits from your Board to see the work in progress will always be welcome.**