

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	Nick Self, Project Officer
Organisation	Wiltshire Wildlife Trust
Address	Elm Tree Court, Long Street, Devizes SN10 1NJ
Phone number	01380 829051 or 01380 7336 098
Email address	nicks@wiltshirewildlife.org

2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	£2,000
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. If yes, please state why this project cannot be funded from the Parish Precept?

5. Project title?

6. Project summary: (100 words maximum)

The 'Wellbeing – Therapy Through Nature' programme (eight week pilot) will improve the wellbeing of people experiencing mental health issues by providing nature-based activities. The pilot project will aim to give participants the skills they need to improve and manage their own mental wellbeing beyond the eight weeks. This short programme is modelled on the Adult Wellbeing Programme which the Trust has been running since 2008 and will run in a community area where the local people have been unable to access and benefit from the existing programme.

7. Which Area Board are you applying to?

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

SP9

9. Please tell us which themes best describe your project:

<input type="checkbox"/> Intergenerational projects	<input type="checkbox"/> Heritage, history and architecture
<input type="checkbox"/> Older People Support/Activities	<input checked="" type="checkbox"/> Inclusion, diversity and community spirit
<input type="checkbox"/> Carers Support/Activities	<input checked="" type="checkbox"/> Environment, recycling and green initiatives
<input checked="" type="checkbox"/> Promoting physical and mental wellbeing	<input type="checkbox"/> Sport, play and recreation
<input checked="" type="checkbox"/> Combating social isolation	<input type="checkbox"/> Transport
<input checked="" type="checkbox"/> Promoting cohesive/resilient communities	<input type="checkbox"/> Technology & Digital literacy
<input checked="" type="checkbox"/> Arts, crafts and culture	<input checked="" type="checkbox"/> Other
<input type="checkbox"/> Safer communities	

If Other (please specify)

Nature conservation

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 last few years has seen a greater awareness of mental health issues and a push to improve people's wellbeing – both mental and physical.

Wiltshire Wildlife Trust's Adult Wellbeing Programme has been running in Wiltshire since 2008, with geographical areas that have covered the north and the south of the county. Tidworth has been a difficult area to cater for as it falls between the two regions; historically we have received few referrals from this area as local people may not have been able to get to the pick-up points for the different groups.

This tailor-made programme, will be based in Tidworth, for the people of Tidworth, working together in a small group, on local sites that will benefit them and the local community.

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

The group will consist of up to 12 adult participants, and is aimed at those who are experiencing mental health issues (like depression, anxiety, stress, low mood). The programme will be open to adults and there is no upper age limit. Carers are welcome to come along to the group to support the person they are caring for. The programme will not only benefit those taking part, but is likely to indirectly also benefit the participants' family, friends and other members of the wider community.

How will you encourage volunteering and community involvement?

The pilot programme will give participants a taste of what can be achieved by getting involved in a local group and will be encourage to continue engaging with this type of work beyond the initial eight weeks. We will work with the community engagement manager to identify and promote suitable opportunities for onward volunteering and community involvement.

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.)?

The programme will be open to everyone over 18 who is experiencing mental health difficulties. People living with disabilities are welcome to take part and will be considered on a case-by-case basis. There will be no charge to the participant so all sectors of the community can benefit regardless of income. Participants will come together as a group to build relationships, form friendships and help reduce social isolation.

How will you work with other community partners?

We will work closely with the local GP practice and organisations managing the local sites where activities will be based.

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?

Wiltshire Wildlife Trust has a safeguarding policy which can be emailed to you if you need to review this. The two members of staff responsible for safeguarding issues are Derek Gard and Debbie Chambers. All staff receive safeguarding training within a few months of starting their employment with the Trust.

12. Monitoring your project.

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

We will use the Warwick Edinburgh Mental Well-Being questionnaire to assess participants' wellbeing at the start, during and on completion of the programme. In addition, we will encourage feedback from each participant after each session to gauge how they feel about the work they are doing. Participants will be contacted again 3 and 6 months after completion of the programme to assess their ongoing wellbeing and what impact the programme has had.

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

This is an eight week pilot providing support to the local people of Tidworth who have been unable to access and benefit from the existing Adult Wellbeing Programme. The pilot will also enable us to assess the value of a short term wellbeing programme run in a community area. If the pilot proves to be successful we will seek funding from alternative sources such as Public Health and the CCG to continue to run eight week programmes.

14. If this application forms part of a larger project (eg. building of new village hall), please state what this project is and approximately how much the overall project will cost

15. Finance:

15a. Your Organisation's Finance:

Your latest accounts:

Month Year

Total Income:

£

Yes

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.

Tidworth

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)

Project/Business Plan:

- For projects over £50,000: I will make available on request a **project or business plan** (including estimates) for projects where the **total project cost** (as declared in the financial section above) exceeds £50,000 (tick only when total project cost exceeds £50,000).

Accounts:

- I will make available on request the organisation's **latest accounts**

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 Child Protection, 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 evidence of ownership of buildings/land
- I will make available on request the relevant planning permission for the project.
- 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.