

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

| | |
|---------------|----------------------------------|
| Name | Olivia McLennan |
| Organisation | Music for Wellbeing CIC |
| Address | 5 Shaston Court, Wilton, SP2 0AF |
| Phone number | 01722 741025/07446 902118 |
| Email address | livmclennan@yahoo.com |

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. If yes, please state why this project cannot be funded from the Parish Precept?

5. Project title?

6. Project summary: (100 words maximum)

The project will pilot 2 short-term projects for people in 2 communities who are living with long-term conditions such as dementia, Parkinson's, post-stroke and frailty, including carers. However, the sessions would also be open to the wider community as the project's aim is to promote community cohesion, reduce isolation as well as encouraging people to move more. The project will work with Downton Good Companions group and Laverstock Memory Group.

The circle dance sessions will provide a safe, accessible space for people to learn and create dance and music together, thus increasing social contact, physical activity, emotional wellbeing and creativity.

7. Which Area Board are you applying to?

Southern Area Board

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

SP5 3PS and SP1 2SR

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

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

If Other (please specify)

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?

Full Circle is a project that would use inclusive circle dance (suitable for people with dementia and other neurological conditions, people who are frail and their carers and supporters) and other musical activities to promote creative movement, physical activity, and social interaction. The project would be led and managed by Music for Wellbeing CIC but work in partnership with Downton Good Companions Club and Laverstock Memory Group to set up two pilot projects across Southern Wiltshire. The main target group would be people with dementia and their carers, but the sessions would be open to the wider community and to others with longer-term and/or neurological health conditions. Due to the timings of the sessions, it is expected that the main demographic would be people over 60.

The sessions will be facilitated by Olivia McLennan, who is an experienced community musician and circle dance practitioner and trainer, and take place at Riverbourne Farm and Downton Memorial Hall. The project with Downton Good Companions will take place over 4 monthly sessions at the club and the project with Laverstock Memory Group will take place over 5 weekly sessions at Riverbourne Farm.

A Bupa report (Keep Dancing, 2011) highlighted the fact that older people do not get enough exercise: only 20% of men and 17% of women aged 65-74 reach recommended activity levels per week and for over 75s, only 9% of men and 6% of women reach the recommended weekly activity levels. The report highlights that regular exercise and physical activity by older people

reduces the occurrence of a number of chronic conditions including cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis. Indeed in Wiltshire itself, only 25% of all adults reach 3x 30 minutes of physical activity a week, with Southern Wiltshire slightly over the county average with 27% of people achieving it. The project will support older people to enhance their weekly physical activity, and encourage them to continue it beyond the project by signposting to other opportunities or extending the project with the securing of additional funds.

With dementia being a priority for the Southern Wiltshire board, and communities being encouraged to set up their own projects for people with dementia, Full Circle would support this initiative and promote dementia awareness as well as creative physical activity. There are limited musical opportunities for people with dementia around Salisbury, with Singing for the Brain available, but inclusive, combined music and dance participatory sessions for older people (and people with long-term neurological and physical conditions) is not readily available in these localities.

As mentioned previously, the project will also welcome carers, as circle dance and the other musical activities are suitable for all ages and abilities, and completely inclusive. We know that only 30.9% of carers in Wiltshire have as much social contact as they would like, so this project is also a way of addressing this issue in a non-threatening, supportive way. Indeed, although 78.3% of people in the Southern Wiltshire area report as having as much social contact as they would like, it is still lower than the county average, and the map of loneliness cited in the 2016 JSA for older people suggests people in the Downton area are at higher risk of loneliness. With 40% of the population in Downton over 60 (Downton Neighbourhood Plan 2016-2026), the Full Circle project could help to address social isolation of that age group.

The Start Active, Stay Active report (2011) stated that 'local communities can have a strong influence on people's behaviour...[and] investments in community-level programmes...can help to influence social norms around health and activity.' If the local community are aware of Full Circle and the benefits that dance and music can bring to people, there is a chance that this could have an influence on the wider community as well as the target demographic.

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

I am expecting to be able to work regularly with 20-30 people in Downton at the Good Companions Club and 5-10 people with dementia plus 5 – 10 carers in Laverstock.

How will you encourage volunteering and community involvement?

There are a small number of volunteers who supported the last project who were connected to people attending the dancing, so I would encourage them to be part of these two projects to support the smooth running of the sessions. In addition, I have already been contacted by someone who is keen to volunteer with future projects who is an experienced circle dancer and I would look to explore whether they would be suitable for volunteering on the projects.

I would also write for local newsletters and websites promoting community involvement and display posters and leaflets locally.

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.)?

There will be no charge for people to attend (however donations could be taken if people feel able to contribute) so there will be no financial expectation on people who would like to attend the project. The venues that are being used for the projects already work with disabled people and are fully accessible. I will promote the projects as widely as I can within the areas they are taking place, and work with local clubs, societies and businesses in the villages to raise awareness.

There is parking at the venues and there are buses that travel to the venues, so people are able to access them by public transport as well as private cars.

In terms of the project content, every dance, music and movement activity is adapted for both standing and seated use and the facilitator is experienced and skilled in delivering accessible and inclusive projects.

How will you work with other community partners?

I have already made connections with the two organisations that are supporting the projects and will be fostering closer links with them over the coming months. I will also explore further networking with other community organisations in the local areas (such as churches, venues, and other relevant organisations for older people and people with dementia and other neurological conditions).

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?

Music for Wellbeing has Safeguarding Adults at Risk and Health and Safety policies and the project will fully comply with them. We will also work with the other project partners to create a shared understanding of responsibility with regards to participant and volunteer safety. The activities and venues will be risk-assessed at the beginning of the projects and reviewed before each session thus enabling a safe environment for them to take place in.

Any person who is volunteering on the project will receive verbal and written guidance on safeguarding responsibilities and procedures before the project, plus given ongoing support during the project.

The facilitator has a recent enhanced DBS check. Chris Cook is the person ultimately responsible for safeguarding at Music for Wellbeing.

12. Monitoring your project.

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

The project will collect feedback from participants in the form of questionnaires at the end of the project and opportunities for regular verbal and other creative feedback (such as writing postcards, creative feedback circle and physical gesture) to measure three anticipated outcomes:

- Participants will experience a greater social connectedness with others in their community through taking part in regular structured sessions.
- Participants will increase their regular physical activity as a result of attending the project
- Participants will experience greater enjoyment of physical activity as a result of attending the project

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

This is intended to be a pilot project to test 2 different models, so we do not know at this stage whether there will be a need for further funding.

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

N/A

15. Finance:

15a. Your Organisation's Finance: We do not have any records presently as we are a new CIC and it is our first year of operation.

Your latest accounts:

Month Year

Total Income:

£ 0

Total Expenditure:

£

Surplus/Deficit for the year:

£ N/A

Free reserves currently held:

(money not committed to other projects/operating costs)

£ 0

Why can't you fund this project from your reserves:

We are new Community Interest Company and it is our first year

15b. Project Finance:

Total Project cost £1507.01

Total required from Area Board £1407.01

Expenditure £1407.01 Income £ Tick if income confirmed

NB. If your organisation reclaims

VAT you should exclude VAT from the expenditure (Planned Income [help](#))

(Planned project costs [help](#))

| | | | |
|------------------|-----|-----------------|-----|
| Facilitator Fees | 675 | In kind support | 100 |
| | | (eg participant | |

| | | recruitment, refreshments, venue) | | |
|-------------------------------------|----------------------|---|----------------------|--------------------------|
| Travel | 62.01 | <input type="text"/> | <input type="text"/> | <input type="checkbox"/> |
| Venue hire (Riverbourne Farm) | 100 | <input type="text"/> | <input type="text"/> | <input type="checkbox"/> |
| Promotional materials | 20 | <input type="text"/> | <input type="text"/> | <input type="checkbox"/> |
| Refreshments | 10 | <input type="text"/> | <input type="text"/> | <input type="checkbox"/> |
| Planning & Management | 200 | <input type="text"/> | <input type="text"/> | <input type="checkbox"/> |
| Evaluation/Report | 200 | <input type="text"/> | <input type="text"/> | <input type="checkbox"/> |
| Management fee | 140 | <input type="text"/> | <input type="text"/> | <input type="checkbox"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="checkbox"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="checkbox"/> |
| Total | 1407.01 | Total | 100 | |

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

- 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.

Unknown at this stage, but if the projects are successful, I would look to apply to other area boards to roll out more projects across Wiltshire. However, this wouldn't be until the 2017/18 financial year.

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.