

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	Laura Drysdale
Organisation	The Restoration Trust
Address	Merchants Place, Church Street, Cromer NR27 9ES
Phone number	07740 844883
Email address	laura@restorationtrust.org.uk

2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	£1919
Over £5000 (please note – our grants will not normally exceed £5000)	

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

Yes	
No	No

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

--

5. Project title?

Human Henge Avebury

6. Project summary: (100 words maximum)

<p>Recruitment, travel, refreshments, wellbeing focus groups, media training, archaeological expertise and a celebration booklet and display panel to enable participants from Marlborough and Devizes areas to benefit from archaeology and wellbeing sessions at Avebury.</p> <p>Over 10 weekly sessions a group of 16 local people (up to 8 from Marlborough area) who are marginalised by mental illness and rural social isolation walk Avebury's ancient landscape with support workers, archaeologists and musicians, to increase mental and physical wellbeing.</p> <p>Participants will create an exhibition blog and contribute to a conference on archaeology and wellbeing. The display panel will be part of exhibitions in local libraries and elsewhere. Research into the project's</p>

impact on their health and wellbeing is carried out by Bournemouth University. This project develops a pilot archaeology and wellbeing Human Henge programme at Stonehenge, benefitting more local people.

7. Which Area Board are you applying to?

Marlborough

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

SN8 1RF

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

<input type="checkbox"/> Intergenerational projects <input type="checkbox"/> Older People Support/Activities <input type="checkbox"/> Carers Support/Activities x Promoting physical and mental wellbeing x Combating social isolation x Promoting cohesive/resilient communities x Arts, crafts and culture <input type="checkbox"/> Safer communities	x Heritage, history and architecture x Inclusion, diversity and community spirit <input type="checkbox"/> Environment, recycling and green initiatives <input type="checkbox"/> 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?

Human Henge Avebury includes very excluded people in the local heritage and creative community. In terms of the 5 Ways to Wellbeing they CONNECT with the past and make friends reducing isolation and strengthening resilience. They KEEP LEARNING acquiring transferable skills and knowledge. People are ACTIVE walking weekly whatever the weather. They TAKE NOTICE developing curiosity and imagination in a demanding but safe way. People GIVE by joining the Project Board, blogging, giving presentations and creating a display for local libraries.

Our application meets the following Marlborough Area Priorities in particular:

Health and Wellbeing

Mental Health: the project is targeted at people living in Marlborough and Devizes areas who have complex mental health problems for which they are supported by Richmond Fellowship mental health community and inclusion service commissioned by Wiltshire County Council.

Physical fitness: participants walk in the Avebury landscape for up to 3 hours at each session, extending their fitness every week of participation over 10 weeks.

Healthy Lifestyles: Human Henge Avebury encourages participants to engage in activities that benefit their health and wellbeing.

Culture

Diversity and social inclusion: participants are among the most excluded and deprived people in the local area, due to poor mental health and low income. The project will be promoted to the relevant Community Mental Health Teams (North East Wiltshire and West Wiltshire teams)

Affordable access to cultural activities: all activities are free to participants, including transport which is a significant issue for people living in the rural area covered by Marlborough Area Board. Richmond Fellowship will offer minibus transport from Marlborough/Pewsey area, and from Devizes via Calne.

Car drivers are reimbursed for the cost of their mileage, and bus/train fares are reimbursed.

Refreshments are also provided.

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

Based on experience of Human Henge at Stonehenge, we anticipate that 2 people from the Marlborough Area will be over 65, and 3 people will have caring responsibilities.

How will you encourage volunteering and community involvement?

The National Trust Volunteer Manager will meet participants at the first session of Human Henge Avebury, and the opportunity to volunteer with the National Trust will be explored at that session and will be integral to the offer to participants.

Other volunteer opportunities offered to participants, which have been taken up by participants on our previous project at Stonehenge, include joining the Human Henge project board, attending and contributing to our final Human Henge conference on Archaeology and Wellbeing at Bournemouth University, blogging on the Human Henge and other websites such as Wiltshire Arts blogsite, representing Human Henge Avebury at external learning events including those at local libraries and archaeology festivals, speaking to the media on behalf of the group.

The group will include at least 2 volunteers to support people participating in the project. These volunteers will be recruited from Richmond Fellowship, Bournemouth University and the National Trust.

Volunteers are managed by their recruiting organisation (i.e. those listed above), and this is expressed through a Volunteer Role Description and a Human Henge Volunteer Policy which has been agreed by the Human Henge Project Board.

Human Henge Avebury sessions are designed to engage participants with the magnificent landscape of the Stonehenge and Avebury World Heritage Site and the services provided there by the National Trust and English Heritage, so that they feel more connected to their own community and its extraordinary assets.

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.)?

Human Henge Avebury is designed to be accessible to people living with a disability on low income, who are likely to be vulnerable by virtue of their mental health problems and are socially isolated. Therefore we do all we can to overcome barriers to engaging with the heritage and creative activities offered by the project.

We provide transport, refreshments, safe spaces, expert facilitation, mental health support workers (Richmond Fellowship), and mental health first training for staff, consultants and volunteers. The overseeing Human Henge Project Board includes Dr Toby Sutcliffe, Medical Director Avon and Wiltshire Mental Health NHS Partnership Trust (AWP), a member of the AWP service user community, a Human Henge member who is a mental health service user, and Dr Vanessa Heaslip, a qualified nurse who is also our health and mental health researcher from Bournemouth University.

All participants who want to have a carer with them are encouraged to do so, and participants may themselves have caring responsibilities.

Physical health and mobility issues are reviewed on recruitment. All participants need to be able to walk a certain distance unaided.

People with learning disabilities are eligible if they have mental health problems, live in the catchment area and have capacity.

How will you work with other community partners?

Our project is a partnership between the Restoration Trust (project management, facilitation, creative facilitator, evaluation, communications), Richmond Fellowship (participant engagement and support), the National Trust (access to all the resources at Avebury and expertise), Bournemouth University (archaeological expertise, health and wellbeing research). This partnership is managed through a Memorandum of Understanding signed by all parties, and operates within the Human Henge Project Board which is chaired by Dr Sara Lunt, a trustee of the Restoration Trust.

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?

Our commitment to safeguarding is stated in our Safeguarding Vulnerable Adults and Safeguarding Children and Young People policies. These are available on request and are provided to all contracted staff and volunteers. We also have an active

The mission of the Restoration Trust is explicitly to support people who are marginalised by poor mental health problems to engage with heritage, arts and culture. We call this culture therapy. Our participants are adults 18 and over, include older people, vulnerable people and carers.

Mental Health First Aid training is provided as part of this project, for all staff, consultants and volunteers who work with participants, and this covers safeguarding and reporting concerns.

All staff and volunteers must have enhanced DBS clearance which must be evidenced to the Director of the Restoration Trust.

Any incident raised by participants, staff or volunteers is raised as a Record Of Concern, which uses a standard form. The record includes the requirement to pursue identified actions in a timely way.

The Director is ultimately responsible for safeguarding, and reports all safeguarding matters to the Board of Trustees, and between meetings to the Chair.

In terms of Human Henge Avebury, all participants are Richmond Fellowship clients and are therefore covered by the Richmond Fellowship's safeguarding policies and practices, which are part of the responsibility of their contract with Wiltshire County Council to deliver community and inclusion services to people with mental health problems in Wiltshire.

All our partner organisations' have safeguarding policies and procedures which have met our due diligence standards.

12. Monitoring your project.

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

Evaluation of health and wellbeing benefits includes baseline demographic and subjective wellbeing assessment, semi-structured interviews, Short Warwick Edinburgh Mental Wellbeing Survey, focus groups, staff feedback session, registers, coordinators notes.

Research evaluation will be carried out by Prof. Tim Darvill and Dr Vanessa Heaslip, Bournemouth University. Register and notes will be carried out by Coordinator Yvette Staelens. Critical friend evaluation role will be carried out by Jane Willis, Willis Newson Ltd.

Human Henge Wellbeing Research First Report by Bournemouth University June 2017 addressed the question: *Does a creative exploration of historic landscape achieve sustained measurable mental health and wellbeing outcomes for people with mental health conditions?* Evidence indicates that for the majority of participants there was a positive

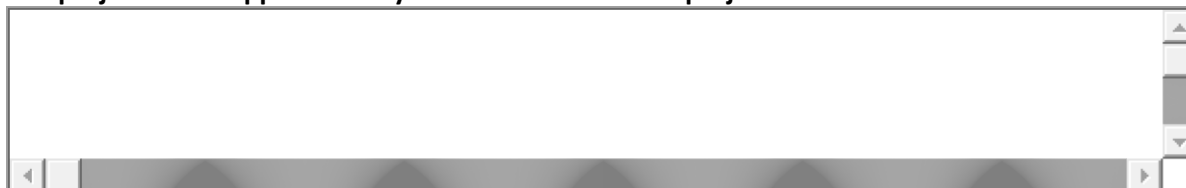
impact upon their mental health and wellbeing which they attribute to the programme and associated activities. This was through *being human, feeling special* and *overcoming personal challenges*.

The report recommends exploring whether the findings would be similar if the programme of visits and experiences was set in a different historic landscape. That issue is addressed by the research programme with Human Henge Avebury.

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

After the project ends we will be seeking funds from grants from research councils, income generation and donors to develop projects in the World Heritage Site and elsewhere.

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 March Year 2017 (year end)

Total Income:

£ 45711

Total Expenditure:

£ 70283

Surplus/Deficit for the year:

£ 24572 deficit. Please note that this sum was covered by income 2015/16 from grants paid in advance.

Free reserves currently held:

(money not committed to other projects/operating costs)

£ 5298

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

Our reserves policy is to accrue sufficient reserves for at least 1 but not more than 3 months activity. The majority of our income is restricted project funding and is not available for other purposes.

15b. Project Finance:

Total Project cost £33040

Total required from Area Board £1919

Expenditure £ **Income** £

Itemised expenditure	£	Itemised income	£
Chair, Project Board, cost of attending meetings and events. £75 per day for 2 days	150	Heritage Lottery Fund	150
Project Manager, 5 days @ £200 per day plus expenses estimated at £50 per day	1250	Heritage Lottery Fund	1250
Coordinator 15 days at £175 per day + expenses £50 per day	3375	Heritage Lottery Fund	3375
2 National Trust archaeologists at £250 per day per archaeologist for 3 days fte	750	Heritage Lottery Fund	750
Creative facilitator (to be appointed) £200 per day for 2 half days, expenses estimated at £50 per day, i.e. £100 shared with Devizes Area Board	150		150
Creative facilitator (to be appointed) £200 per day for 2 half days, expenses estimated at £50 per day, i.e. £100 shared with Marlborough Area Board	150	Devizes Area Board	150
Enrolment/promotional leaflets, print 200 for RF to distribute, EcoColourPrint estimate £120. Shared with Devizes Area Board.	60		
Enrolment/promotional leaflets, print 200 for RF to distribute, EcoColourPrint estimate £120. Shared with Marlborough Area Board.	60	Devizes Area Board	60
Design and print 1 roller banner to coordinate with and enhance existing Human Henge roller banners for exhibition in local libraries and elsewhere. Cost shared with Devizes Area Board	88		

Design and print 1 roller banner to coordinate with and enhance existing Human Henge roller banners for exhibition in local libraries and elsewhere. Cost shared with Marlborough Area Board	88	Devizes Area Board	88
Critical friend consultancy Willis Newson 2 days @ £250 per day plus expenses £50 per day plus VAT	720	Heritage Lottery Fund	720
Reflective practice session for staff facilitated by Dr Heaslip 1 day at £350 + £50 expenses per day	400	Heritage Lottery Fund	400
3 participants focus groups facilitated by Dr Heaslip 1.5 days @ £350 per day fte + £150 expenses shared with Devizes Area Board/Marlborough Area Board	225	Heritage Lottery Fund	225
3 participants focus groups facilitated by Dr Heaslip 1.5 days @ £350 per day fte + £150 expenses shared with Devizes Area Board	225		
3 participants focus groups facilitated by Dr Heaslip 1.5 days @ £350 per day fte + £150 expenses shared with Marlborough Area Board	225	Devizes Area Board	225
1 year post-project focus group facilitated by Dr Heaslip 1 day @ £350 per day + £50 expenses shared with Devizes Area Board	200		
1 year post-project focus group facilitated by Dr Heaslip 1 day @ £350 per day + £50 expenses shared with Marlborough Area Board	200	Devizes Area Board	200
Historic landscapes and wellbeing research by Bournemouth University, 2 days at £350 per day plus VAT	840	Heritage Lottery Fund	840
Participants and carers using own transport to attend orientation session estimated £25 per area	25		

Participants and carers using own transport to attend orientation session estimated £25 per area	25	Devizes Area Board	25
Travel to Avebury for 10 sessions, up to three people using their own transport estimated £22.50 per session per area	225		
Travel to Avebury for 10 sessions, up to three people using their own transport estimated £22.50 per session per area	225	Devizes Area Board	225
Refreshments float of £10 per session for 16 sessions (incl orientation, post project focus group, 4 follow-on sessions for participants from Marlborough Area.	160		
Refreshments float of £10 per session for 16 sessions (incl orientation, post project focus group, 4 follow-on sessions for participants from Devizes Area.	160	Devizes Area Board	160
£10 per participant for materials, for up to 8 participants from Marlborough Area	80		
£10 per participant for materials, for up to 8 participants from Devizes Area	80	Devizes Area Board	80
Travel for participants from Marlborough Area to attend post-project focus groups 1 year post-engagement £25 per head for up to 5 people	125		
Travel for participants from Devizes Area to attend post-project focus groups 1 year post-engagement £25 per head for up to 5 people	125	Devizes Area Board	125
Souvenir booklet hard copy and online publication, 8pp A5 design and print. Cost shared with Devizes Area Board. 100 copies. Quote by EcoColourPrint	133		
Souvenir booklet hard copy and online publication, 8pp A5 design and print. Cost shared with Marlborough Area	133	Devizes Area Board	133

Board. 100 copies. Quote by EcoColourPrint			
Travel for participants to join Historic Landscapes and Wellbeing Conference at Bournemouth University April 2018, £25 each for 5 people from Marlborough Area	125		
Travel for participants to join Historic Landscapes and Wellbeing Conference at Bournemouth University April 2018, £25 each for 5 people from Devizes Area	125	Devizes Area Board	125
3 post-project meetings for up to 20 Human Henge participants @ total of £25 per person	500	Heritage Lottery Fund	500
3 post-project meetings for up to 5 Human Henge participants @ total of £25 per person from Marlborough Area	125		
3 post-project meetings for up to 5 Human Henge participants @ total of £25 per person from Devizes Area	125	Devizes Area Board	125
Prof. Tim Darvill contributing to 2 sessions 1 day fte @ £350 per day + £100 travel shared with Devizes Area Board	225		
Prof. Tim Darvill contributing to 2 sessions 1 day fte @ £350 per day + £100 travel shared with Marlborough Area Board	225	Devizes Area Board	225
Media training for participants to gain skills in talking to the press, quote by TalkAction for up to 8 people from Marlborough Area	123		
Media training for participants to gain skills in talking to the press, quote by TalkAction for up to 8 people from Devizes Area	123	Devizes Area Board	123

Overheads 12.5% of grant, project's share of RT running costs e.g. insurance, rent, stationery, IT support, administration, board expenses	1045	Heritage Lottery Fund	1045
5% to allow for unexpected costs rounded to balance	429	Heritage Lottery Fund	429
Dr Sara Lunt Chair of Project Board contribution by Restoration Trust 2 days at £350 per day	700	Restoration Trust in kind	700
National Trust Archaeology Assistant Avebury planning, promoting, attending sessions 15 days at £350 per day	5250	National Trust in kind	5250
National Trust Ranger leading a session 1 day at £350 per day	350	National Trust in kind	350
Richmond Fellowship Wiltshire Recovery and Inclusion Manager planning, enrolling, participant transport, co-facilitating, supporting volunteers 20 days £350 per day	7000	Richmond Fellowship in kind	7000
Cost of 2 carers supporting participants who otherwise would not be able to attend, 5 days fte £150 per day	750	Participants in kind	750
Travel expenses for 2 volunteers supporting activities, paid by providing organisations £25 per person for 10 sessions	250	Bournemouth University/Richmond Fellowship/National Trust in kind	250
Mental Health First Aid training for partners, staff, consultants, volunteers, provided by Richmond Fellowship	750	Richmond Fellowship in kind	750
Exclusive use of Avebury Education Room for 10 sessions at £150 per session, contribution by National Trust	1500	National Trust in kind	1500
Entry to Alexander Keillor Museum for 20 adults at £4.40 per person	88	National Trust in kind	88
Richmond Fellowship minibus transport for participants to Avebury for 12 sessions (incl orientation, post-project focus group) at £65 per session	780	Richmond Fellowship in kind	780

Publicity and promotion by partner organisations 2 days fte at £350 per day	700	Richmond Fellowship/Restoration Trust/National Trust/Bournemouth University in kind	700
Richmond Fellowship wet and warm weather gear for participants estimated £100 for 4 participants	100	Richmond Fellowship in kind	100
2 Volunteers attending the sessions to support participants @ £50 per session for 10 sessions	1000	Volunteers in kind	1000
Total	33040	Total	31121

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

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.

Devizes

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:

Y 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:

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

Constitution:

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

Policies and procedures:

Y 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...

Y I confirm that the information on this form is correct, any award received will be spent on the activities specified.