

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	Babs Harris
Organisation	Alzheimer's Support
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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. If yes, please state why this project cannot be funded from the Parish Precept?

5. Project title?

6. Project summary: (100 words maximum)

Our Mildenhall community group for people with dementia and their family carers will bring music and movement sessions and a Memory Café to the Marlborough area. The group will take place in the Village Hall and is free and accessible. Attending groups alongside their family carers, participants experience a boost in confidence, mood and self-esteem. We are planning 42 sessions in 2018 and expert staff will be in attendance to offer advice and support – and often just act as a sounding board.

7. Which Area Board are you applying to?

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

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

<input type="checkbox"/> Intergenerational projects	<input type="checkbox"/> Heritage, history and architecture
<input checked="" type="checkbox"/> Older People Support/Activities	<input checked="" type="checkbox"/> Inclusion, diversity and community spirit
<input checked="" type="checkbox"/> Carers Support/Activities	<input type="checkbox"/> Environment, recycling and green initiatives
<input checked="" type="checkbox"/> Promoting physical and mental wellbeing	<input checked="" 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 type="checkbox"/> Other
<input type="checkbox"/> Safer communities	

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?

We want to offer access to dementia specific services within 5 miles of every Wiltshire resident and Mildenhall is geographically ideal to cater for East Wiltshire. The closest group currently is our music group in Lockeridge and an Arts Together group in Marlborough, which welcomes people with dementia. We also offer a monthly carers only group in Marlborough. The new group in Mildenhall will fill a gap both with its location, the inclusive target group and with the activities on offer.

Alzheimer's Support won a tender in 2017 to deliver services to people with dementia in the county. The value of this tender supports our 1-2-1 Home Support and Day Care but does not stretch to finance our community groups. To bring services closer to people is one way of overcoming the notorious transport issues we encounter and to help people out of isolation and loneliness and to (re)connect with their communities.

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

Our existing community groups in other areas attract around 40 people with dementia and their carers every week. Current groups are full to capacity and it is high time we extended our offer - not only the number of groups but also the geographical area in which they take place. Marlborough area residents, who currently travel a long way to attend groups elsewhere and those individuals who are unable to travel, have urged us to create this opportunity for them in their local community. Our annual consultation showed that there is great demand for additional groups, particularly in East Wiltshire. We anticipate in excess of 40 people for this group every week. The benefit of the activities can be felt long after the actual attendance. The increase in confidence and improved mood continues long after and helps both person with dementia and family carer to live better with dementia. Carers stress levels are reduced and their health and wellbeing improves. The positive resonance of participation is felt in the wider context of the individual, their family and their care setting.

How will you encourage volunteering and community involvement?

Our Community Groups attract significant volunteer support, mainly due to the enjoyable activity of singing and mild exercise, but also because of the caring and supportive environment these well run groups offer. The groups are led by a dementia trained instructor and one Alzheimer's Support facilitator, who are supported by 2 - 4 volunteers every week. Volunteers come from all walks of life, but we see a high number of older people taking up this opportunity to improve their social life and to (re)kindle abilities.

Music for the Mind groups and Memory Cafes often invite community musicians to perform and likewise take part in community events. We staged pop-up singing sessions in the past and a demonstration of our movement group at County Hall. It is important to us to show the abilities of people with dementia, the involvement of volunteers and the wider community because it helps us diminish the stigma attached to the disease.

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.)?

All our community groups are free of charge and volunteer drivers and car-pools are available, enabling as many people as possible to access the group. The proposed location is completely physically accessible. The facilities are easy to navigate and offer relevant support for any disabilities.

Songsheets are in large print and staff and volunteers are at hand to help with unforeseen issues.

How will you work with other community partners?

Our services enjoy high regard amongst community partners and referring agencies. The Music and Movement for the Mind projects are recognised as a valuable activity to counteract loneliness and to mobilise community assets.

Local supermarkets (Tesco) and shops (Greggs) donate the refreshments offered at the sessions and the Memory Cafe plus they often engage their staff through volunteering, too.

We have close ties with local schools and encourage intergenerational participation.

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?

As a provider of registered services, we are subject to CQC inspections. In 2017 we were once again graded as GOOD. The responsibility for the health, safety and welfare of our service users lies with the Chief Executive but is observed by all staff and volunteers.

Part of this commitment means that all colleagues are trained to Care Certificate standard. Safeguarding and a profound understanding of person centred care is at the heart of our training and indeed our organisational ethos. Our training and work practices are underpinned by robust safeguarding policies, informed by national standards and disseminated to all staff via our intranet. All our training courses are open to volunteers and many make use of this opportunity.

As a minimum we expect volunteers to become Dementia Friends and be familiar with our policies of care.

12. Monitoring your project.

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

The Community Activities Coordinator maintains weekly spreadsheets for all groups delivered in a number of locations. This activity is reviewed by the senior management team at 6-weekly meetings and in turn by the Board of Trustees and the Finance Sub-committee at their quarterly meetings. Our target is to reach 13 people with dementia often accompanied by their family carer for each group. We regularly exceed this target. In addition we undertake yearly participant surveys where we gather qualitative feedback from carers and people with dementia about their experience and invite suggestions and comments to inform the improvement of our offer. Success for us means a full group delivering a positive experience to attendees week after week and person centred service tailored to their needs.

In early 2017 we invited HealthWatch Wiltshire to undertake a gap analysis of community based activities on our behalf. Their findings informed our strategic plan for the spread and content of the groups.

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

Our income streams are very diverse and we vigorously fundraise in all areas. Our experience shows that once a group is established and has made connections with the local community we enjoy a lot of support and goodwill - which also translates into financial support and/or sponsorship. Communities recognise the value the activity brings and the benefit it has to participants. So prime-pumping the project with a grant will see it created and the wider community will help to sustain it after any grant funding is spent. As a final contingency should we be unable to secure future funding we will

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:

£

Total Expenditure:

£ 1213613.00

Surplus/Deficit for the year:

£ -51106.00

Free reserves currently held:

(money not committed to other projects/operating costs)

£ 259380.00

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

Our free reserves have only now reached the recommended level at which it could sustain our operations for a 3 month period.
 The project is starting in early January, without funding in place.
 We anticipate, with the support of the Health and Wellbeing Board, to get the group of the ground and to attract future financial support from within the community. The project finance details below refer to 3 months running costs (January, February, March 2017).

We are a small community group and do not have annual accounts or it is our first year:

15b. Project Finance:

Total Project cost £ 1429.61

Total required from Area Board £ 1429.61

Expenditure £ Income £ Tick if income confirmed

NB. If your organisation reclaims VAT you should exclude VAT from the expenditure (Planned project costs [help](#))
 (Planned Income [help](#))

music instructor (3 se	300.00			<input type="checkbox"/>
movement instructor	400.00			<input type="checkbox"/>
volunteer travel (2 pe	80.50			<input type="checkbox"/>
venue hire (£7.50 p/h	105			<input type="checkbox"/>
specialist dementia st	218.61			<input type="checkbox"/>
staff travel (2 people	80.50			<input type="checkbox"/>
admin cost (payroll, ir	210.00			<input type="checkbox"/>
refreshments (tea, bi	35.00			<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
Total	1429.61	Total		

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.

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.

