

**Health and Wellbeing projects and activities
FUNDING APPLICATION**

• Applicant:

Organisation Wilton Community Land Trust

• Amount of funding required from the Area Board:

£500.00

• Are you applying on behalf of a Parish Council?

No

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

• Project title?

Wilton Mens Shed

• Project summary: (100 words maximum)

We wish to produce flyers to market properly and professionally the Wiltons Mens Shed.

Wilton Community Land Trust will facilitate the delivery of a workshop space for a Men's Shed project. This will provide a safe, supportive environment for vulnerable people to meet, socialise and share skills. Working together they will be part of a sustainable project, supported by the local community to undertake small projects to benefit the community.

• Which Area Board are you applying to? South West Wiltshire

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

SP2 0AG

• Please tell us which themes best describe your project:

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
Inclusion, diversity and community spirit
Environment, recycling and green initiatives

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?

The Men's Shed in Wilton will provide a vital provision for reducing isolation, loneliness in the local community. It is endorsed by Age UK, who recognize the positive impact of the Men's Shed model.

Wilton has a growing ageing population with 30% of residents being over the age of 60 (Wiltshire Census 2011). A number of groups already run to provide social activities - Thursday Lunch Club,

Friday Market, Happy Hearts and Yoga. However, for those older people who wish to be more active and creative and 'make a difference', there is a gap.

Men typically find it more difficult to build social connections than women, and unlike women of a similar age, less older men have networks of friends and rarely share personal concerns about health and personal worries. Men's Sheds can change all of that, they allow men to deal with mental health challenges more easily and remain independent.

Our aim is to provide access to advice and information about health, illness prevention and how to make more effective use of health services. A toolkit will be developed including a list of support agencies. We will engage a health professional from Wilton Health Centre to run monthly health sessions, thus furthering the connection with the wider local community.

The project will provide a vital link for a range of groups in the Wilton area, linking in with the Older Peoples' Champion to ensure that there are a wide range of referral paths and information sharing in order to encourage participation in the project. The Older Peoples' Champion is employed by Wilton CLT as part of area board funding to be the link individual for signposting to services for those who need support.

The project will also encourage men with early-stage dementia and male carers of a person with dementia to attend. Whilst carrying out activities such as woodwork, metalwork, cookery and small repairs, people with dementia have reported enjoying having people to talk to and having a sense of purpose. Support and information about dementia can be shared and a chance to participate in discussion during the activities. The sessions will help people with dementia communicate, help to improve their mood and leave them feeling good about themselves as proven by a project in Plymouth funded by the Drake Foundation. Wilton are working towards being a dementia friendly town, and this will be very much part of that.

Alerting local residents to the project is vital. We have been fortunate to receive press from a local paper, radio station and have promoted the project on Wilton Community Land Trust Facebook page.

We recognise that as well as social media, the printed word is also pertinent for this age group and the most impact will be gained from delivering flyers and putting up posters in the community.

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

Directly Benefit we estimate at 120 people- The local McCarthy and Stone retirement living home in Wilton (39 flats) has expressed interest in supporting the project and there are already residents who are keen to be involved.

There are 16 new Redrow Residents who are excited to be part of the project as are Wilton Rotary and Wiltons Veterans Club. We also have support from the Side by Side Co-ordinator at the Alzheimers Society.

Indirectly Benefit - 3000 (wider Wilton community).

How will you encourage volunteering and community involvement?

We will engage a Shed Mentor, help form a steering group, start the recruitment and training of the first cohort of volunteers and support the PR drive. To raise awareness and gain support the Mens Shed will be publicised throughout the UK Mens Association and CLT network and should our application be successful, through flyers and posters at local retail outlets (Supermarkets, DIY stores), local working men's clubs and ex-services clubs.

We are currently building relationships with volunteers who have already come forward from Wiltons Veteran breakfast club, Wilton Rotary, McCarthy and Stone and local residents. I have also given presentations to local residents and community groups, this is very much a community driven project and volunteers will be involved from the early stages of planning and visioning the project. Feedback indicates that a Mens Shed in the area is very much wanted and needed.

How will you work with other community partners?

We have already engaged with multiple groups from Wilton and the surrounding area including residents at the McCarthy and Stone development, Wilton Veterans Breakfast Club, Wilton Rotary Club, Wilton District Business Chamber and members of the Community Land Trust. Support also comes

from Spire FM, Salisbury Journal and The Valley News. As well as local businesses who are willing to donate wood and tools including Wessex Windows, M&M Metalwork Design and B&Q.

The shed resources can also be available for wider community use such as the Scouts and Youth Club, this will not only help keep costs down it helps to unify the community. The Shed will provide a workshop space for not only men to meet and work together on community projects, but for a wider community benefit. Wilton CLT is keen to facilitate work with young people in order for the older members of the community to share skills and deliver projects together. The Town Council is keen to support the project and use the skills-set of those involved to undertake local tasks in the community

11. Safeguarding

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

The Men's Shed will be supported by the Men's Shed association who provide advice and guidance on starting up and running a shed. They do this by providing practical information guides on topics such as registering as a charity, insurance, safeguarding, funding, sourcing equipment and volunteer recruitment. A Shed Mentor will be appointed to help supervise and guide setting up the shed, plan future activities and act as an ambassador raising awareness of the Men's Sheds movement and its life changing benefits. The Shed Mentor will also be qualified/trained and be able to train others on how to use the machinery/equipment safely. The Community Land Trust board will also help Co-ordinate the volunteers. This will include writing a volunteering policy, which will include training and support mechanisms, as well as Safeguarding and Health and Safety. We have allowed for the cost of necessary training and PPE equipment in our budget.

12. Monitoring your project - How will you know if your project has been successful? *required field

We will record attendance for the sessions and ask for feedback from those attending. We will ask users to identify how they have developed personally through joining the Mens Shed and comment on outcomes such as increased confidence, making friends, gaining skills and feeling part of a community.

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

The Mens Shed will become self-sustaining, funded by members' donations/ membership, product sales and taking on repairs for people in the community and projects for other charities and community groups in the area.

We have identified local businesses who are willing to donate wood and tools including Wessex Windows, M&M Metalwork Design and B&Q. The shed resources can also be available for wider community use such as the Scouts and Youth Club, this will not only help keep costs down it helps to unify the community. Another possibility is hiring out the facilities for training courses.

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

The overall cost for the Mens Shed Project is £20,000. Sponsorship will come from local businesses and funding from sources including Armed Forces Covenant, Wilton Town Council, Wilton Rotary and supermarket charity funding schemes.

• Finance:

15a. Your Organisation's Finance:

Your latest accounts:

Month Year

Total Income:

£

Total Expenditure:

£

Surplus/Deficit for the year:

£

Free reserves currently held:
(money not committed to other projects/operating costs)

£

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

Project will be part funded from Reserves. Our reserves have been allocated to other projects and operating costs.

15b. Project Finance:

Total Project cost

£ 20,000

Total required from Area Board

£ 500

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](#))

Shed Mentor - set-up 5 hours per week for 6 months

1,200

Armed Forces Grant 15,500

Awarded

Health & Wellbeing Sessions - 1 per month for 1 year

1,200

Wilton Rotary 200.00

Pending

Kitchen facilities

300.00

M & M Metal work design sponsorship 200.00

Confirmed

Workshop Equipment including PPE

1,800

CIC 2480.00 towards rent costs

Confirmed

Training - First Aid, DBS, Health & Safety

570.00

CLT 500.00 towards Printing costs

Confirmed

Insurance

400.00

2 years rent

12,480

Waitrose Token Scheme amount unknown

Pending

Printing/ advertising

1,500

Area Board 500.00 towards printing costs

Pending

Total

20,000

Total 19,380 + Waitrose Token Scheme

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.

South West Wiltshire

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.

Bottom of Form

Answers to extra questions asked:

Q.How will you cover the social media aspect of advertising?

A. We have added Wilton Mens Shed to the UK Mens Shed Association website and have been posting regularly on the CLT FB Page and Twitter account, the CLT FB page has 215 followers. We also regularly post on Mums Chat Salisbury (3,724 followers) Wiltshire Mums Network (3,40 followers) Wilton Chat Community Page (370 Followers), Wilton Hill (160 followers) and Plain Arts Salisbury (405 followers). The next step is to set up a specific Wilton Mens Shed Facebook Page, Twitter account and Google my business account which will make it easier for people to find us on Google searches.

Q. When is a decision on the Waitrose Token Scheme funding to be made?

A. Decisions take between 6-8 weeks.Applied on 12th February

Q. What will the Health and Wellbeing sessions include and who will run them?

A. The monthly Health and Wellbeing Sessions will be tailored to the needs of the Mens Shed Attendees. A programme of activities will be delivered by NHS and other local practitioners to engage and inform men about health and wellbeing issues and provide a forum for sharing information. Subjects covered could include - Mental Health and Wellbeing, Smoking, Nutrition, Weight Management, Mobility and Exercise,Bereavement.

Q. Would it be possible for the Area Board grant to cover a different aspect of the project (e.g. equipment) rather than specifically the marketing leaflets?

A. Yes we will be looking to buy tools and equipment, for example longlasting heavy duty benches www.benchmaster.uk/super-heavy-duty-workbench

Q. Will attendees be charged a fee for using the shed?

A. This will be decided by the Mens Shed committee. My research shows that most Sheds charge an annual fee for Membership that ranges from £5.00 to £20.00 per year plus a small fee of £2/3 per session. Although nobody would be turned away due to lack of funds.

Q. What will the capacity of the shed be?

A. Depending on the activities taking place the workspace will hold 20 - 25 people.It is envisaged there will be 2/3 session per week, more is there is the demand.

Q. You've indicated 120 people could directly benefit – is this a target?

A. A membership of 120 is the target but its not expected that every member will attend every session. As well as being in the workshop space others members could be out working in the community