

Grant Applications for Trowbridge on

ID	Grant Type	Project Title	Applicant	Amount Required
3075	Community Area Grant	New Printer	HELP Counselling Services	£229.00

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Submitted: 16/10/2018 10:23:23

ID: 3075

Current Status: Application Appraisal

To be considered at this meeting:

tbc contact Community Area Manager

1. Which type of grant are you applying for?

Community Area Grant

2. Amount of funding required?

£0 - £500

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

No

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

5. Project title?

New Printer

6. Project summary:

We need a new printer to be able to continue the administration of the work we do with those suffering from mental health difficulties

7. Which Area Board are you applying to?

Trowbridge

Electoral Division**8. What is the Post Code of where the project is taking place?**

BA14 8BE

9. Please tell us which theme(s) your project supports:

Health, lifestyle and wellbeing

If Other (please specify)

10. Finance:**10a. Your Organisation's Finance:****Your latest accounts:**

04/2017

Total Income:

£52097.00

Total Expenditure:

£4461.00

Surplus/Deficit for the year:

£7317.00

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

£5000.00

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

This is our working capital running the service. Our free reserves are presently very low.

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

10b. Project Finance:

Total Project cost		£385.99		
Total required from Area Board		£229.00		
Expenditure (Itemised expenditure)	£	Income (Itemised income)	Tick if income confirmed	£
HP Printer	229.00	Trowbridge Area Board		229.00
Toner Cartridges	156.99	Our reserves	yes	156.99

Total	£385.99	£385.99
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11. Have you or do you intend to apply for a grant from another area board within this financial year?

No

12. If so, which Area Boards?

Trowbridge

13. Please tell us WHO will benefit and HOW they will benefit from your project benefit your local community?

Disadvantage is extremely harmful to mental health with research showing adults in our poorest communities are twice as likely to be at risk of developing mental health problems. Equally poor mental health can be a trigger for poverty affecting peoples ability to participate in work or access the benefits they may be entitled to. Without intervention people can become trapped in a cycle of exclusion from economic and social life that produces a downward spiral into poorer physical and mental health. Our base in the market town of Trowbridge has areas listed in the top 20 of deprivation across the whole country and has a large ageing population with a significant number of people living on low incomes. As the only counselling charity in the area to provide support across a wide range of issues our clients also come from the surrounding area including Melksham Westbury Devizes Frome and many other small towns and villages across West Wiltshire and Kennet. Accessing support is also difficult with statistic showing that only 1 in 4 people get the help they need. Private counselling is unaffordable for people on low incomes and support through the NHS remains extremely limited with long waiting lists and few and irregular sessions offered leaving people who are already in crisis desperate for help. Our counselling helps people move on from experiences such as childhood or domestic abuse family dysfunction long-term or life-limiting illness relationship breakdown or bereavement and loss. Events that often result in chaotic lives addictive behaviours depression self-neglect isolation self-harm and low self-esteem as well as physical symptoms such as sleeping problems chronic fatigue and panic attacks. Counselling is provided by 12 professionals who volunteer their time enabling us to offer free sessions to the people that need it most. We aim to offer timely support with an assessment within 2 weeks followed by up to 16 one-to-one counselling sessions. We also run group sessions particularly for those experiencing long-term depression who need ongoing support. Our Counsellors create a confidential non-judgemental space in which people can face difficult issues and discuss them for perhaps the first time ever. It is the start of alleviating distress anxiety trauma or overwhelm and a process through which they build self-awareness confidence and the resilience to deal with difficult situations. They gain new understanding and the skills to manage feelings adapt to change build stronger relationships and recover from set-backs. Many of our counsellors bring a valuable specialism such as in childhood abuse or bereavement and loss but will work across all issues a client presents. By sharing their expertise with other volunteer counsellors they support skills development and build the strength of our whole team continually raising the quality of service. Our ResultsHelp Counselling has been delivering

support to the community for over 30 years and has a board of actively engaged Trustees who help monitor and evaluate our effectiveness maintain quality standards and adapt to meet ever changing needs. We gather feedback from clients to measure their improvement over the course of counselling sessions. Last year on average clients felt their self-esteem had improved by almost 33 and that anxiety and depression reduced by 43 showing large improvements over a short 3 or 4-month period and creating a solid base to continue the momentum. In all areas of personal and family relationships work health and enjoyment of life there were also significant improvements. People felt more in control of their life and were more active healthy and engaged.

14. How will you monitor this?

Feedback forms and Wheel of Life client self appraisal model

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

This is however a one off purchase. We desperately need to buy a new printer as our current is unrepairable the parts are no longer made to repair. Our last printer lasted us 12 years.

16. Is there anything else you think we should know about the project?

17. DECLARATION

Supporting information - Please confirm that the following documents will be available to inspect upon request:

Quotes:

yes 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)

Accounts:

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

Constitution:

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

Policies and procedures:

yes 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):

And finally...

yes The information on this form is correct, that any award received will be spent on the activities specified.