

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

| | |
|---------------|---|
| Name | |
| Organisation | Alzheimer's Support |
| Address | Park House, 1 Park Rd, Trowbridge, BA14 8AQ |
| Phone number | 01225 776481 |
| Email address | |

2. Amount of funding required from the Area Board:

| | |
|--|--------|
| £0 - £1000 | |
| £1001 - £5000 | £1,290 |
| Over £5000 (please note – our grants will not normally exceed £5000) | |

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

| | |
|-----|---|
| Yes | |
| No | ✓ |

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

5. Project title?

Gardening Café - Trowbridge

6. Project summary: (100 words maximum)

The monthly Trowbridge Gardening Café at Palmer Gardens is a social group bringing people with dementia and their carers together to chat about plants and gardens in a supportive social setting. A garden expert will give a short seasonal talk or lead an activity and group members will be able to discuss gardening tips and techniques and reminisce about gardens they have known. This group brings together a much loved hobby and important social interaction, along with the sights, textures, colours and smells of nature that are so beneficial for people with dementia.

7. Which Area Board are you applying to?

Trowbridge

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

BA14 8QJ

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 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 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?

It is estimated that by 2020, 8,500 people in Wiltshire will be living with dementia. Faced with this growing need, it is essential that there is continued investment in infrastructure, and it is Alzheimer's Support's strategic aim to provide access to dementia-support within five miles of all centres of population.

Community groups such as the Trowbridge Gardening Café are vital to delivering this goal:

- The Gardening Club Supports people with dementia and their carers, and this is an identified local priority.
- Trowbridge is a major centre of population in Wiltshire but has historically had limited dementia-specific services, and for a long time the Mill Street Day Club was the only service available. This has started to be addressed in the past few years with Music for the Mind and the Trowbridge Health Centre Memory Café being established. The Gardening Café complements these existing services, providing choice and variety of services to the people of Trowbridge.
- Many dementia-specific activities are perceived by men with a diagnosis of dementia as being more 'female', such as exercise, art or singing groups. People with dementia are just as diverse and have just as many differing interests as the rest of the population, so it is important that the activities offered to them reflect this. The Gardening Club is part of our commitment to offering a range of activities so that there is something for everyone who has dementia.
- Family carers often feel isolated and overwhelmed by the responsibility of looking after their loved one who has dementia. They tell us that it is good to be out of the house, meeting other people and doing something different. They also appreciate the opportunity to share their experiences and seek expert advice.

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

The Gardening Café will meet monthly at Palmer Gardens in Trowbridge. Its concept and format are tried and tested and are very simple: a regular social gathering with gardening-related talks and activities, tea and cake...but the impact is huge:

1. Engaging people with dementia, and their carers, in activities that improve health and wellbeing, is a priority for Alzheimer's Support and the Gardening Café offers a stimulating and therapeutic activity based around an interest in plants and gardening. For some this will offer an opportunity to reminisce about gardening they have done in the past, while others will enjoy learning about aspects of gardening.
2. The Garden Café also provides regular social interaction. A key issue for people affected by dementia is loneliness; friends and acquaintances often fall away following a diagnosis and the changes that the disease can bring severely impact confidence. People with dementia and their carers can quickly become isolated. Based on our previous experience, lasting friendships will be made at the Gardening Café, with people sharing knowledge and experience and offering mutual support.
3. Alzheimer's Support works to create resilience for the person with dementia, and their family carers, as their life changes. The café is a doorway to accessing specialist support, advice and additional services, from home support, day clubs, counselling and training for carers, to accessing benefits that may be available.

The Trowbridge Gardening Café is being trialled from October to December, in response to a request from local people with dementia and their carers. Already accessing some of Alzheimer's Support's services, they felt that there was a need for more varied groups, including activities for men, and it is from this discussion and feedback that the Gardening Café evolved.. These people will form the initial core of the group, but it will be open to all who wish to attend and the venue at Palmer Gardens has capacity for up to 20 people.

How will you encourage volunteering and community involvement?

Alzheimer's Support has a comprehensive volunteering programme and our community groups attract significant volunteer support, partly due to the enjoyable activities but also because of the caring and supportive environment our groups offer.

The Trowbridge Gardening Café will be no exception; it is co-ordinated by one of our dementia-specialist support staff and we will recruit trained volunteers to support the running of the group.

Our volunteers come from all walks of life, but we see a higher number of older people taking up this opportunity; they have often had experience of dementia and cared for a loved one and therefore have a deep understanding of the disease, bringing valuable knowledge to the groups. Some are experiencing

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.)?

Accessibility is a key feature of our Community Groups because they are vital for reaching out to people affected by dementia and enabling them to access the specialist support and services they require and this can be demonstrated in a number of ways:

Palmer Gardens is accessible for people with mobility issues, and, because of its nature, is a place where many people feel

Alzheimer's Support's Dementia Advisers support people in the Trowbridge community area who are living with dementia, and will be a key link to tell people with dementia about the project and ensure that they are able to come if they wish.

How will you work with other community partners?

Alzheimer's Support is based in the communities within which it works, and working with local community partners is essential to the services we provide.

We are working closely with Palmer Gardens to establish and run this project. They are providing the room and the gardening expertise. Alzheimer's Support is providing a dementia specialist and volunteer to attend each group and will be responsible for promoting the group.

Alzheimer's Support will promote the group to other community partners, including Trowbridge Health Centre and Florence Court.

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 who work with people with dememntia are trained to Care Cetificate standard. Safeguarding and a profound understanding of person centred care is at the heart of our training and indeed our organisational ethos.

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 six-weekly meetings and in turn by the Board of Trustees and the Finance Sub-committee at their quarterly meetings. Our target is to reach 10 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 a person centred service tailored to their needs.

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. Seed-funding will see it created and the wider community will help to sustain it after

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

N/A

15. 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:

Our free reserves have not yet reached the recommended level at which it could sustain our operations for a 3 month period.

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

15b. Project Finance:

Total Project cost £

Total required from Area Board £

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](#))

| | | | | |
|------------------------|--------------|------------------------|---------------|-------------------------------------|
| Garden Cafe Coordinat | 630.00 | Client contributions | 150.00 | <input type="checkbox"/> |
| Venue Hire | 300.00 | Donated venue | 300.00 | <input checked="" type="checkbox"/> |
| Volunteer time | 240.00 | Donated volunteer time | 240.00 | <input checked="" type="checkbox"/> |
| Volunteer expenses | 120.00 | | | <input type="checkbox"/> |
| Resources/materials/ac | 540.00 | | | <input type="checkbox"/> |
| Overheads | 183.00 | | | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |
| Total | 2,013 | Total | 690.00 | |

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.