

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	•
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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: Intergenerational projects Heritage, history and architecture Older People Support/Activities Inclusion, diversity and community spirit Carers Support/Activities Environment, recycling and green initiatives Promoting physical and mental wellbeing Sport, play and recreation Transport Combating social isolation Technology & Digital literacy Promoting cohesive/resilient communities Other Arts, crafts and culture 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 dementiaspecific 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.



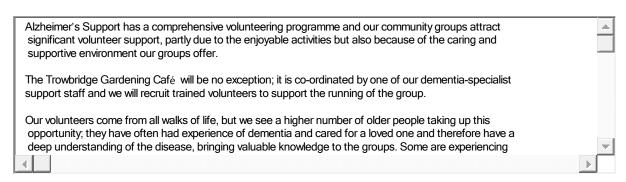
How many older people/carers to do you expect to benefit from your project?

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:

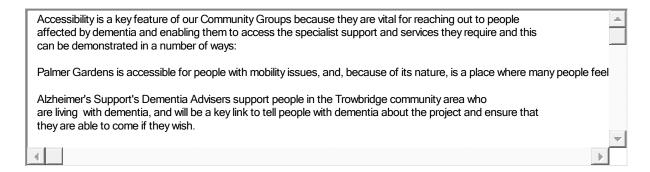
- Engaging people with dementia, and their carers, in activities that improve health and wellbeing, is
 a priority for Alzheimer's Support and the Gardening Café offers a stimulating and therapeutic
 activity based around an interest in plants and gardening. For some this will offer an opportunity
 to 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.

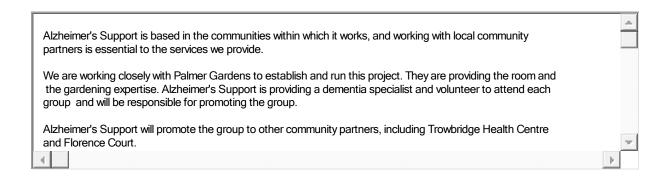
How will you encourage volunteering and community involvement?



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.)?



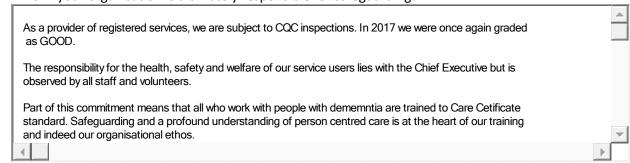
How will you work with other community partners?



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?



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	\blacksquare
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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
Total Income:
f 1,162,504
Total Expenditure:
f 1,123,613
Surplus/Deficit for the year:
-51,106
Free reserves currently held:
(money not committed to other projects/operating costs)
£ 259,380

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We are a small com	ımunity gı	oup and do not have	annual ad	ccounts or it is our first year:
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15b. Project Finance				
Fotal Drainst sost		2013.00		
Total Project cost		£		
Total required from A	Area Board	£ 1290.00		
Expenditure	£		E	Tick if income confirmed
NB. If your organisati		S		
VAT you should exclu from the expenditure		(Planned Income <u>help</u>)	
(Planned project cost				
Garden Cafe Coordinat	630.00	Client contributions	150.00	
Venue Hire	300.00	Donated venue	300.00	✓
Volunteer time	240.00	Donated volunteer time	240.00	V
Volunteer expenses	120.00			
Resources/materials/ac	540.00			
Overheads	183.00			П
Γotal	2,013	Total	690.00	

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: 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.