

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	Karolyne Fudge-Malik
Organisation	Arts Together
Address	PO Box 4241, Edington BA13 4WG
Phone number	01380 831434
Email address	karolyne@artstogether.co.uk

2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	3,000
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)

7. Which Area Board are you applying to?

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

SN8 1DT

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 type="checkbox"/> Inclusion, diversity and community spirit
<input 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 checked="" type="checkbox"/> Arts, crafts and culture	<input type="checkbox"/> Other
<input type="checkbox"/> Safer communities	

If Other (please specify)

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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?

Arts Together started in 2000. Our Marlborough group is one of 6 groups we run in Wiltshire. It meets in the lounge of Laurence Acre sheltered housing. Our members are aged between 79 and 92 and live in the community with conditions such as dementia, bone disintegration, polio, polymyalgia, and mental health issues. Because of their physical or mental frailty they are dependent on others for many of their daily needs and many are unable to go out unassisted. Because they cannot go out and 'join in' they have become socially isolated and 'invisible' within their communities. They have lost their health and most have lost friends, companions, their role and sense of dignity. They have lost their confidence and self-esteem and unless something changes they also risk losing their remaining independence.

We run a variety of professional arts projects adapted to the individual needs of each member. Each group participates in 30 sessions a year involving at least 6 separate projects. These activities are not what many expect from the 'arts' or services for elderly people with complex needs, but they provide the interest, stimulation, new skills, friendship and fun which are otherwise missing from members' lives and everyone can engage at their own level. We regularly update our website, www.artstogether.co.uk and Facebook with pictures of our latest projects and quotes from members describing the difference we make in their lives.

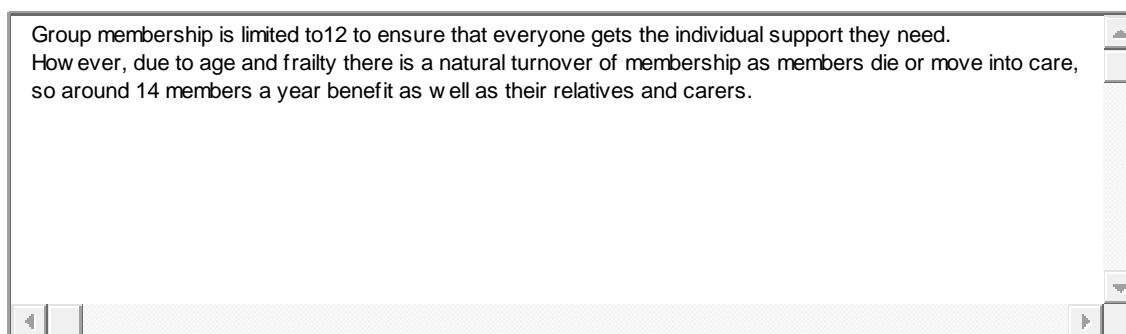
Our Wellbeing service is a crucial area of our work because it makes the groups accessible to all our members whatever their disability. Without it our members could not attend and benefit from their group. The service includes: volunteers and artists trained by us to understand and work with members' physical and mental health needs; encouraging members to attend when confidence is low; help to access health, care or other services when new needs arise; accessible escorted

transport (and thus supporting charitable community transport); a safe, comfortable accessible venue; professional care staff to help with personal needs. Members make new friends and find new purpose in their lives. They make decisions and choices with everything they produce and are delighted with the results, so their confidence and self-esteem return. They help each other and to run their group and start to feel 'useful' again and resilience grows. The benefits to their physical and mental health extend beyond the group, as members tell us they feel less pain, less depressed and more confident to make friends outside the group and deal with issues. Before Arts Together their weeks felt empty, but around half our members say they start new activities at home inspired by our sessions. We believe that frail older people with high dependency needs have knowledge, skills and a desire to carry on learning if enabled to do so, and that 'cultural excellence' and 'Adult Education' applies to people of all ages and abilities. One member summed it up: "Arts Together is about the potential of old age – not just the problems. It's about living your life and new experiences. Keeping it fresh".

There are very few stimulating activities in Wiltshire for people as frail as this and Arts Together addresses many of the needs identified by the Marlborough community:

- We enable people to participate in arts and culture who would not normally have access to professional arts activities. Recent projects have included Frida Kahlo portraits, Sculpture from scrap and Ceramic ikons. Although members make a small voluntary contribution each session we have never turned anyone away who lacked funds
- We have a proven track record based on 20 years' experience of working to counteract the damage to physical and mental health caused by isolation and extreme loneliness. We also promote and provide information on healthy living for older people, including healthy eating, water consumption and warmth. In annual evaluations members report that as a result of participating in their groups their health and wellbeing improve as well as their capacity to deal with issues in everyday life which had previously fazed them. Our aim is to support people to live independently for as long as possible.
- Our members are physically and mentally vulnerable. Very few have social workers and many find the current services confusing. Our 2 hub managers support them to make decisions and access health, care and other services as needs arise. In the last year we have made 709 such interventions including a referral to the Safeguarding Team. No members stop attending if their ongoing needs can be met in the community.
- Ours is a 'Dementia Friendly' organisation. People with dementia work alongside other members, and volunteers and artists find strategies to communicate and deal with memory loss. Members assist each other with projects and support each other through stressful events such as a life-altering medical diagnosis.
- Social Inclusion and cohesion – we know of no other creative groups in Wiltshire set up specifically for people as frail as our members with all the support that they need. This support means we can include people whose needs are too complex for other groups. Our local volunteers help revive members' interest and participation in their local community. Our exhibitions and social and other media promote the outstanding work of our group members. We aim to be centre of excellence for people working with older people and to dispel the widespread public misconceptions that older people are out of touch and useless, because our members are not like that. Given the chance they are fascinating, fun, feisty and truly creative people.

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



Group membership is limited to 12 to ensure that everyone gets the individual support they need. However, due to age and frailty there is a natural turnover of membership as members die or move into care, so around 14 members a year benefit as well as their relatives and carers.

How will you encourage volunteering and community involvement?

Our Community Connections Project works actively in the communities we serve to promote our work. We use exhibitions, events, media including our website and Facebook page to reach potential members, volunteers and supporters who wish to get involved with the unique work that we do. We offer volunteering opportunities throughout the organisation and our Marlborough group already has 4 frontline volunteers who work with artists to support members and deliver our projects. Overall we have a further 20 volunteers who help fundraise and raise awareness of what we do locally and we are hoping to recruit new volunteers in the Marlborough area to help us raise our local profile. We have volunteers from all age groups and backgrounds and we provide training in transferable skills which enhance the CVs of those seeking paid work. One of our Trustees is a group volunteer and Marlborough resident.

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.)?

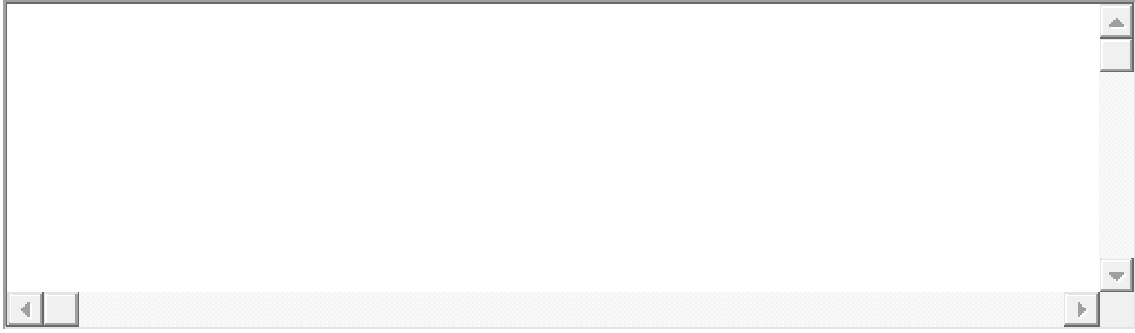
Our Wellbeing Service ensures that everything we do is fully accessible to our members. Our members are all socially isolated and often are very hard to reach initially. They do not generally respond to posters, leaflets or reports in the media. We use professional networking opportunities and a variety of media to reach the agencies, neighbours and families who know them and can refer them to us. Members are referred to us by agencies such as Mental Health Teams, Adult Care, Care Coordinators, Link schemes, Parkinson's UK and Age UK as well as relatives and neighbours.

After long periods of loneliness people may be nervous about venturing away from home for the first time. We encourage them and ensure they have a companion to accompany them on their first visit if they wish. Often in the past members would not return after a setback such as falls or burglary. Now we stay in touch and encourage them to return when they are ready. We do not offer time-limited interventions. Members attend for as long as they wish or are able and as their needs change we adapt our support accordingly.

We train artists and volunteers to ensure all projects are doable by everyone. They adapt tools and techniques for painful or shaky hands, find ways to communicate with people who have severe sight or hearing loss and strategies to cope with poor memory. Although our risk assessments are rigorous, we never dumb down our projects. A recent sculpture project involved saws, drills and hammers and had spectacular results.

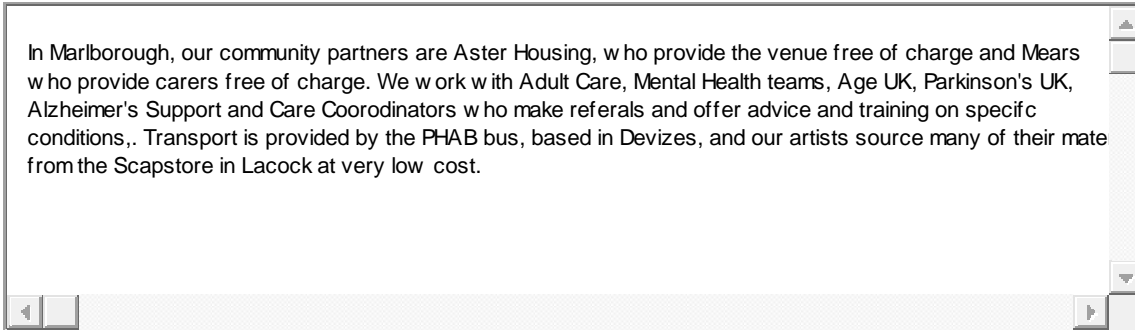
All our venues are comfortable and fully accessible and each group has a professional carer to help with personal needs. We provide escorted fully accessible transport for anyone who needs it and no one is excluded if they cannot afford the small weekly contribution made by members.

At each session members, volunteers, artists and visitors share a freshly cooked lunch which is a time to discuss the project, share news and banter. For many members it is the only meal eaten in company each week.



How will you work with other community partners?

In Marlborough, our community partners are Aster Housing, who provide the venue free of charge and Mears who provide carers free of charge. We work with Adult Care, Mental Health teams, Age UK, Parkinson's UK, Alzheimer's Support and Care Coordinators who make referrals and offer advice and training on specific conditions. Transport is provided by the PHAB bus, based in Devizes, and our artists source many of their materials from the Scapstore in Lacock at very low cost.



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?

All our members are vulnerable because of their age and disabilities. We have strong safeguarding, safety and data protection policies and procedures which are regularly reviewed by Trustees to ensure they are fit for purpose. They are rigorously implemented. Our Hub Managers are trained in Advanced Adult Safeguarding, are responsible for the day to day implementation of all safety and safeguarding procedures and for advising and reporting to the Trustees who have ultimate responsibility on behalf of arts Together. One Trustee, a retired senior social worker, is our Safeguarding Lead. Frontline volunteers receive appropriate advice and training and are issued with written guidance. Trustees, staff, frontline volunteers and artists are all subject to DBS checks every 3 years and all receive routine training and guidance on maintaining the safety of members, the venues and themselves. A key aspect of our Wellbeing Service is to identify safeguarding issues and if necessary refer to the Safeguarding Team. In the past we have made 2 referrals to the team and 2 to emergency services.

Monitoring your project.

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

We routinely monitor everything we do to enable us to see what works well or where change is needed. We use our annual service evaluations to inform future planning and formulate or adapt strategies.

We record quantitative data including numbers attending, results of fundraising or promotional events and numbers of wellbeing interventions.

We record qualitative data week by week including feedback from members, volunteers, artists, families and professional partners. Once a year we carry out a more formal evaluation involving focus groups and questionnaires. We also record the nature and outcomes of wellbeing interventions to ensure members are receiving appropriate and timely support.

We will know that the project is successful when:

- Members continue to report improvements to their health and wellbeing, such as improved confidence and reduced depression and they describe how these benefits extend beyond the group into their daily lives
- No one stops attending because of unmet health or care needs
- We and/or our partners observe positive changes in members' health and wellbeing and outlook
- Members return to the group after setbacks such as illness or burglary which undermine self confidence

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

We are in dire straits and are in need of help before March 2019. Following several very good years, with new projects and developments, the funding environment has deteriorated dramatically. Our costs have increased and this year's full budget is £90,000, that is £15,000 per group.

As I'm sure you are aware, with cut backs and growing social needs increasingly met by the charity sector, the competition for funds this year is enormous. Despite our best efforts – 26 applications this year and over £13,500 raised through local donations and fundraising events - we are still well short of the amount we need to complete this financial year. We have £17,000 already confirmed for next year plus several large applications being considered, but we need to get to the end of this year first and are short of £18,000.

In addition to grants and donations we have secured contributions in kind valued at 43% of our total resource needs including volunteer time, venues, professional care services, food, materials and services. Our strategic plan is to reduce our dependence on grants and increase contributions from the communities we serve. We are working with the Jane Selman Consultancy, provided by Lloyds Bank Foundation Enhance programme, to develop and implement this strategy in the next 3 years, but in the meantime we still need support from funders, particularly local ones such as the Marlborough Area Board.

We have been in desperate need in previous years and help from our supporters has seen us through and enabled us to survive, grow and improve.

When our members first join us, many are scared to leave home and arrive at the group bent over and silent. Our annual report shows the difference Arts Together makes. 'You live with a feeling that no one cares, that you are a nuisance having to ask for help all the time. Arts Together makes me feel normal – everyone cares and I never have to ask.' (Member) We are proud that many members attend

right to the end, because they know they are among friends and trust that we can meet their changing needs.

If we close they will have nothing.

We are requesting help towards the costs of our wellbeing service for the Marlborough group for the remainder of this year.

I will be happy to provide any further information you may need and invite a member of your Board to visit one of our groups to see Arts Together in action for themselves.

14. If this application forms part of a larger project (eg a community navigation project), please state what this project is and approximately how much the overall project will cost

The Wellbeing service for the Marlborough group is part of the overall costs which amount to around £15,000. Marlborough group is one of 6 groups which Arts Together runs, the total budget being £90,000. The accounts figures below are for the year from April 2017 to March 2018

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:

we have used our limited reserves of £5,000

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

15b. Project Finance:

Total Project cost £ 4,070

Total required from Area Board £ 3,000

Expenditure **£** **Income** **£** **Tick if income confirmed**

NB. If your organisation
reclaims VAT you should
exclude VAT from the
expenditure

(Planned Income [help](#))

(Planned project costs [help](#))

transport	1,920	donations	70	<input checked="" type="checkbox"/>
Member support	1,320	Florence Cohen	600	<input checked="" type="checkbox"/>
residual lunch costs	500	Lloyds Foundation	70	<input checked="" type="checkbox"/>
volunteer expenses	330	Lloyds Foundation	330	<input checked="" type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
Total	4,070	Total	1,070	

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.