# Health and Wellbeing projects and activities FUNDING APPLICATION

1. **Applicant:**

| Name | Olivia McLennan |
|---|---|
| Organisation | Music for Wellbeing CIC |
| Address | 5 Shaston Court, Wilton, SP2 0AF |
| Phone number | 07446 902118 |
| Email address | livmclennan@yahoo.com |

2. **Amount of funding required from the Area Board:**

| | |
|---|---|
| £0 - £1000 | X |
| £1001 - £5000 | |
| 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?**

| Uke Can Do It – Old Sarum Ukulele Band |
|---|

6. **Project summary: (100 words maximum)**

'Uke Can Do It – Old Sarum Ukulele Band' is a pilot collaborative community music project between Music for Wellbeing CIC, Avonbourne Care Centre and Old Sarum Primary School. We want to establish a fully inclusive, intergenerational ukulele band for the Old Sarum area to test popularity and see if can become a sustainable group for the community.

7. **Which Area Board are you applying to?**

Southern Area Board

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

| SP4 6NZ |
|---|

9. **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**

☐ Safer communities

☐ Heritage, history and architecture

☐ **Inclusion, diversity and community spirit**

☐ Environment, recycling and green initiatives

☐ Sport, play and recreation

☐ Transport

☐ Technology & Digital literacy

☐ Other

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?

There is a need for the wider community in general to have access to projects that support community cohesion, and music is a fun, uplifting and accessible way to do this.

There is a rapid increase in development in the Old Sarum and Longhedge Village areas, and an increase in population, which means community integration is an important topic.

In terms of health and wellbeing priorities, it is noted that at the meeting on 17th October 2018, the Chairman of the Wiltshire Council Health and Wellbeing board highlighted the recent APPG report on Arts, Health and Wellbeing in relation to social prescribing, which indicates a growing interest in this work in the county. This project would come under a social prescribing/arts, health and wellbeing agenda, and would be an innovative project to test out under this umbrella.

Locally, the priorities for both health and wellbeing and children and young people include mental health; research suggests that music can have a positive effect on mood for people participating in community music projects. Although mood is only one indicator or wellbeing and mental health, it is a contributing factor to mental wellbeing and would support this priority.

One of the older people's priorities is social inclusion, and this project would enable the residents and their loved ones to take part in something with others from the local community, rather than being separated by the fact they live in a care home. Many of the residents in the care home also live with dementia, so this project would help children's understanding of dementia and create awareness and a level of sensitivity towards people with the condition.

Another priority that this project would address is participation in arts and culture. Families who would not usually be able to afford to learn an instrument would receive access to tuition, and could potentially carry on playing during and after the project. If purchasing instruments was a barrier to continuing playing after the project ends, I could signpost towards schemes that would support purchasing or loaning instruments.

The final priority area that the project could help to support is volunteering. Although not a major part of the project in itself, I would work with the Order of St John's Care Trust to see if they had volunteers on their existing volunteering scheme who wanted to participate. I would also contact local ukulele groups to see if any of the members had time to volunteer on the project, and also invite the groups to participate in an informal concert at the end of the project. All of these will support access to volunteering and create stronger links with the local community.

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

I expect to work with 10-15 older people; a number will be residents of Avonbourne Care Centre, but to encourage their families to attend the project too, to create a sense of wider community.

(The project will also include 10-15 children and their parents)

How will you encourage volunteering and community involvement?

The Order of St John Care Trust has an already-established volunteer network, so I would explore the possibility of involvement of their volunteers. I would also contact local ukulele clubs to see if any of the players wanted to support the project in the short term (which could also be a route to sustainability), and also if they wanted to join us for a mini-concert at the end of the project.

Through working with the school, I would encourage families to attend together, so both parents and children learn the ukulele. This would therefore involve the wider community in the project and not just the institutions.

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.)?

There will be no charge for people to attend (however donations could be taken if people feel able to contribute) so there will be no financial expectation on people who would like to attend the project. The venue that would be used for the project is a care home, and therefore already works with disabled people and is fully accessible.

There is parking at the venue and buses that travel to the venue, so people are able to access them by public transport as well as private cars.

How will you work with other community partners?

I have already made connections with the two organisations that are supporting the projects and have delivered an intergenerational music project in 2017 with them. They are committed

to working together again and developing community links further. I will work closely with both to promote the project to residents of the community and families.

## 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?

Music for Wellbeing has Safeguarding Adults at Risk, Safeguarding Children, and Health and Safety policies and the project will fully comply with them. We will also work with the other project partners to create a shared understanding of responsibility with regards to participant and volunteer safety. The activities and venues will be risk-assessed at the beginning of the projects and reviewed before each session thus enabling a safe environment for them to take place in.

Any person who is volunteering on the project will receive verbal and written guidance on safeguarding responsibilities and procedures before the project, plus given ongoing support during the project.

The facilitator has a recent enhanced DBS check for both working with children and vulnerable adults. Chris Cook is the person ultimately responsible for safeguarding at Music for Wellbeing.

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

The project will collect feedback from participants in the form of questionnaires at the end of the project and opportunities for regular verbal and other creative feedback (such as writing postcards, creative feedback circle and physical gesture) to measure three anticipated outcomes:
- **Participants will experience a greater social connectedness with others in their community through taking part in regular structured music sessions.**
- **Participants will increase their existing instrumental and musical skills**
- **Participants will have an increased sense of wellbeing through participating in a community music project**

## 13. If your project will continue after the Wiltshire Council funding runs out, how will you continue to fund it?
Exploring a combination of financial approaches, such as funding from the Music Hub, individual payment to attend the class, and other funding opportunities (such as Youth Music).

**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**

**15.Finance:**

**15a. Your Organisation's Finance:**

**Your latest accounts:**
March   2018

**Total Income:**
£ 1748
**Total Expenditure:**
£ 3728
**Surplus/Deficit for the year:**
£ -1980
**Free reserves currently held:**
**(money not committed to other projects/operating costs)**
£ 0

**Why can't you fund this project from your reserves:**
N/A

**15b. Project Finance:**

| Total Project cost | £1575 | | | |
|---|---|---|---|---|
| Total required from Area Board | £850 | | | |
| **Expenditure** | **£825** | **Income** | **£750** | **Tick if income confirmed** |
| NB. If your organisation reclaims VAT you should exclude VAT from the expenditure (Planned project costs help) | | (Planned Income help) | | |
| Facilitator fees | £375 | In kind support (e.g. venue, volunteering) | £150 | ☐ |
| Project coordination fees | £300 | Donation of 30 ukuleles | £600 | ☐ |
| Evaluation/report | £75 | | | ☐ |
| Management Fee | £75 | | | ☐ |
| Total | **£825** | Total | **£750** | |

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

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

**Policies and procedures:**
**X** 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...**
**X** I confirm that the information on this form is correct, any award received will be spent on the activities specified.