

## Health and Wellbeing projects and activities FUNDING APPLICATION

### 1. Applicant:

Name	Olivia McLennan
Organisation	Music for Wellbeing CIC
Address	
Phone number	
Email address	

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

£0 - £1000	
£1001 - £5000	X
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)

Moving Music: Tisbury would be the establishment a fully inclusive community music and movement group, working in partnership with the Tisbury Memory Group. Moving Music would include people with dementia as well as other health conditions and the people who care for them, as well as providing a fun, inclusive and creative space for those who may be socially isolated. The group would combine specific music, singing and movement activities to support the health and wellbeing of participants, create greater social connectedness, develop the musical skills of participants and volunteers and encourage people to be more physically active.

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

South West

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

**9. Please tell us which themes best describe your project:**

<input type="checkbox"/> Intergenerational projects	<input type="checkbox"/> Heritage, history and architecture
<input type="checkbox"/> <b>Older People Support/Activities</b>	<input type="checkbox"/> <b>Inclusion, diversity and community spirit</b>
<input type="checkbox"/> <b>Carers Support/Activities</b>	<input type="checkbox"/> Environment, recycling and green initiatives
<input type="checkbox"/> <b>Promoting physical and mental wellbeing</b>	<input type="checkbox"/> Sport, play and recreation
<input type="checkbox"/> <b>Combating social isolation</b>	<input type="checkbox"/> Transport
<input type="checkbox"/> <b>Promoting cohesive/resilient communities</b>	<input type="checkbox"/> Technology & Digital literacy
<input type="checkbox"/> <b>Arts, crafts and culture</b>	<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?

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

In terms of county-wide health and wellbeing priorities, it is noted that at the meeting on 17<sup>th</sup> 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.

Tisbury used to have a Singing for the Brain group meeting weekly which was very well attended. However this service is no longer available in Tisbury, and although there is one community choir and other church choirs, there is nothing specifically to address social, health and wellbeing needs. The community choir meets on a Friday evening, but evenings can be difficult for many socially isolated people to travel due to barriers such as lack of transport and being out after dark. The closest accessible dance & movement group for people living with dementia (which would obviously exclude the wider community) is based in Mere. Music for Wellbeing CIC has also visited the Memory Group previously to run movement and singing sessions, which were received very well. After initial consultation with members, it was decided to try and set up a regular community music and movement group to complement the existing Memory Group.

According to the Wiltshire Community Joint Strategic Assessment of 2016, it is estimated that "between 2014 and 2023...the number of people in Wiltshire aged over 65 will increase by around a quarter and the number over 85 will increase by a third" (p. 1), which suggests the older population in Tisbury and surrounding areas will also follow suit. Although focusing on older people, we would envisage the group being open to anyone who wanted to join, but would be very clear it is a fully inclusive community group and the activities and music would reflect this.

The group would meet fortnightly, ideally in between sessions at the memory group. This means it would be in a consistent time and place for attendees of the Memory Group, but also complement the existing other community groups (such as the Friendship Group) and enable a longer-term project to take place with the amount of funding requested. The length of the project (envisaged April – October) will also mean there is a longer time for community and social cohesion to be fostered, compared to if it was a weekly group.

The facilitators who work for Music for Wellbeing are very experienced community music and movement practitioners, especially with people with longer term health conditions (such as dementia, Parkinson's and respiratory conditions), as well as general community-based work.

A Bupa report (Keep Dancing, 2011) highlighted the fact that older people do not get enough exercise: only 20% of men and 17% of women aged 65-74 reach recommended activity levels per week and for over 75s, only 9% of men and 6% of women reach the recommended weekly activity levels. The report highlights that regular exercise and physical activity by older people reduces the occurrence of a number of chronic conditions including cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis. Indeed in Wiltshire itself, only 25% of all adults reach 3x 30 minutes of physical activity a week, with Tisbury slightly under the county average with 24% of people achieving it (according to the 2016 Health and Wellbeing Data Pack). Therefore, the project will support older people especially to enhance their weekly physical activity, and encourage them to continue it beyond the project by signposting to other opportunities or extending the project with the securing of additional funds.

The Start Active, Stay Active report (2011) stated that 'local communities can have a strong influence on people's behaviour...[and] investments in community-level programmes...can help to influence social norms around health and activity.' If the local community are aware of Moving Music: Tisbury and the benefits that dance and music can bring to people, there is a chance that this could have an influence on the wider community as well as the target demographic.

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

30

How will you encourage volunteering and community involvement?

Volunteer support will be developed through existing links with Tisbury memory group volunteers and also previous Singing for the Brain volunteers (which the memory group coordinator still has links with). Awareness will also be raised with other local music and dance groups to explore the potential of other musicians and dancers wanting to develop their community music leading skills.

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.)?

The singing group would take place in an accessible venue and financial contributions from participants would be on a 'pay what you are able to' scale (therefore cost would not be a barrier to anyone who wished to participate).

The format of the music and movement sessions would follow established community music and dance 'best practice' guidelines. This means a fully inclusive, person-centred group: limited reliance on printed word sheets and all music taught orally (unless, for example, a hearing impairment requires an alternative approach), every person and voice being welcomed, and no prior music or dance experience necessary. All movement activities are fully adapted for both standing and seated work.

We would also signpost people to Tibus for accessible transport.

How will you work with other community partners?

The project is a partnership between Music for Wellbeing CIC and Tisbury Memory Group and will also make links with other social & community groups in the local area as part of the project. If attendees have particular needs then there can be informal signposting to other community services and groups.

## 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 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. Chris Cook is the person ultimately responsible for safeguarding at Music for Wellbeing CIC and Ann-Marie Dean is the person responsible for safeguarding at the Tisbury Memory Group.

## 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 five anticipated outcomes:

- **Participants will experience a greater social connectedness with others in their community through taking part in regular structured music and movement sessions.**
- **Participants will increase their existing instrumental and musical skills**
- **Participants will have an increased sense of wellbeing through participating in a community music and movement project**
- **Participants will increase their regular physical activity as a result of attending the project**
- **Participants will experience greater enjoyment of physical activity as a result of attending the project**

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

The project will explore a combination of financial approaches. Participant donations will be collected throughout the project to create a level of sustainability, other grant opportunities will be explored and there will be an application to the Parish Council in the next financial year.

**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 **March** Year **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

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

**15b. Project Finance:**

Total Project cost £2570

Total required from Area Board £2570

**Expenditure £2570 Income £330 Tick if income confirmed**

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

(Planned Income [help](#))

(Planned project costs [help](#))

Expenditure	£	Participant donations (estimated)	£	Tick if income confirmed
Administration	£540	Participant donations (estimated)	£330	<input type="checkbox"/>
Music and movement leader	£1100	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Hall Hire	£330	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Volunteer expenses	£220	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Promotional material	£50	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Stationary	£30	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Project Evaluation & report writing	£300	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>

				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
Total	<b>£2570</b>	Total	<b>£330</b>	

Although there is no other project income planned as yet, participants will be self-funding on a self-selecting, sliding scale) and this will be used to support the continuation of the project. The project will also ask the Tesco Community Champion to donate refreshments (such as tea, coffee and biscuits) to the group, which would be an in-kind donation of around £20 (however, this is yet unconfirmed).

**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.