

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	Louise Rendle
Organisation	Wiltshire Service Users Network (WSUN)
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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?

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5. Project title?

Corsham Creative Heritage, Health and Wellbeing project

6. Project summary: (100 words maximum)

Members with disabilities, mental health experiences and long term conditions will be invited to explore the heritage of Corsham through a number of creative activities. This will include a guided visit to the Corsham Alms Houses and Corsham Court.

The project will run every Thursday for 8 weeks and will conclude with an exhibition showcasing the work to other members of the community.

Throughout the project, members will be offered a safe and supportive non-judgemental setting in which they can share their experiences, learn new skills and be more active.

7. Which Area Board are you applying to?

Corsham

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

SN12 – Various locations around Corsham including the Fire Station and Corsham Court

9. Please insert a tick against the themes which best describe your project:

Intergenerational

Older people support / activities x

Carers support / activities

Promoting physical and mental wellbeing x

Combating social isolation x

Promoting cohesive / resilient communities x

Arts, craft and culture x

Safer communities

Heritage, history and architecture x

Inclusion, diversity and community spirit x

Environment, recycling and green initiatives

Sport, play and recreation

Transport

Technology and digital literacy

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?

We have identified a number of local needs from the **Corsham JSA Priorities (2017-2019)** which our project will support:

Culture – Affordable access to cultural Activities – Participants will be asked to make a contribution of £2 per session over 8 Weeks (this will help ensure that participants on benefits or low incomes will be able to participate).

Diversity and social inclusion - Participants with long term conditions and disabilities will be encouraged to explore their local heritage and be involved in creating work for an exhibition. We will ensure that the members of the group are supported and encouraged to participate. We envisage that some of the participants may not have had the opportunity to explore their local heritage or taken part in creative activities before.

Health and Wellbeing – Mental Health and Healthy lifestyles: Improved wellbeing through being an active part of a creative group. (see Improved Wellbeing below)

Older People - Social isolation and loneliness. Participants will meet regularly with the same group of people at the same time of the week, this can create an important anchor in peoples lives who feel isolated. We hope that people will form friendships and connections within the group, which will continue beyond the end of the project.

In addition, participants will experience;

Improved wellbeing:

- Being active both socially and physically
- Feeling valued as a member of the group
- Being with mutually supportive people who have an understanding of the challenges faced
- Engaging in creative activities is known to stimulate positive hormones that can all help to counter some of the challenges arising from living with a long term condition or disability.
- Meeting regularly with the same group of people and time of the week can create an important anchor in their lives

Improved Communication:

Creativity can help people to communicate in a number of ways.

- Express their feelings through the creative process.
- Explore and reflect on their emotions and through prompting communication with others.

Skills and feeling valued as part of the community:

- People living with long term conditions and disabilities often have to face a loss of skills and confidence. Attending groups can provide participants with opportunities to use retained skills and to develop new skills. Sessions will provide opportunities for people to assist others in practical ways and also give social and emotional support to each other.

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

The project will be open to anyone over the age of 18+. We envisage that a number of the participants will be older people. We will ensure that we advertise the opportunity widely and in as many different locations as possible. People may be carers in addition to having a long term disability, mental health experience or disability themselves. Should we be contacted by someone who would need assistance to attend (eg: support from a carer) we would be happy to accommodate this.

(b) How will you encourage volunteering and community involvement?

We will advertise the project widely including through our own website and through the Our Community Matters website. We have been speaking to people within the Corsham Community and have secured gifts in kind from Corsham Court (they have waived the normal admission fee and we will be having a guided tour as a private group). We have already had enquiries from people who are creative and who would be happy to support the group on a regular basis. We will also use the exhibition of participant's artwork to connect with the wider community and to signpost services as appropriate. Participants will be encouraged to develop other ideas of how they would also like to connect to their communities to showcase their project work.

(c) 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.)?

As a User led organisation which supports people who have a disability, sensory impairment, long term condition, mental health issues or Autism, all our projects and activities must ensure that we are accessible to everyone. Actions which will promote accessibility include:

- The group is led by a trained Creative practitioner who has worked on a number of creative projects with people with a number of different conditions including dementia and mental health experiences
- A WSUN support worker who has experience in supporting people with disabilities will help organise the sessions and will assist the group members to participate in sessions

- We have kept the weekly fee low at £2 per session per person to ensure that people on low incomes can attend. (There will be a donation pot for teas and coffees so people can contribute more if they can afford it)
- We will advertise the group widely through avenues such as existing community groups eg: Corsham Parkinson's group, Stroke Association, Men's shed and also in local publications including Parish Magazines and public places like the library. We will also promote the group within doctor's surgery's to ensure as many people as possible are aware of the group.
- We will explore ways in which people can be supported to access the group who live in both Corsham and its surrounding area. This may be through volunteer drivers, help accessing public transport including applying for a bus passes (if required) or understanding timetables.

We will be moving around Corsham, Corsham Court and the Alms Houses during 2 of our sessions; people will need to be able to explore the locations. Some of the sites we will visit may have uneven ground and steps.

How will you work with other community partners?

We will work with other local groups and organisations (as above) to help us to promote the activity and will encourage those groups to supply us with information, which can be shared with the participants.

If we become aware of any issues as a result of running the group, we will also act as a signposting organisation. This will help to increase community knowledge and encourage continued independence for longer by ensuring that people are able to make informed decisions about their lives. The exhibition of work at the end of the project will give WSUN and the group the opportunity to share their experiences with the wider community.

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?

All WSUN staff and Management Committee members have Enhanced DBS checks. Staff are recruited using the Safer recruitment guidelines outlined by Councils, which include the taking up of references. We will ensure that any additional volunteers have DBS checks.

WSUN has a Safeguarding Vulnerable Adults policy, which can be provided upon request and has been provided to the creative practitioner along with our code of conduct.

Louise Rendle CEO and the Management Committee have joint responsibility for safeguarding. Louise has undertaken training both with Wiltshire Council and Banes Council around safeguarding of both vulnerable adults and children. A number of our Management Committee including Diane Gooch (Chair of WSUN) have sat on the Service User board which supports the Wiltshire Adults Safeguarding Board.

12. Monitoring your project.

How will you know if your project has been successful?

All participants will be asked to complete a questionnaire at the beginning of the sessions and will be encouraged to provide feedback on a regular basis and at the end of the sessions. At the end of the project we will write a short evaluation report with our findings.

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

We would like this project to act as a pilot; after evaluation we plan to seek funding to replicate this project not only in Corsham but other areas of Wiltshire. Many more people therefore, across the County, will be able to participate in learning more about their communities and developing new skills in a friendly and supportive environment.

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

(a) Either - Your Organisations Finance

Your latest accounts: Month: March Year: 2018
Total Income: £149,518
Total Expenditure : £149,423
Surplus/deficit : £95
Free reserves currently held: £90,541 (See below)
(money not committed to other projects/operating costs)

Why can't you fund this project from your reserves?

Please note that our funding was greatly reduced in the financial year 2018/19 after WSUN lost its core funding at the end of May 2018. Reserves in 2018/19 have been used for operating costs and staffing whilst we are looking for further funding to help us continue into the future. The free reserves above have reduced significantly, we are in the process of finalising our accounts for year ended 31st March 2019, ready for independent examination.

(b) Or - We are a small community group and do not have annual accounts or it is our first year (please tick if this applies to you)

(c) Please detail your project finance (if your organisation reclaims VAT please exclude VAT from the project costs)

Planned project costs		Planned income	
Project coordinator Including evaluation	613	Session charge x15 participants £2 per session	270
Art Practitioner	640	Corsham Court Admission fees (Gift in kind)	170
Administration and finance costs	49	WSUN contribution	1002
Staff mileage	58	Corsham Area Board Grant	1200
Publicity	30		
Refreshments	40		
Corsham Court admission	170		
Almshouses admission	43		
Art Materials	200		
Insurance and other overheads	800		
Total	2642	Total	2642

16. 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.