

# Health and Wellbeing Group Form (for small grants)

**Name of Applicant:** Anna Maycock-Frame

**Organisation applying:** Happy Cafe (Action for Happiness)

**Total cost of your Project (provide a simple of breakdown):**

Printing and advertising costs: £250

DBS checks: £100

Total: £350

**4. How much are you applying for from the Health Wellbeing Group fund?**  
£350

**5. What is the title of your project:**  
The Salisbury Happy Cafe

**6. Please give a paragraph (or 2) description as to what your project is for/what its aims and objectives are:**

Currently there is a lack of services for people with mental health issues in the Salisbury area. We are looking to create a safe place for people from all walks of life to come together and support each other, as well as learning about one of the most important things a human being can have, Happiness.

The Happy Cafe Network is a project set up by Action for Happiness (Founded by His Holiness the Dalai Lama). Primarily the cafes are a place for those who seek happiness to go and share ideas and experiences. They promote science-based skills for wellbeing as well as offering coffee and a friendly ear. It was launched in 2011 and has since gone from strength to strength and now operates in 170 countries.

Ten Keys to Happiness:

Giving

Relating

Exercising

Awareness

Trying out

Direction

Resilience

Emotions

Acceptance

Meaning

**7. Please tell us when your project will take place:**

It would be the end of August or early September 2019.

Then held once a week for 52 weeks of the year.

**8. Does the project meet a local need?**

Yes it does as the idea was first raised at a local Mind Support Group, during a conversation about the lack of support in the Salisbury area.

**9. How does the project meet the priorities of the joint strategic Needs Assessment:**

Loneliness Yes (The cafe is designed to spread happiness and would encourage people to come together and form bonds.)

Social Isolation Yes (One of the reasons we would look to hold it weekly is so it can become part of people's regular routine and easy for people to attend.)

Dementia No

Carers Yes (The cafe would welcome people from all backgrounds so carers would be very welcome.)

Avoidable admissions to hospital No

Avoidable admissions to hospital due to falls No

**10. How well have older people and their carers been will be involved in the project?**

The Happy Cafe Movement is all about promoting happiness and good mental health. In this way it is open to everyone and offers a safe space for those in difficulty.

**11. How accessible is the project for all? (Disabled access, low incomes, vulnerable, socially isolated etc)**

The host venue will be Salisbury Arts Centre (TBC) on Monday 11-1pm. The Arts Centre has a good central location and is very disability friendly.

In terms of cost we would look to ask for a £1-£2 donation. This would go towards replacing the printable items/badges as and when needed.

**12. How well will the project safeguard the welfare of vulnerable people?**

Safeguarding and wellbeing will be at the core of all planning for the event.

Hosts (volunteers) would be DBS checked to ensure the safety of people attending.

The founding force behind Action for happiness and the Happy Cafe project is to help people and create a safe place for everyone.

**13. How will you monitor and evaluate the project?**

We would look to have an attendance record (e.g. sign in sheet).

We would ask people for their views and make adjustments if needed e.g possible altering running times if a large number of people would prefer it.

Over time what people will get from group will change. Through feedback and discussion we would look to meet these needs. For example, if people would like to take part in a creative writing or meditation session we would look into hosting such an event even if it was on a once a month basis.