

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	Monsura Ahmed
Organisation	Muslim Association of Salisbury
Address	Wilton road, Salisbury

2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	£1035
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?

Rabbat ul Bait- Queen of the home

6. Project summary: (100 words maximum)

<p>This project aims at filling the gap of support to ladies from the Muslim community from various countries and ethnicities living in Salisbury. They are often unable to speak</p>

English and have poor access to services. Sometimes the men disable their women from attending activities if there is free mixing with the opposite gender. A Muslim ladies group is needed, where ladies from all ethnicities can come together, helping to build their confidence in a familiar environment. Speakers from community services, exercise for ladies at high health risk due to their way of life, shared food, and outings to places in the community will all be part of the programme.

The group will help the ladies integrate into the local environment, gaining confidence and in turn in communicating with their child's school.

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

SP1 and SP2

8. Please highlight in BOLD the themes which best describe your project:

Intergenerational

Older people support / activities

Carers support / activities

Promoting physical and mental wellbeing

Combating social isolation

Promoting cohesive / resilient communities

Arts, craft and culture

Safer communities

Heritage, history and architecture

Inclusion, diversity and community spirit

Environment, recycling and green initiatives

Sport, play and recreation

Transport

Technology and digital literacy

Other, please specify

9. About your project

Please tell us about your project (a strong application will address all of the following):

- a) How does your project support local needs and priorities?

We believe this project will be the first to address the Isolation and integration of Muslim women in Salisbury: isolation is a major local priority. Providing accessible exercise activities will help with the ladies' health and wellbeing. Providing the ingredients for a shared meal during the session will allow the ladies to feel a sense of contributing by each preparing a meal in turn. And working with community facilities like the Arts Centre and the Museum will allow those organisations to meet their own mission of serving the whole community.

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

Because we need to build confidence and link ladies who are often very isolated we have a low initial target of 10. We expect the group to grow slowly but steadily and of course benefit to the ladies will benefit the whole family unit.

- c) How will you encourage volunteering and community involvement?

Over time I hope these women will gain enough confidence to become involved in the community and in their children's schools. We will also bring the community into the group meetings and will arrange outings to community facilities like the Museum and Arts Centre.

- d) 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 publicity will be available in community languages and will be distributed via GP's surgeries and from schools as well as the Mosque and Asian restaurants.

- e) How will you work with other community partners?

We will happily engage in local networking meetings and work alongside community partners, inviting speakers to meetings.

10. 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.

I have in my job completed various safeguarding training, having worked with children I am also DBS checked.

- How do you make sure staff and volunteers understand their safeguarding responsibilities?

I will ensure all staff and volunteers are briefed and directed to a safeguarding lead and all procedures explained.

- Who in your organisation is ultimately responsible for safeguarding?

Monsura Ahmed

11. Monitoring your project.

How will you know if your project has been successful?

When we can see the confidence in these ladies increasing enough to engage with the community, voluntary jobs, engaging with schools, impact on their mental and physical health.

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

We are asking the Area Board for seed funding to get the Group started. When the group is established we will apply to the Wiltshire Community Foundation for 3 year funding. As the group grows we aim to charge attendees a monthly small fee per family and also an extra fee for further activities arranged.

13. 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

Not applicable

14. Finance

(a) Either - Your Organisations Finance

Your latest accounts: Month: Year:

Total Income:

Total Expenditure:

Surplus/deficit :

Free reserves currently held:

(money not committed to other projects/operating costs)

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

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

We are a small community group, an offshoot from the Muslim Association of Salisbury.

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

15.

Planned project costs	Planned income
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1. Project co-ordination 7 hours x 12 sessions @ £25 per hour	2625	Donated time value	2625	15.
2. Translation for publicity £80	80	Donated by Community	80	
3. Exercise tutors 12 x £50	600	Contributed by Health trainers (WC)	600	
1. Publicity in community languages, production and distribution	130	HWB grant requested	1030	
2. Venue hire x 12 x £30	360			
3. Ingredients for shared meals to be prepared by members 12 x £25	300			
4. Outings costs, including transport £60 x 4 outings	240			
Total	4335	Total	4335	

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:

Outings costs, including transport £50 x 4 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.