

Report to	Trowbridge
Date of Meeting	07/01/2021
Title of Report	Community Youth Grants

### 1. Purpose of the report:

To ask Councillors to consider the following applications seeking funding from the Trowbridge Area Board.

Application	Grant Amount	
<b>Applicant:</b> JP Counselling <b>Project Title:</b> Mindfulness and Relaxation	£2500.00	
<b>Total grant amount requested at this meeting</b>	£2500.00	
<b>Total amount allocated so far</b>	£14,560.00	

### 2. Main Considerations

Councillors will need to be satisfied that grants awarded in the 2020/21 year are made to projects that can realistically proceed within a year of the award being made.

Area Boards have authority to approve Area Grants under powers delegated to them by the Cabinet member for Communities, Campuses, Area Boards, Leisure, Libraries and Flooding. Under the Scheme of Delegation Area Boards must adhere to the Area Board Grants Guidance 2020/2021.

Community Youth Grants will contribute to the continuance and/or improvement of cultural, social and community activity and wellbeing in the community area, the extent and specifics of which will be dependent upon the individual project.

Community Youth Grants give all local community and voluntary groups, Town and Parish Councils an equal opportunity to receive funding towards community based projects and schemes.

### 3. The applications

Applicant: JP Counselling Project Title: Mindfulness and Relaxation	Amount Requested from Area Board: £2500.00	
This application meets grant criteria 2020/21.		
<b>Project Summary:</b> To provide a mental health intervention for vulnerable young people and their parent/carer through Mindfulness Classes involving a combination of breathing exercises visualization body awareness and relaxation. Mindfulness is proven to reduce anxiety increase ability to focus		

and stay calm whilst also enabling self regulation of emotions.

**Report Author:**

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