

## Grant Applications for Trowbridge on 07/01/2021

ID	Grant Type	Project Title	Applicant	Amount Required
783	Youth	Mindfulness and Relaxation	JP Counselling	£2500.00

**Submitted:** 16/12/2019 12:51:06

**ID:** 783

**Current Status:** Application Appraisal

**To be considered at this meeting:**

tbc contact Community Area Manager

**1. Which type of grant are you applying for?**

Youth

**2. Amount of funding required?**

£501 - £5000

**3. Are you applying on behalf of a Parish Council?**

No

**4. If yes, please state why this project cannot be funded from the Parish Precept**

**5. Project title?**

Mindfulness and Relaxation

**6. Project summary:**

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.

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

Trowbridge

**Electoral Division**

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

BA14 7QU

**9. Please tell us which theme(s) your project supports:**

Youth work/development

Community Project

Health

If Other (please specify)  
Mental Health

**10. Finance:**

**10a. Your Organisation's Finance:**

**Your latest accounts:**

**Total Income:**

£

**Total Expenditure:**

£

**Surplus/Deficit for the year:**

£

**Free reserves currently held:**

**(money not committed to other projects/operating costs)**

£

**Why can't you fund this project from your reserves:**

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

**10b. Project Finance:**

Total Project cost		£2500.00		
Total required from Area Board		£2500.00		
Expenditure (Itemised expenditure)	£	Income (Itemised income)	Tick if income confirmed	£
Venue Hire	300.00	Venue Hire		300.00
Marketing and Admin	100.00	Marketing		100.00
My Fee	2100.00	My Fee		2100.00
Total	<b>£2500</b>			<b>£2500</b>

**11. Have you or do you intend to apply for a grant from another area board within this financial year?**

No

**12. If so, which Area Boards?**

**13. Please tell us WHO will benefit and HOW they will benefit from your project benefit your local community?**

**14. How will you monitor this?**

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

**16. Is there anything else you think we should know about the project?**

17. DECLARATION

**Supporting information - Please confirm that the following documents will be available to inspect upon request:**

**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)

**Other supporting information (Tick where appropriate, for some project these will not be applicable):**

**And finally...**

yes The information on this form is correct, that any award received will be spent on the activities specified.

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