

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	DIRECTOR SUE LEE
Organisation	OUR TIME PROJECT
Address	80 Trowbridge Road Bradford on Avon BA151EN
Phone number	07897858075
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2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	£2000
Over £5000 (please note – our grants will not normally exceed £5000)	

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

Yes	
No	/

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

5. Project title?

OUR TIME PROJECT- TIDWORTH

6. Project summary: (100 words maximum)

TO PRODUCE AND DELIVER A SERIES OF HIGH QUALITY INSPIRING THEATRE AND MOVEMENT WORKSHOPS WITH ELDERLY COMMUNITIES OF TIDWORTH: CREATING JOYFUL, LIFE - ENHANCING EXPERIENCES, UNDER THE GUIDANCE AND THE EXPERTISE OF THE OUR TIME PROJECT COMPANY.

INVOLVING ACTIVE ELDERS, VERY FRAIL, THOSE WHO HAVE HAD STROKES, AND THOSE WITH DEMENTIA .ULTIMATELY ENCOURAGING PERSONAL DISCOVERY AND A SHARED AND ENLIGHTENING COLLECTIVE EXPERIENCE WHICH WILL HAVE POSITIVE REPERCUSIIONS IN THE WIDER COMMUNITY.

The workshops will improve the health and well-being of participants, encouraging mental and physical stimulation as well as being a joyful creative collective experience for both elders and carers.

7. Which Area Board are you applying to?

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

9. Please tell us which themes best describe your project: OLDER PEOPLE /SUPPORT ACTIVITIES>

<input type="checkbox"/> Intergenerational projects	<input type="checkbox"/> Heritage, history and architecture
<input checked="" type="checkbox"/> Older People Support/Activities	<input type="checkbox"/> Inclusion, diversity and community spirit
<input type="checkbox"/> Carers Support/Activities	<input type="checkbox"/> Environment, recycling and green initiatives
<input type="checkbox"/> Promoting physical and mental wellbeing	<input type="checkbox"/> Sport, play and recreation
<input type="checkbox"/> Combating social isolation	<input type="checkbox"/> Transport
<input type="checkbox"/> Promoting cohesive/resilient communities	<input type="checkbox"/> Technology & Digital literacy
<input type="checkbox"/> Arts, crafts and culture	<input type="checkbox"/> Other
<input type="checkbox"/> Safer communities	

If 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?

www.ourtimeproject.com

FILM: <https://www.youtube.com/watch?v=JN7XR2OqCBw>

Tailor- made to the needs of each group whether very frail, active elders or those with dementia or who have had strokes, the OUR TIME PROJECT inspires through the use of movement and theatrical play, drawing from the life experience of participants, guiding with delicate expertise and taking ideas onto a theatrical level ,allowing and encouraging the participants to see each other in new ways, and encouraging a fantastic shared experience which has an impact inside the prospective homes and groups as well as having ripples into the wider communities through the carers and families ; Carers are encouraged to participate and sometimes family members who are visiting.

In the TIDWORTH area, **Bartlett House (Order of St John) & Trinity House (Aster Sheltered Housing)** and **Ludgershall sunset club** and **Tidworth over 60's club** have been highlighted as having a clear need and keen interest in having OUR TIME PROJECT delivering this work with their groups and the project will include these.

Fitting in with the Tidworth Community Area local priorities OUR TIME PROJECT encourages and promotes **health and active lifestyles** for elders as well as improving mental health and wellbeing and **combating loneliness**, by encouraging a wonderful shared experience. Past work has really highlighted the benefit to participants e.g. some recent workshops in sheltered Housing in Wiltshire had positive feedback from Eamon McClelland Resident Engagement Officer Sheltered Housing Wiltshire Council.

“Our Time Project

Sue, my comment on the feeling I had from being in the process of persuading our residents to take part for a couple of hours was probably best summed up as one of surprise. That is to say surprise at the result. It was particularly intriguing to me that the people whom I had assumed would be the most resistant to the process were the very ones whom afterwards wanted to repeat the experience. Clearly successfully challenging their usual routine had a liberating effect on them. Our Time has a momentum all its own and those who participate pick up on this and despite age and infirmity are great at liberating the ridiculous and ensuring humour as well as friendships are established.

Regards, Eamon”

Each residency workshop is a unique experience in itself and is tailor made to the needs and requirements of each group whether very frail active elders those with dementia or physically disabled. These workshops draw from the distinctive experience of the Company and the experience of the Director who has created pioneering theatre and movement work with the elderly over the past 14 years and has a wide experience as an Artist Director and Producer. It is a pre-requisite of the company's ethos to have an innovative creative and life enhancing approach to interactive workshops with the elderly. Drawing from training at the Lecoq International school 1992 -1994 and over 20 years' experience as a Director of theatre Sue Lee B.A Hons Diploma Ecole Lecoq Director coordinates the OUR TIME PROJECT and encourages a direct and stimulating environment where wonderful experiences and great discoveries happen with much laughter under the care and collaboration with care workers within each workshop setting. The workshops aim to inspire and bring out the undiscovered in each participant drawing on the creativity that stems from each individual's life experience and celebrate this in a joyous way. Movement is at the core and each workshop begins with simple movements which will have a great physical benefit then leading to simple improvisation creating a unique vibrant and life enhancing experience that bonds the collective and rejoices the individuals uniqueness. The workshops are delicate drawing out the creative potential in each person in a sensitive way as well as encouraging a group shared experience. The workshops aim to stimulate physical activity as well as spiritually bind the group encouraging well-being and improved quality of health. Some feedback from the previous set of workshops in the area Rebecca Brown leader from Forum Stroke Club “I think the members really enjoyed it they were smiling and laughing.....it is wonderful for their imagination and memory. It is good for them to interact as a group. They gain confidence I could really see this programme happening again as it was great fun.’

Chris brown day centre participant Mrs Alison Meer's .’It took me out of my shy comfort zone.... Making a fool of oneself isn't a bad thing from time to time... I wish I had started being so fluid in movements earlier’.

Jill Stevens Chris Brown Day Centre Organiser' Such a fun happy morning...so good to see people taking part who would not otherwise.....a very valuable experience bring people out of comfort zone.

Resident Peggy Heaven Albany House Tisbury Overall impression....Liked it all.....Kept one occupied for the morning.... could you see the programme coming again I hope So... Jo Avery S.A.R.O. Bramley House Mere what did you like about the workshop and overall impression 'expressing feelings and gentle exercise'... participant Tricia Bramley House ... 'Lovely learnt lifesaving skills would you like the workshop to come again ... Oh yes Please!'

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

Expected 130 + elders and carers as well as many people who will hear and see about workshops via Company web and other avenues of sharing.

How will you encourage volunteering and community involvement?

Family members of elders will be encouraged to view and or participate in the workshops. Carers will be actively involved learning new ways of working/communicating from the Company.
The workshops will be shared to the greater community via the company web and working with Age U.K Wiltshire to show photos and disseminate info about outcomes to educate and share the wider community about the positive outcomes of this project of the OUR TIME PROJECT work with the local community.

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.)?

Workshops will be offered at extremely low cost to elderly groups –a nominal fee making the workshop completely accessible to these groups.

How will you work with other community partners?

Age U.K will aid in the sharing of outcomes with the wider community.
Working with feedback from past workshops with groups, both from carers and participants these comments will further make the work as relevant as possible to each specific group.
Talking to activity co-ordinators in the prospective homes the plan and structures with regards energy levels of the participants and pacing the workshops has been discussed as well as how the company like to work.
It is very important before each residency to allow an input from the homes, and preparation time is intrinsic to the work, e.g. a particular theme, day that the home is working with for example the company recently worked with Hayward's Care Home in Devizes on St Georges day and tailor- made a workshop for this day, bringing out memories .
Collaboration is always at the centre of how the Company works in regards to the particular groups, and it is open to listening to the issues and ideas coming from activity co-ordinators and managers.

16. 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?
- Who in your organisation is ultimately responsible for safeguarding?

The OUR TIME COMPANY has a clear **vulnerable adults protection policy** in place and all practitioners that work with the company are **made familiar** with and are trained in implementing this.
In each setting it is integral always that the carers and managers are always involved closely with the groups to gauge the capabilities and appropriateness of the work.
The OUR TIME PROJECT Director is the co-coordinator and has ultimate responsibility for the safeguarding.

12. Monitoring your project.

How will you know if your project has been successful? *required field

The Project will be overseen by The Our Time Project Company Management Advisory Board MAB which consists of a Medical Doctor Academic Doctor with extensive community Project Development experience a Marketing Business Executive and a Community Engagement advisor as well as a Financial Manager. Regular meetings will ensure that the financial and organizational side of the project is keeping in line with the objectives. Feedback forms will be collated from the participants managers and carers as well as monitoring and getting advice from relevant health professionals. This in turn will give an idea of the projects impact on participants and surrounding communities as well as the quality of the work. The feedback forms will also have an influence from The Warwick Edinburgh Evaluation scale giving a sense of the benefits with regards to participants well-being. Professional photographs will give a sense of the project and will be collated at the end shared via the web and to homes directly. The Company website www.ourtimeproject.com will be updated regularly with regards to the progress of the project. All material will be collated at the end of the project to give an overall impression of the benefit of the project to the participants and surrounding communities.

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

This project is a discrete project for the Tidworth Area.
However this project builds on substantial programme of work recently finished and supported by Arts Council England around the theme of MEMORY (budget £22000)
Assessing more discrete funding that will enable more workshops in the area will be intrinsic to the development of the work and consistency of delivery for the company.
A long term vision of the Company, and The Management Board are working towards this, is to be able to source core funding on a consistent level to enable the work to reach participants more regularly.

16. If this application forms part of a larger project (eg a community navigation project), please state what this project is and approximately how much the overall project will cost?

15a. Your Organisation's Finance:Your latest accounts:

Month Year

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:

£7135 reserves in bank was held for future designated workshops.

15b. Project Finance:

Total Project cost £

Total required from Area Board £

Expenditure	£	Income	£	Tick if income confirmed
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NB. If your organisation reclaims VAT you should exclude VAT from the expenditure

(Planned Income [help](#))

(Planned project costs [help](#))

<input type="text" value="post/stationery/print"/>	<input type="text" value="300"/>	<input type="text" value="Nominal fees"/>	<input type="text" value="160"/>	<input checked="" type="checkbox"/>
<input type="text" value="transport"/>	<input type="text" value="160"/>	<input type="text" value="Company funds"/>	<input type="text" value="200"/>	<input checked="" type="checkbox"/>
<input type="text" value="photography"/>	<input type="text" value="600"/>	<input type="text" value="in kind photography"/>	<input type="text" value="400"/>	<input type="checkbox"/> /yes
<input type="text" value="producing"/>	<input type="text" value="600"/>	<input type="text" value="in kind producing"/>	<input type="text" value="300"/>	<input type="checkbox"/> /yes
<input type="text" value="prep days"/>	<input type="text" value="400"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text" value="workshop delivery"/>	<input type="text" value="1000"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
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				<input type="checkbox"/>
Total	3060	Total	1060	

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

financial year? *required field

Yes

But similar project with discrete budgets

17. Please list which area boards you are intending to apply, including this one (You can apply to a maximum of 3 Area Boards for the same project in a financial year) *required field, if Yes to Q11.

Tidworth-discrete project similar.

Melksham-discrete project similar.

18. 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:

/ yes 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.