

COMMUNITY ENGAGEMENT FORUM APPLICATION FORM

Application process

This form should be used to apply for funding from any of the five Community Engagement Forums.

Before completing this form, please ensure you check the project funding criteria and application guidance form. You can also get support with completing the application by e-mailing cefadmin@selby.gov.uk. Whether you are applying for a small grant or project funding you will need to complete section 1 and 3 of this application form and then either a grant information form or a project brief in section 2.

This is an application only and will be subject to an assessment process – we cannot guarantee support. The Community Engagement Forum Partnership Board will consider every application received. Please see the decision making flowchart to understand the process your application will go through.

After completing and saving, please send the form by email to cefadmin@selby.gov.uk. We would prefer not to receive applications by post, please.

We will let you know if you have been successful by email unless requested in writing.

Which Community Engagement Forum is this application to?

Please indicate which Community Engagement Forum this application is being submitted to (when applying to more than one CEF you will need to complete a separate application form for each CEF).

Central CEF	X
Eastern CEF	
Southern CEF	
Tadcaster & Villages CEF	
Western CEF	

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Section one: About your organisation

Please tick this box to confirm that you have discussed your application for funding with the relevant Development Officer (this is a requirement of all CEF funding applications). Contact details for both Development Officers can be viewed on the Selby District Council website.

Q1.1 Organisation name

St Wilfrid's Wellbeing Café - The Ecclesiastical Parish of St Wilfrid, Brayton

Q1.2 Organisation address

What is your organisation's registered address, including postcode?	
St Wilfrid's Parish Hall Doncaster Road Brayton	
Telephone number one	Email address (if applicable)
07780929243	c.hodgson1979@gmail.com
Telephone number two	Web address (if applicable)
01757 711586	http://www.stwilfridsparish.com

Q1.3 Main contact details

Give us the details of the person in your organisation that is the main contact.

Title	Forenames (in full)	Surname
Mrs	Claire	Hodgson
Position or job title		
Wellbeing Café Co-ordinator and Church Warden		

Q1.4 Organisation type

What sector does your organisation fit into?

Social enterprise	
Charity	X
Voluntary or community group	X

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Other		Please describe	
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When was your organisation set up?

Day	9	Month	September	Year	2017
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Q1.5 Reference or registration numbers

Charity number	1169956
Company number	
Other (please specify)	

If you are an unincorporated association and not registered with the Charity Commission, please tick this box and send us a copy of your governing documents (for example, constitution or set of rules) with your application.

Q1.6 Is your organisation VAT registered?

Yes		No	x
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Please note that applications cannot be used to support expenditure on VAT reclaimable by the applicant from HM Revenue and Customs.

Q1.7 Please list all other bodies that you have, or plan to apply to for funding

Name of Body / Organisation	Funding Awarded/Requested*
n/a	n/a

*Where you have not yet applied to the body, please indicate the amount you intend to apply for and write 'indicative' to the side of the amount.

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Section Two: Grant information or Project Brief (separate document)

Please see the Allocation of Funding Framework and application guidance form to check whether you will need to complete a Grant information form or a Project Brief.

Q2.1 What is the title of your application?

Wellbeing Pamper Treatments

Q2.2 Please list the details of your application (500 words limit)

We are a voluntary led community café, our mission is:

To provide informal support for those whose lives are affected by mental health conditions providing a safe, open space and by showing Christ's love, compassion and acceptance for all.

We run a weekly café every Monday morning in Brayton for those with mental health conditions which we started in September 2017 with support from York Mind.

Over the time we have had various people come for support, some who have become regulars attending most weeks. We see a broad range of conditions such as; anxiety, bi-polar disorder and depression.

We offer a safe space where people can talk with other people for mutual support or with one of the volunteers on a one to one basis.

We have various crafts available for those who wish to have something to do.

Last autumn we made crafts such as sweet Santa sleighs and gift boxes which we give to York Mind to sell on their stall at the Selby Christmas Market.

We also promote and support national Mental Health Campaigns such Mental health awareness week where we offered some different activities such as Mindfulness Taster.

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Q2.3 Is there a specific date your applications needed to be funded by?

September 2018

Q2.4 Which two objectives in the specific Community Development Plan will your application meet? (250 word limit for each objective)

Which objective?	How will you achieve this?
Objective 1: Health and Wellbeing	To reduce social isolation, reduce stress, increase confidence and wellbeing.
Objective 2:	

Q2.5 Please outline how the application will benefit the specific CEF area and why there is a need for your proposal? (500 word limit)

We would like to offer treatments such as the following within the café environment where our clients can sit in a safe space.

- File and paint
- Eyebrow wax
- Reflexology
- Facial
- Indian head massage
- Hand massage

- It would relieve stress and aid relaxation.
- It would give people something to look forward to and give them a good feeling and reason to face the day.
- It would help with loneliness by having someone to talk to and listen to while having treatments.
- No other service within the Selby area providing such service.

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“Approximately 1 in 4 people in the UK will experience a mental health problem each year.

In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week” (Mind.org).

Our café is supported by York Mind who has provided the following statement:

“York Mind is an independent mental health charity with significant experience in providing recovery focussed and social interventions to support people with their mental health. We completed a small pilot befriending project in Selby in 2014 in order to explore the local need and provision of mental health support in the town. Whilst undertaking this piece of work we identified a gap in provision for this type of support as well as a wider lack of mental health provision and significant need in terms of mental ill health and social isolation.

The pilot project allowed us to successfully secure funding for Selby as part of our York Befriending Project and consequently we have run our Befriending Service in Selby since March 2016. During this 27 month period, we have received 87 referrals, with a mixture of self-referrals, and referrals from statutory bodies (such as NYCC’s Living Well Team and the CMHT) and other third sector organisations (such as IDAS and Foundation) with little promotion, further demonstrating the need for support in the community.

In terms of other available support, with a primary focus on general mental health, there is a peer led support group called Brighter Futures, which offers informal peer support on a weekly basis. Other organisations offer support around emotional wellbeing but with alternative specialisms; e.g. Horton Housing and Foundation focus on tenancy support, North Yorkshire Horizons focuses on substance misuse, IDAS focuses on domestic abuse, Age UK focuses on older adults. There is a very clear gap for mental health focussed support.

We were approached by St Wilfrid’s in Brayton and asked to support them in finding a way to better support the mental health of their congregation and the wider community. The result of this work was the development and implementation of the weekly Wellbeing Café which takes place every Monday morning and is run by volunteers from the Church who we supported initially with some basic training around mental health work. The café provides a much needed safe space where people experiencing mental ill health can go without fear of judgement, and also gives people a supportive place in a non-clinical setting. York Mind acts as an ongoing line of support to the café should the volunteers require any advice or guidance around issues which may arise.”

Comments from those attending the group:

“The Wellbeing Cafe is a lovely, calm, welcoming environment in which to meet friends, old and new. There are options to sit and chat, craft or just sit and enjoy the lovely cake on offer”.

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“A warm and friendly group. Good way to meet new people in your area. Like the crafts and refreshments”.

“The wellbeing café is open and friendly and make you feel welcome the moment you walk in. You can participate in activities or just have a drink and chat. Great for taking your mind off things”.

I have chosen a local beauty therapist called Lisa Jay Keyver, who has been as a beauty therapist for 17 years. She has provided the below statement.

“Beauty treatment / holistic therapies / pampers session really give the individual that much needed relaxation, and quality time out a moment for them to indulge switch off and relax. Beauty treatments are a great stress reliever which in turn can help lower blood pressure, detox and help aid sleep helping ease aches and pains and skin condition depending on the treatment”.

We hope to provide this service as a taster session to evaluate after one year at the feasibility of running on a permanent basis with a minimal cost of £5:00 per treatment.

Q2.6 How much funding are you requesting?

Please provide a breakdown of the different cost elements associated with your application:

Cost Element	Cost (£)
Beauty therapist x 2 hours once a month for one year	£30 per hour
Total Cost	£720

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Q2.7 Is the total cost of the application more than the amount you are requesting?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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If yes, where will you get the other funding from and has this been secured?