

**QUARTET funding Programme****Name: B&NES Supporting Communities (45 records)**

£49,767.20

Age UK Bath & North East Somerset

For a garden/allotment project, allowing older people of 50 years plus to enjoy gardening in a space that they may not have at home

Age UK Bath & North East Somerset

For staff costs to expand the groups befriending services to its members who are housebound and living alone

Art at the Heart of the RUH

To run a pilot programme consisting of 24 sessions of creative writing, reading and interactive storytelling activities for patients on one of the Older Peoples Units at the RUH

BANES Football Club

For football coaching and venue hire to continue training sessions for people with a mental health/learning disability

Bath City Farm

To supply and install wooden structure with turf roof to enable members to continue with word work activities in all weather

Bath City Sound

For capital items for the groups new studio at the Aquaterra complex in the centre of town

Care & Repair Somerset

For staff costs and room hire for reading sessions

Care & Repair Somerset

For staff costs and room hire for reading sessions, for the extension of pilot project based in community cafe in the deprived town of Radstock

Care Forum

For the town hall rental for a community arts and health project for people suffering anxiety, depression and isolation

Chew Valley Community CIC

To provide a dedicated Village Agent to address the unmet needs of the older population

Chew Valley Monday Club

Towards catering costs for the group

Creativity Works (nesa)

For staff costs to help facilitate and train volunteers to support new

	creative groups in B&NES, including group management, signposting, help with funding bids etc
<u>Foxhill Point Community Group</u>	For gentle exercise classes (exercise tuition provided by Community Learning) and reminiscing sessions for over 60's, both projects aimed to improve mental health and wellbeing
<u>Genesis Trust</u>	For a new PC to be used by staff and service users
<u>Greenlinks (Supported by Bath Mind)</u>	Towards a trained horticulturist to deliver training on basic elements of horticulture to the regular group of members and for a trained therapeutic horticulturist to support volunteers who are not so far along their recovery
<u>Inspirational Art &amp; Craft Group</u>	For tutoring costs and capital items for ongoing creative art sessions for adults suffering mental health issues
<u>Julian House</u>	For members of the SEEDS group will carry out a piece of research across Bath and North East Somerset to better understand and represent the views and experiences of women who have/are experiencing domestic abuse
<u>Julian House</u>	For a series of six week yoga courses for homeless, socially excluded and vulnerably house service users
<u>Mothers For Mothers</u>	For continuation of the groups service supporting women and their families in B&NES
<u>Mothers For Mothers</u>	to train volunteers and bring postnatal illness counselling service to B&NES
<u>New Hope/Bath Mind/St Mungo's/Soundwell/Care Forum/Creativity Works For Everyone</u>	Towards venue costs for an event to improve the confidence and wellbeing of individuals affected by mental health issues
<u>New Hope c/o St Mungo's</u>	For 10 memberships for the groups members to access the Big White Wall mental health forum 24/7

<u>Positive Action on Cancer</u>	To fund the venue rental costs for counselling service at the Southside Family Centre in Twerton, Bath
<u>Read Around Bath</u>	Towards co ordinators salary to develop the reading service for the socially isolated and vulnerable people in the Banes area
<u>Read Around Bath</u>	For co ordinators salary to extend groups reading services for the socially isolated
<u>Somerset and Wessex Eating Disorders Association (SWEDA)</u>	To bring a desperately needed specialist primary care eating disorders service to Bath
<u>Soundwell Music Therapy Trust</u>	Towards various new instruments, drums, melodean, Celtic Harp etc
<u>Soundwell Music Therapy Trust</u>	Towards weekly music therapy workshops in Bath for people suffering from Dementia and their carers
<u>Southside Family Project</u>	For Southside staff costs to support new initiative -setting up a Hub group on Foxhill Estate, Bath
<u>St Mungos</u>	For a double cross country skier as part of the required gym equipment for the group to establish a new outdoor green gym
<u>SWALLOW</u>	For expansion of the incredibly popular Boogie Nights dance classes
<u>SWALLOW</u>	To run a relaxation and yoga course for both members (people with learning disabilities) and staff to learn a variety of stress management techniques
<u>SWALLOW</u>	for support workers for football sessions for members
<u>Tiny Monuments</u>	This funding will enable the Tiny Monuments group to build their own creative, collaborative project for and managed by people with and recovering from mental health issues
<u>Writing Space c/o Creativity Works</u>	For staff costs and publicity costs to generate more members

### **Local services grant panel 2011-2013**

Using Bridges to Wellbeing finance a panel meets 6 times a year and is made up of New Hope members, B&NES commissioner, St Mungo's staff and staff from Creativity works or Soundwell. Over the last year the panel has allocated £8819 to the following eight groups:

#### **1. 12 O'CLOCK CLUB**

The group meets weekly at a tea shop in Radstock and go to places of cultural interest. The group improves the self-confidence of its members who do things as a group which they wouldn't do alone and provides something positive to look forward to. Having a group which is regular and constant provides a structure to the week of those involved which they find helpful for their well-being.

#### **2. Creative individuals**

This group began as a writing group within Hayhill social support group and supported by Creativity works. The funding enabled this group to move to the library, progress as a more independent group with more input into the direction and progress of the group and utilising a tutor every other week rather than every week.

#### **3. Speaking Circles**

The course creates a safe space that supports participants to be able to face the fear of being in groups and public speaking & as a result improving their self confidence. Three hour session once a week for 4 weeks, with an experienced trainer who received very positive feedback from the seven participants including "Couldn't have felt more comfortable with John" Four participants particularly liked the practical tips they got on the course. The next course is being planned at the moment.

#### **4. Tiny Monuments**

A mixed media, collaborative arts project based in Bath for individuals to express opinions about their life experiences in a positive way. There are 14 regular members who meet weekly. The group recently exhibited at Bath Literature Festival and two members have also had their work published. This group is supported by Creativity works.

#### **5. Mulberry House FC**

St Mungo's Mulberry House residents and staff applied for funding, did the promotion and put on a very successful event that also included teams from Julian House, Community Options and Percy Community Centre the event also included food and was a great success and all teams are looking forward to the next events on 10th April and 19<sup>th</sup> June .

#### **6. Surfing**

The funding is enabling a group of up to 11 people per session to enjoy a day out at Woolacombe, some of this group will be having surfing lessons; sessions start on 17<sup>th</sup> May. The group's aims are to improve confidence; create friendships and bonds;

increase social networks; get a new hobby; learn something; offer escapism; be by the sea, and surfing. The group have booked transport, completed a risk assessment, and started promotion etc

### **7. Sing & Smile**

The sessions offer an opportunity to sing songs from around the world, and develop your voice in a relaxed and friendly atmosphere. This group meets weekly in Bath and is supported by Creativity works

“Helps people feel good after the session having a long term effect on wellbeing” (Group member feedback)

### **8. Breathing Space**

To maintain and develop a pre-existing therapeutic art group in Keynsham, for local people who experience severe anxiety, depression and social isolation, with the aim of alleviating and overcoming our conditions through creative activity and social interaction. This group is supported by Creativity Works