



LISKEARD TOWN COUNCIL

GRANT AWARDING POLICY

Aim: Liskeard Town Council allocates a grants budget annually to assist other organisations within the town to achieve projects, services, exhibitions and events of benefit to the town and its residents.

Eligibility Criteria to assist potential applicants and Councillors on the Finance and Strategy Committee

- Applications can only be considered if they can demonstrate that the grant aid will be of benefit to the community of Liskeard
- Grants will only be given to non-profit making organisations.
- All grant applications must be accompanied by the latest set of accounts, failing this, a current statement of the organisation's funds and balances
- An individual may not receive a grant, although a club or association can apply.
- A single business cannot receive a grant, although a Trade Association or Chamber might put forward an eligible project.
- Grants will not be awarded retrospectively to any project.
- Grants will not be given for normal repairs or maintenance.
- Grants will not be paid against the normal operating costs of an organisation, e.g. wages, rents, stock etc.
- Normally awards of grant will be in the range of £50 - £500. For applications which the Committee considers are exceptional, the Committee can reserve the right to approve a grant of up to £5,000. The approval of a larger sum would need to be ratified by the Town Council under Financial Regulation 5.8 of the Revised Regulations adopted on 20 October 2015.
- The money must be used within two years of being awarded.

- Should a grant be awarded the Town Council requires as a condition of approval that the support of the Town Council is acknowledged in all press releases, Facebook posts etc. and that the recipients of grants give feedback to the Town Council on the use of the monies awarded.
- Applications are welcomed from Community groups, social enterprises, Trusts and Charities.
- Should the project be appropriate the Town Council would encourage applicants to seek the support of other grant bodies including from those outside of the town. This will help to draw down the maximum amount external investment into the town.
- Applications must be made on the form supplied
- Applications to be sent by e-mail to the Town Clerk townclerk@liskeard.gov.uk or posted or handled into the Town Council Offices at 3-5 West Street, Liskeard PL14 6BW
- Correctly completed applications will be considered by the Finance and General Purposes Committee of the Town Council. The applicant may attend the Committee and present their application to the Committee if the applicant wishes.
- If the proposed project does not comply with the above guidelines, it will not be considered by the Committee.

Adopted by the Town Council 19 January 2016

Updated 30 January 2017

Review January 2018

LISKEARD TOWN COUNCIL GRANT APPLICATION FORM

Do not complete the Application Form until you have read the Grant Awarding Policy and believe that you comply with it

**When you have completed this form please send it to:
The Town Clerk, 3-5 West Street, Liskeard PL14 6BW**

Name of Applicant / Organisation	Cymaz Music
Person to contact	Emily Foulkes
Position Held	Director and Vocal Lead
Address	Krowji, West Park, Redruth. TR15 3AJ
Telephone	07968 901002
Email	emily@cymazmusic.org.uk
How are you funded?	Contracted by Cornwall Council to deliver specific pieces of work. Grant funding from a variety of sources.
What benefits will your project give to the town, visibly or in the Community? Who in the Town will benefit?	<p>Anella will benefit people living in the Liskeard area who suffer with breathlessness due to a respiratory condition (eg Asthma, COPD, Lung Cancer).</p> <p>The sessions in Liskeard will be delivered by Emily Foulkes of Cymaz Music, experienced singing leader with training from the British Lung Foundation. The group is aimed to help those living with long-term breathing conditions to;</p> <ul style="list-style-type: none"> - make the most of their lung capacity - learn good breathing habits - keep active - reduce anxiety and depression (often associated with respiratory conditions) - make new friends and support each other. - build self-efficacy and the ability to manage own health and well-being <p>From the pilot project (kick start funded by the British Lung Foundation) a total of 20 people have attended, with a core group of 6/7 regularly attending. Ongoing health issues and sadly death means that retention of members is a challenge. We have run out of funding to continue with the group, which is why we are applying to the Town Council, and would like to relocate the sessions (previously running at Passmore Court) to somewhere more suitable (a Health Centre or GP surgery would be ideal). To ensure we reach those most in need, we will work with Respiratory Nurses and other healthcare professionals to refer new members to the group. There is already growing interest from a healthcare conference attended at the end of November. We received a small amount of funding to run a few sessions with the existing group, but need to secure a larger amount of funding to build the group again and attract new</p>

	members.
A brief description of your project	<p>Starting in mid to late April (subject to funding), weekly Holistic Singing Sessions for people living with a Respiratory condition which prevents them from leading full lives and impacts on their overall health and well-being. We aim to work with 15/18 people during the course of the planned sessions.</p> <p>Being breathless leads to inactivity, which compounds the symptoms further. This holistic approach to singing encompasses a full body approach aimed to promote gentle exercise. The breathing exercises used for the group are recognised techniques as recommended by the British Lung Foundation. Vocal issues are common for people with respiratory conditions (due to lack of air flow to help the vocal folds to vibrate and make sound). Feeling hoarse and weak in the voice can have an impact on emotional well-being. These sessions are designed to strengthen the voice, using professional techniques.</p> <p>The sessions are led by a professional singing leader with support from an assistant leader/accompanies/sound therapist. The impact of using therapeutic instruments during the sessions is important for relaxation. Being able to relax and promote deeper breathing enables the participants to feel more in control of their breathing and less tense. This reduces the cortisol in their bodies, enabling everything to function more effectively. The relaxation and sound healing element of the session is very important to participants and a vital component in preparing for singing from a holistic approach.</p> <p>Sessions run weekly, during term time for 1.5 hours. The sessions are made up of; Relaxation with Therapeutic instruments, breathing and gentle physical exercises, vocal exercises to build knowledge and understanding of the voice, singing a range of suitable repertoire (chosen carefully for those experiencing breathlessness). As well as improving fitness, control of breath and increasing feelings of well-being, the group also offers an important peer support environment and fosters positive attitudes towards self-management and development of self-efficacy.</p> <p>There is growing evidence of the health and well-being benefits of singing, particularly holistic, body focused singing. There are many singing for lung health projects taking place around the country, so by funding this work the Town Council would be contributing to a national move towards increasing singing for health opportunities. In the long term, these initiatives could provide cost saving for the NHS, reducing the strain on health care (eg, one member has already stopped using one inhaler and her lung function tests show a positive outcome). In line</p>

	with Social Prescribing initiatives, the move towards more complementary healthcare is becoming more popular and acknowledged. Liskeard Town Council has an opportunity to be a supporter of this important shift in health care.
Have you previously received a grant from Liskeard Town Council? If 'Yes' please indicate	NO (a) When (Date) (b) Amount received £
What is the total cost of your Project? What sum of money are you looking for from the Town Council? How is the difference to be funded?	30 sessions = £4,850 (full cost) Requesting £3,850 The outstanding £1,000 will be covered from weekly subs paid by the participants plus £250 from Councillor Sally Hawken's Community Chest Funding (approved)
Name of your Bank Account (Account Payable to)	CYMAZ
Charity Number or Registered Company Number (if applicable)	Charity Number: 1108212 Signed E S Foulkes Date 3/2/2018

IF POSSIBLE PLEASE PROVIDE AN UP TO DATE COPY OF THE ORGANISATIONS ACCOUNTS

