

Sevenoaks District Council

Big Community Fund

Application form

1 Name of ward: Christchurch & Swanley Village/Farningham, Horton Kirby & South Darenth

2 Name of Member: Cllr Tony Searles & Cllr Philip McGravey

3 Name of delivery organisation: Alzheimer's & Dementia Support Services

Address of delivery organisation: Basement, Dene Holm House, Dene Holm Road, Northfleet, Gravesend, Kent, DA 11 8JY

Name of the main contact who will be accountable for the delivery of the project: Liz Jewell

Telephone number of main contact: 01474533990

4 Description of Project:

Singing for the Brain was initially developed by the Alzheimer's Society and is part of a national initiative with groups established across the country, except in Kent, something we wish to rectify with this application.

Singing for the Brain is specifically designed for people with dementia and their carer's, giving them a structured singing session to stimulate the brain and give carers and those they care for the opportunity to share an interesting activity that they can do and enjoy together. Research demonstrates that Singing for the Brain helps this vulnerable target group on many levels

i. Singing and music have a powerful part to play in achieving well being as they stimulate the release of chemicals in the brain that are key to setting good moods. Receiving a diagnosis of dementia is tough on all the family and depression can be a real risk if those affected don't believe they can live well with the condition. Singing for the Brain is an activity that does enhance every day living.

ii. The act of singing is a physical activity, where lungs are filled with air, increasing heart rate and getting the blood pumping around the body faster.

iii. The sessions provide a vehicle for self expression. People living with dementia who may have difficulty finding words or expressing what they want to say often remember and sing songs from start to finish and can even learn new songs, helping them feel a sense of achievement and self worth.

iv. Those living with dementia are one of our most vulnerable groups within our community as awareness and understanding of the condition are still poor. Many living with the condition feel unsupported and socially isolated. Singing for the Brain provides a safe, tried and tested way to support and improve the wellbeing of this target group.

Sessions last for two hours and include a relaxed welcome with refreshments on arrival and at the end of the session. The group sit together and no one is identified by illness, creating an environment where a precious sense of community is achieved. This fun and engaging activity means those attending are immediately able to access other services on offer through Alzheimer's & Dementia Support Services as well as other providers such as Crossroads. These services include local Carers Support

Groups; the Dementia Cafes; Support at Home and if appropriate, the Peer Support group (for those with an early diagnosis)

This funding will run for two 14 week pilot groups, and the evaluation and feedback during this period will determine the sustainability of the groups. We will work in partnership with Sevenoaks District Council Healthy Living Programmes to ensure we maximise impact.

5 **Total project cost: £ 6,000**

How will the money be spent? Delivering 2, 14 week 2 hour sessions.

Salaries (Trained Singing Leader)- £2660

Venue - £840

Refreshments - £140

Equipment / Resources - £800

Volunteer Expenses - £180

Admin (Evaluation) - £245

Management - 1135

If the total cost exceeds the amount requested from Big Community Fund, please state here how the remaining cost is to be met:

Amount requested from the SDC Big Community fund:

£ 6000

6 **Your community**

How have you been able to involve the local community in planning this project?

Singing for the Brain is a model of working developed by the Alzheimer's Society and needs to be delivered using defined methodology that has been evaluated as being most effective for the target client group. The facilitator used to deliver this initiative has been fully trained in that delivery. Singing for the Brain is well established across the UK, however it has not yet been rolled out into Kent in the way it has in other counties.

We will work closely with other local organisations, Parish Councils, GP's, District Nurses and Age UK to ensure local people are referred into the group. At each session information of local support services will be made available to ensure that

individuals are made aware of the broader support network available to them with in their community.

We will advertise the opportunity in the local paper to reach those individuals who may not yet already be accessing services and strive to ensure they benefit fully from this initiative and ongoing support available for ADSS and partners.

7 What is the need for the project?

In Kent the number of people affected by dementia will increase faster than anywhere else in the UK. The number of people over 65 predicted to have dementia in Kent was 18,529 in 2010 and this is anticipated to increase to 24,563 by 2020. Sevenoaks is expected to have a higher than average number, than other parts of Kent, excluding Dartford & Tonbridge & Malling.

The National Dementia Strategy 2009 stated that, 'Early diagnosis and intervention improves quality of life of people with dementia; and early intervention has positive effects on the quality of life of family carers'. Early diagnosis and the provision of on-going support for those living with dementia and their carers has been identified as a priority within Dartford, Gravesham & Swanley Commissioning Group, Kent's Health Inequalities Action plan and the Joint strategic Needs Assessment and Sevenoaks District Community Plan. A primary concern of Local and Health Authorities is to enable individuals to live independently in their own homes for as long as possible.

One severe consequence of having dementia is the risk of the social isolation on those living with dementia and their carers, especially as the carer social interactions become restricted by the limitations of the person with dementia. Singing for the Brain assists carers in maintaining their physical, mental and psychological well being. This can in many instances sustain carers in their role as well as contribute to people living with dementia staying in their homes for longer.

8 Long term benefits

Please comment on the lasting effects of the project:

There are many long term benefits from providing Singing for the Brain sessions to those living with dementia. Singing for the Brain provides a context where people with a common challenge come together, access peer support and information without the purpose being solely focused upon Dementia. Singing in a group helps to reduce stress and depression, improve memory and reduce anxiety. It is a 'soft' but effective engagement that acts as an access point to other services that will be critical to the person living with dementia and their carers in the long term.

It is an activity for the carers and those living with dementia to enjoy together, something which is important in being able to enrich relationships as they come to terms with the progressive condition they are required to live with. For the person with dementia when singing, the focus is not upon conversation and the social engagement is not dependent on being a good communicator. Through singing participants feel connected, have fun and take part in an exercise that is accessible to all regardless of their disability.

Those who engage with Singing for the Brain have a safe context where they can build friendship, gain support, share experiences and understanding all of which contributes to the sense of community and social inclusion.

9 The impact of your project

How will you know whether the project has been a success?

Each group will target 26 participants regularly attending 14 sessions. The target attendance rate will not be less than 85%.

A detailed evaluation will be developed by ADSS for the pilot, to capture evidence on the following;

- attendance
- well being outcomes
- general satisfaction levels

The facilitator will be tasked to capture individual case studies that illustrate how people have benefitted from the pilot. All information captured will be to demonstrate impact and help to secure future funding and the long term sustainability of the project.

10 Ongoing costs

If there is an on-going need for maintenance or management of the project, who will be responsible and how will this be funded?

This funding will run two 14 weeks pilot groups, the benefits will be assessed during this period and further funding will be sought to continue the programme in partnership with Sevenoaks District Council's Healthy Living Team. Further local community grant applications will be made after the pilot period, along side match funding sought from NHS Kent and Medway as part of the SDC Healthy living programme as dementia features as a priority in delivering community and supportive interventions.

This project has high impact with minimal investment. It can run for longer or shorter periods of time, i.e. 3 months or a Year. By creating units it may be possible to access small pots of funding that would allow the project to run in different geographical areas and to respond to need across a broader area of Kent. To support long term sustainability a small nominal charge from those wishing to attend the group. This participant contribution would be set aside and used as match funding, for other sources of funding, as well as demonstrate participant commitment and sense of worth.

11 Supporting statement from the sponsoring Local Member:

I fully support this project which meets several Dementia issues.

Cllr Tony Seabrooks

Signed ... (sponsoring Local Member)

12 Agreement of other Local Members that they are happy with the proposed project:

SIGN NAMES:

PRINT NAMES:

[Redacted signature]

..... (Local Member)

[Redacted signature]

(Local Member)


Cllr Philip Roy McGarvey

Cllr Robert Broombank

13 Declaration by project delivery organisation:

I confirm that my organisation will be responsible for the grant and the delivery of the above project and any on-going maintenance or management. I confirm that the

organisation has an equalities policy or has signed the attached District Council's Equality Statement.

Signed  Date 28 March 13

PRINT NAME:

Please remember to include the following documents with your application:

- A copy of the constitution of the delivery organisation
- A copy of the latest audited accounts of the delivery organisation
- A signed copy of the Equality Statement, or a copy of the delivery organisation's equalities policy

Sevenoaks District Council

Big Community Fund

Application form

1 Name of ward: Brasted

2 Name of Member: Anna Firth / Robert Piper

3 Name of delivery organisation: Brasted Parish Council

Address of delivery organisation: c/o Southwood Cottage, Puddledock Lane, Toys Hill,
Westerham, Kent TN16 1PY

Name of the main contact who will be accountable for the delivery of the project:
Jonathan Hardey

Telephone number of main contact: [REDACTED]

4 Description of Project:

Enlargement of main hall in Brasted Pavilion, High Street, Brasted TN16 1HJ

5 Total project cost: £ 6800

How will the money be spent?

The money would provide ^{an internal} enlargement of the main hall to include:

1. Remove partition walls and make good.
2. Remove and replace radiators and electrical fittings.
3. Form new studwork walls and door frames.

This would provide additional space to the hall (increase of approx 25ft x 12ft) with the opportunity to offer new activities to local residents and organisations..

Contributions from other funders if applicable:

Brasted Parish Council: £3800

Amount requested from the SDC Big Community fund:

£ 3000

6 Your community

How have you been able to involve the local community in planning this project?

Yes - users of the Pavilion have requested additional space (Youth Club, Pilates Instruction, Private Hirers).

The Parish Council regularly receives enquiries for bookings that cannot be accommodated in the current space. Sixty percent of the current bookings are from local residents who appreciate having this excellent local facility.

7 What is the need for the project?

The Pavilion is currently used by the Parish Council for meetings but is primarily booked for other purposes by local residents and organisations. It was built in 1992 as a Sports Pavilion but now functions as an additional village hall.

The Youth Club are provided use^{of} the premises weekly by the Parish Council at no charge. Both the Youth Club and the Parish wish for the Club to expand to include more local youth, however, the space is not suitable. Space is a particular problem in the winter when outside space is not usable. The Youth Club currently includes young people from both Westerham and Sundridge with Ide Hill parishes who need a safe and comfortable environment for community based projects.

Weekly Pilates Instruction has moved some of the classes out of the area to provide expanded classes. Some members of those groups are now unable to attend the new venue due to transport issues.

The shower and locker room areas of the building are no longer used by the football club and this is now wasted space.

8 Long term benefits

Please comment on the lasting effects of the project:

Brasted Parish Council hopes that upgrading of the Pavilion will:

- ensure improved facilities to current users,
- increased use of the facility by other residents and organisations,
- offer improved space for local clubs and organisations as well as new events,
- provide an additional small funding stream for the Parish Council to use for regular maintenance and upgrading of the building.

9 The impact of your project

How will you know whether the project has been a success?

Success will be measured by:

- expansion of Youth Club
- increase in bookings
- establishment of more regular activities

10 **Ongoing costs**

If there is an on-going need for maintenance or management of the project, who will be responsible and how will this be funded?

Brasted Parish Council will include maintainance in its yearly budget.

They currently manage the Pavilion and this would continue..

The Parish Council intends to use the money from hire of the facility to fund ongoing repairs and upgrades.

11 **Supporting statement from the sponsoring Local Member:**

I fully support this application to provide much needed, valuable extra space at Brasted Pavillion. The planning of the project has involved local people and meets an identified community need. For example, I can confirm that the Pavillion is used by many community groups such as pilates, BPC meetings, children's parties, Women of Brasted, but is hampered as the main space is relatively small. Most recently a Youth Club has started at the Pavillion for children aged from 8/9 to 13 years old and although this is proving to be popular with local children the space available is very cramped, particularly in Winter. There is no doubt that more children would be able to attend and enjoy the youth club if the main room was expanded as will other village groups. Similarly, the pilates classes which were enjoyed by both young and the old have moved to Chevening Parish Hall due, in part, to constraints of space. Improving the Pavillion will strengthen the Community and hopefully enable other community groups to return as well as providing a long-lasting, permanent much needed physical resource for the young of Brasted and surrounding areas. Finally the project is feasible since the gap in funding between any BCF grant and the cost of the project will be made up by Brasted Parish Council.

Signed [redacted] (sponsoring Local Member)

12 **Agreement of other Local Members that they are happy with the proposed project:**

Signed [redacted] (Local Member)

cc Signed James London (Local Member) *Supports application but Unavailable to sign* [redacted]

13 **Declaration by project delivery organisation:**

I confirm that my organisation will be responsible for the grant and the delivery of the above project and any on-going maintenance or management. I confirm that the organisation has an equalities policy or has signed the attached District Council's Equality Statement.

Signed [redacted] Date 25-3-13

Sevenoaks District Council

Big Community Fund

Application form

1 Name of ward: Joint Application: Swanley Christchurch, Swanley Whiteoak, Hextable

2 Name of Member: Cllr Robert Brookbank, Cllr Tony Searles, Cllr Dee Morris

3 Name of delivery organisation: Hextable Parish Council

Address of delivery organisation: HPC
Parish Offices
College Road
Swanley BR8 7LW

Name of the main contact who will be accountable for the delivery of the project:
Mrs Tracy Lane

Telephone number of main contact: 01322 668530

4 Description of Project:

Recoating the exterior of the Heritage Centre

5 Total project cost: £12,000

How will the money be spent?

The Heritage Centre to be recoated:

Remaining render removed.

Loose or crumbling bricks removed and replaced or reset.

Primary Coat

Heavy Duty textured top coat

If the total cost exceeds the amount requested from Big Community Fund, please state here how the remaining cost is to be met:

Hextable Parish Council
KCC grant

£4,000
£2,000

Amount requested from the SDC Big Community fund:

£ 6,000

6 Your community

How have you been able to involve the local community in planning this project?

Members of the Heritage Society who run the Centre have obtained quotes for re-coating from various companies. They have discussed this with councillors from the Parish and Town as well as District and County. Members of the Society live in Swanley Village, Swanley Town, Hextable and surrounding areas.

The Centre has regular users and they have also contributed to suggestions to preserve the old building which is the last remaining building, the laboratory, from the original Swanley Horticultural College. The main house was bombed in the war. The remaining gates are listed. The Centre is in Green Belt with Heritage Gardens surrounding and facing the Avenue of Limes, reputed to have been planted in approximately 1603, which contribute to the history of the area.

Many of the Heritage members are elderly men who previously worked in the now closed nurseries and these are normally hard to include in community projects and events so it is good to have this type of Centre to offer them the opportunity to be included. Some of these members often help out with painting and other jobs but this wall coating is a professional job.

7 What is the need for the project?

The Heritage Centre serves Swanley Village, Swanley and Hextable, it is very well used. It stores items and documents from Swanley Horticultural College which was the first Women's College in the world. As many of the women graduates went to work in the colonies quite often family history researchers or historians visit from all over the world. The Centre, or rather its exhibits, have featured in TV programmes and magazines (particularly the gas pram). The College was also a training centre for Land Army Girls in the war years. College uniforms and documents from the late 1800's require careful storage.

The Centre is used for Heritage Society Meetings and lectures, it is open Bank Holidays, weekends and some days in the week for members, visitors, research, school trips etc.

The building is deteriorating: the Parish Council funded expensive flat roof repairs recently because they use part of the building but they cannot fund the whole expense of the exterior walls.

The white coating on the outside walls is peeling badly allowing water from recent severe winters to penetrate the bricks and cause them to crumble and some to fall out.

The interior walls are becoming damp. The archive room stores items and documents that have to be temperate controlled but this is becoming difficult.

The Heritage Centre preserves the history of Swanley Horticultural College and old Swanley Village, it also tells the story of how the station was built to transport fruit and vegetables to the London markets and the development of the town in more recent years. As the Centre serves both Swanley and Hextable the three wards of Christchurch which includes Swanley Village, Whiteoak and Hextable are supporting

the need for this project.

8 Long term benefits

Please comment on the lasting effects of the project:

The Heritage Centre would continue to store and display historical items and documents, photographs of Swanley Village, Swanley Junction (now Town) and the many surrounding nurseries which were part of the Garden of England.

It will continue to offer a place for local Historians to meet, research and for the local Heritage Societies to have meetings, for residents and for schools to visit.

The Family Research part of the Centre would continue to thrive.

The Centre would continue to be a warm meeting place for older residents, many who have lived locally for generations and worked in the surrounding nurseries or the extensive college grounds which are now the Heritage Gardens. They chat about old times and delight in explaining to us 'youngsters' how to use some of the old tools stored at the Centre - over and over again!

9 The impact of your project

How will you know whether the project has been a success?

The building would look more attractive and not so run down.

The damp interior walls should improve.

The Heritage Centre makes a significant contribution to the wide community of the North of the District and this work would preserve the building for many years.

10 Ongoing costs

If there is an on-going need for maintenance or management of the project, who will be responsible and how will this be funded?

The coating is guaranteed for 15 years.

11 Supporting statement from the sponsoring Local Member:

I visit the Heritage Centre often and it is a well used local facility.

The Centre has National Heritage Open Days, it had a new display last year for The Jubilee, I notice that monthly historical lectures are advertised and schools visit regularly.

I am aware from my residents that the Centre is very helpful for Family History Research as the various census records are available to use as well as local records.

Signed

(sponsoring Local Member)

12 Agreement of other Local Members that they are happy with the proposed project:

SIGN NAMES:

PRINT NAMES:

(Local Member) LAURENCE BALL

(Local Member) TONY SEARLES

6 ROBERT BROOKBANK

13

Declaration by project delivery organisation:

I confirm that my organisation will be responsible for the grant and the delivery of the above project and any on-going maintenance or management. I confirm that the organisation has an equalities policy or has signed the attached District Council's Equality Statement.

Signed



...Date

5/3/13

PRINT NAME:

Please remember to include the following documents with your application:

- A copy of the constitution of the delivery organisation
- A copy of the latest audited accounts of the delivery organisation
- A signed copy of the Equality Statement, or a copy of the delivery organisation's equalities policy