



## TODMORDEN TOWN COUNCIL

### GRANT APPLICATION FORM – MAXIMUM GRANT £3,000

Applicants should familiarise themselves with the Discretionary Grants Policy and award criteria before submitting their Grant application. Please complete all the highlighted boxes on this application form

#### Contact Details

<b>Name of Organisation</b>	Singing Mamas CIC
<b>Address of Organisation</b>	HQ, Sharpthorne, East Grinstead RH19 4JL
<b>Name of person making application</b>	
<b>Position in Organisation</b>	Singing For Wellbeing Practitioner (based in Todmorden)
<b>Phone Number</b>	
<b>Email address</b>	
<b>website</b>	www.singingmamas.org

#### Organisation Details

<b>What type of Organisation are you? (Delete as appropriate)</b>	
<del>Charitable organisation</del>	<del>Unregistered Community Group/Club/Society</del>
Registered Charity (Charity number please state below)	<b>Other (please state below)</b>
	<b>CIC</b>
<b>Do you have a constitution or a set of rules? (if yes, please enclose a copy of your constitution)</b>	Yes
<b>Are you part of a larger, national or regional organisation? (If yes, please give details)</b>	Singing Mamas CIC is a national not for profit organisation based in East Sussex that I (the applicant) belong to. I am based in Todmorden.
<b>How many trustees, volunteers and service users are there in your organisation?</b>	5 part time self-employed workers 7 trustees 138 service users
<b>Tell us about your organisation, its aims and the work you wish to undertake and your main activities and how you encourage engagement from all sections of the Todmorden Community</b>	
<p>Singing Mamas is a national not for profit CIC that exists to improve maternal wellbeing through group singing.</p> <p>We exist because suicide is the leading cause of death for women during pregnancy and one year after birth and because group singing is clinically proven to treat postnatal depression faster than the usual forms of treatment.</p> <p>We're a movement made up of nurses, doctors, midwives, musicians, teachers and community workers delivering evidence - based singing for wellbeing sessions all over the UK.</p> <p>Our aim is to give women the tools to improve their own mental and physical wellbeing, their bond with their baby and to connect with others, reducing isolation associated with being a new mum or mum to young children. We have a lot of evidence from past projects to show that the sessions we provide meet these aims and show clear benefits to the participants.</p>	

Singing Mamas sessions are accessible for all musical abilities, as all the songs are taught by ear, with no musical experience necessary and no lyrics to learn. We sing songs from around the world, celebrating a diverse range of cultures with not a single nursery rhyme or action heard or seen! These songs are to empower the women and the sessions are mother centred, with clear benefits for the babies and children also.

Each session we make time for 30 minutes of peer support – a chance for mums to connect to how they feel, what’s been happening for them and to offer support to one another, creating connection and community. Snacks and drinks for the women and babies are included.

As a resident of Todmorden, I (the applicant) would like to run a course of 12 free Singing Mamas sessions at the Todmorden Children’s Centre from May 2024, to engage local women here and make the benefits for singing for wellbeing accessible to all women, no matter what their economic situation.

The sessions will be open to pregnant women and women with babies and toddlers up to 2 years old and will target women who have or may be at risk of postnatal depression or other mental ill health conditions relating to the perinatal period.

As with the project I am currently running at Illingworth Children’s Centre in north Halifax, my intention for Todmorden is to work closely with the family support workers, social prescribers, health visitors, infant feeding teams, community midwives and Children’s Centre to get referrals for the group so that we reach those most in need of this service.

**Will your project have any implications in respect of climate emergency and if so, how do you intend to minimise such impact?**

No, this is a very low impact project. I use reuseable plates and cups, sustainable snacks and drinks and toys that are already at the Children’s Centre.

**How will you acknowledge the Assistance of Todmorden Town Council on all promotional material - see declaration attend of application.**

In hard copy promotional materials and all social media posts I will leave space on the design for Funded by and the logo.

## Project Information

**Which Grant are you applying for?**

<b>Small Grant</b>		
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**What is the Purpose of grant request (delete as appropriate)**

	Project Delivery		
		Social Exclusion	Accessibility and inclusivity
Community Benefit	Community Cohesion		Cultural Arts & Music

			Town Centre Event
Skill development		Health & Wellbeing	
<b>Project Name</b>	<b>Singing For Perinatal Wellbeing Todmorden</b>		
<b>When will your project start?</b>	<b>02.05.2024 (the date that the course will start)</b>		
<b>When will your project finish?</b>	<b>18.07.2024 (the date that the course will end)</b>		
<b>How will your project benefit the local community within the Todmorden town boundary? (Use a separate Sheet if necessary).</b>			
<p>The project will benefit women and children in the local community by improving women's mental and physical wellbeing through the clinically proven effects of group singing. Women will increase their serotonin, endorphin, dopamine levels, reduce their stress levels and increase oxytocin, enabling them to better bond with their babies/ toddlers.</p> <p>Women will reduce isolation associated with early motherhood and create connections with other women and receive peer support.</p> <p>Babies / toddlers will receive the calming effects of the singing, bonding with their mother and the benefits to their language development outcomes.</p>			
<b>Why is this project needed? What advantage will it bring to Todmorden?</b>			
<p>The project is needed because 1 in 5 new or expectant mothers experience ill mental health, because suicide is still the leading cause of death for women in the year following pregnancy and because demand on perinatal mental health services rose by 40% between 2022-23. (ref. maternal mental health alliance 23).</p> <p>Group singing has been clinically proven to treat postnatal depression faster than the usual forms of treatment, and Singing Mamas groups can act as either a preventative measure or an arts intervention to reduce mental ill health pre and postnatally. (Ref. D Fancourt and R. Perkins, British Journal of Psychiatry, 2018) .</p> <p>The project will benefit Todmorden because it is a community creating project, bringing people of Todmorden together, reducing isolation and improving mental and physical wellbeing for women through group singing. Wellbeing groups often have an associated cost that means many people cannot access them, and this project will be free, meaning it will be accessible for all women, no matter what their financial status. I intend the project to run in Todmorden Children's Centre, bringing more people into the centre, and working with their health visitors, social prescribers, family support workers and community midwives to refer women to the sessions.</p> <p>The group will also bring more people into Todmorden town centre, with potential benefits to local businesses i.e. market, coffee shops.</p>			
<b>How many people within the Todmorden town boundary will benefit from the project?</b>			
40 people including babies.			
<b>Please include dates and venue of events if applicable (include a draft programme if available.)</b>			
I would like to start the project 2nd of May 2024, and run 12 sessions over 12 weeks until 18th of July to avoid the school holidays. The reason for this is that when lots of older children come to the sessions it becomes very chaotic and I would not have any childcare for my older child. I would need to start recruitment and networking in April.			

## Financial Information/ Project Costs

Total Project Costs	£6,082.00	
Amount requested from TTC	£2,982.00	
Have you previously applied for grant funding from Todmorden Town Council? (If yes please give details including when and how much)	No	
Have you or this group previously applied for or received any other grant for this project? (If yes please give details below/ separate sheet)	Yes	
Applied to	Reaps Moss Community Fund - £1,020.00 (awaiting decision)	
Dates of application	January 2024	
Received from		
Date received/or due	Reaps Moss Fund application deadline is February 2024	
Amount received		

**Budget:** This budget should be for the total cost of the activity you are applying to do. Please be as accurate as you can, as you may be asked to explain any amount which is unclear. Attach a separate budget sheet if you have done this work already.

*(Please provide estimates/quotations of the proposed items of expenditure you may use as evidence on separate sheets. If you are unable to claim VAT back please ensure the gross value is put in here. And please do not round figures up)*

<b>Expenditure Description</b>	<b>Cost (£)</b>
Facilitation Fees: 12 x 2 hours at £111 (in line with musician's union).	£1332
Supervision Fees: 6 x 30-minute sessions at £50	£300
Room Hire At Children's Centre 12 x 2.5 hours at £15 per hour	£450
Refreshments 12 x £10	£120
Recruitment 24 hours at £35 per hour	£840
Promotion: printed leaflets, posters, banners, and social media ads	£200
Preparation, referrals, and evaluation 24 hours at £35 per hour	£840
<b>Volunteer Hours 175 hours at National Living Wage</b>	<b>£2,000.00</b>
<b>Total Expenditure</b>	<b>£6,082.00</b>

<b>Other income</b>	
<b>Income Description</b>	<b>Cost (£)</b>
<b>Reaps Moss Grant (grant pending)</b>	<b>£1020.00</b>
<b>Donations</b>	<b>£80.00</b>
<b>Volunteer Hours (this should match the figure in the expenditure table)</b>	<b>£2,000.00</b>
<b>Total Income</b>	<b>£3,100.00</b>

### Organisation Financial Information

<b>Level of Reserves Held at application date</b>	£0
<b>Bank Statement(s) Balance at application date</b>	£13,799.63
<b>Total value of Assets Held</b>	£0

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<b>Sum requested from Todmorden Town Council</b>	<b>£2,982</b>
<b>Applicant contribution % = (B/A)%</b>	<b>51 %</b>
<b>Todmorden Town Council Contribution % = (C/A)%</b>	<b>49 %</b>
<b>Total income (must be sum of B &amp; C above) and equal to figure A</b>	<b>Yes</b>
<b>Does applicant contribution % meet criteria – see end of application form</b>	<b>Yes</b>
<b>Volunteer Hours % contribution</b>	<b>33%</b>
<b>Does the volunteer hours contribution % meet criteria</b>	<b>No (+8%)</b>
<b>Town Clerk confirmed Bank details and supporting documents.</b>	<b>Yes</b>