

# Community Chest Application Summary 2017/2018

Local Authority	St Edmundsbury Borough Council
Organisation	<b>Rural Coffee Caravan</b>
Amount Requested	<i>£3,210</i>
Total Project Cost	<i>£3,483.12</i>
Match Funding	No
Partnerships	AgeUk Suffolk, Safer Suffolk Communities, Suffolk Family Carers, Our Special Friends Suffolk Befriending, Marie Curie, Action for Blind, CAB, Suffolk Fire and Rescue Suffolk Independent Living, Healthwatch Suffolk, Dementia Adventia, Suffolk Records Office, Alzheimers Society, Sue Ryder, Red Cross, British Legion, Warmer Homes Healthy People Activlives, Fit Villages and the county and district councils.
West Suffolk Bid?	Yes

## Key Points

- Our aim is to combat rural isolation and loneliness throughout Suffolk by visiting rural locations and holding events that act as a catalyst for people to talk with one another in a friendly and non-threatening atmosphere.
- Funding to visit 6 rural villages lacking in amenities or social activity locations decided in consultation with the district councils, each lasting 2 hours and providing a social opportunity alongside a route into services via the provision of information and our sign posting service.
- The friendly, easy going atmosphere at one of our visits can be a great start to becoming a more active member of the community. Active communities become stronger communities.
- Project start: **April 2017**
- Project end: **December 2017**

**St Edmundsbury Borough Council  
Community Chest Grant Application Form  
Part B**



*St Edmundsbury*  
BOROUGH COUNCIL

Forest Heath & St Edmundsbury councils

**West Suffolk**  
working together

Community Chest funding supports voluntary and community groups who make a contribution to improving the quality of life for people in West Suffolk. The information you provide will help us consider your application. If you have any questions, please give us a call on 01638 719763. Before completing this form, we ask you to please read the guidelines, which are available on:

<http://www.westsuffolk.gov.uk/community/community-grants.cfm>

Please return your completed, signed form and supplementary documents to:

[richard.baldwin@westsuffolk.gov.uk](mailto:richard.baldwin@westsuffolk.gov.uk)

1. Name of your organisation(s):

Rural Coffee Caravan

2. Organisation address details

Address Ln1	The Old Shop		
Address Ln2	Harleston Road		
Address Ln3	Weybread		
City/Town	Diss	Postcode	IP21 5TU
Main phone	01379 855338	E-mail	ann@ruralcoffeecaravan.org.uk
Website			

Main Contact Person		Second Contact Person	
Title	Mrs	Title	Canon
Forename	Ann	Forename	Sally
Surname	Osborn	Surname	Fogden
Role	Director	Role	Chairman and founder
Daytime Tel No.	01379855338	Daytime Tel No.	██████████
Mobile No.	██████████	Mobile No.	
Email		Email	
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1		Ln1	██████████
Ln2		Ln2	██████████
Town		Town	██████████
Post Code		Post Code	██████

**About your organisation**

3. What local authority area(s) does your organisation work in?

Suffolk

\*Community Chest funding is offered by both Forest Heath and St Edmundsbury councils. As the decision making process is different any projects applying for funding across West Suffolk, must apply separately.

4. What is the status of your organisation?

Registered charity		Charity number:
Applying for charitable status		1125748
Company limited by guarantee		Company number:
Community Interest Company		
Part of a larger regional or national charity (Please state which one)		
Constituted Community Group		
Social Enterprise		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	9	Service users	5000+
Full Time staff / workers	2	Volunteers and helpers (non-management)	80
Part Time staff / workers	2		

6. What is the purpose of your organisation? Please briefly describe why your organisation was set up, its aims and objectives and who primarily benefits from your organisation.

Set up in 2003 to help rural residents in Suffolk. Our aim is to combat rural isolation and loneliness throughout Suffolk by visiting rural locations and holding events that act as a catalyst for people to talk with one another in a friendly and non-threatening atmosphere fostering community spirit and to provide access to services to individuals and communities, helping them to maintain a good quality of life, build community capacity and feel safer in their own environment. Almost two-thirds of those who turn up at the visits are retired, but the demographic can be varied. It includes elderly people living alone, carers who need a break, new arrivals in a village who wish to meet some neighbours, those working at home who need a little time away from the computer, young mothers wanting to get out of the house and active residents with an idea they want to test out on others.

*Maximum of 300 words*

7. What was your organisation's total income for last financial year?

£84339

8. What was your organisation's total expenditure for last financial year?

£108107

9. Does your organisation have more than six months running costs? Yes
10. What are your organisation's current unrestricted reserves or savings? £48164
11. West Suffolk prioritises building resilient families and communities that are healthy and active. Please indicate which of the following areas your project contributes towards:
- A thriving voluntary sector and active communities who take the initiative to help the most vulnerable.
  - People playing a greater role in determining the future of their communities.
  - Improved wellbeing, physical and mental health.
  - Accessible countryside and green spaces.

**About your project – why are you applying for this funding?**

12. What do you want the funding for? Please be specific. Please note that 'project' is meant to describe the project for which you are seeking funding, and not your organisation.

To visit 6 rural villages lacking in amenities or social activity locations decided in consultation with the district councils, each lasting 2 hours and providing a social opportunity alongside a route into services via the provision of information and our sign posting service. We will also encourage any local clubs or societies to attend and hopefully encourage more folk to attend their activities. The Safer Neighbourhood Teams will also be invited. These visits can take place outside in villages without a hall or indoor meeting space if necessary. We will have ferrule replacement and information about falls prevention and also be able to provide hearing aid batteries and radar keys to people who have difficulty finding them.

ximum of 300 words

13. How has the project been developed out of the community's desire to improve the lives of local people? What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation.

We have been operating now since 2003 and the overriding lesson of the last 13 years is the need to talk, to have *conversations*. So much comes out of this basic human need, ideas, offers of help, requests *for* help, information, seeds of friendship. All these things begin with people just chatting to each other. Conversation is our social glue; so important to our mental, emotional and even our physical wellbeing. Unwelcome solitude can destroy confidence and even exacerbate existing conditions. Outcomes for a charity like ours can be hard to quantify but so often, *too* often, we are told how much we "made" someone's day by offering them a cuppa and natter. For some the chance to chat is simply not an everyday occurrence.

AgeUK/Campaign to End Loneliness publication "Promising Approaches" Jan 2015 states "Research demonstrates that older people in particular spend more time in their immediate neighbourhood and often feel a higher degree of commitment there, making the immediate locality an extremely significant influence on their wellbeing. There is therefore clear logic behind the selection of the neighbourhood as the locus for action on loneliness."

Our work takes us across Suffolk, engaging directly each year with over 5000 residents in their own neighbourhoods, making a positive difference to people and providing an opportunity for them to simply chat and to meet others in their community, if that was what they wanted, or to seek help if it was needed, proving us to be a "structural enabler" as defined in "Promising Approaches".

Maximum of 300 words

14. How will the project help local people to support one another?

We know that loneliness is bad for us on so many levels. The Campaign to End Loneliness research tells us that it is as bad as smoking 15 cigarettes a day! It also means inactivity which can lead to health problems or make existing ones worse. Connecting people within a community is a vital preventative measure in both physical and mental health.

We know now from all the experience we have gained over the years that people feel safer when they have an easy familiarity with fellow members of their neighbourhood and that they feel more inclined to engage in community activity if they have the confidence that comes with that feeling of safety. The friendly, easy going atmosphere at one of our visits can be a great start to becoming a more active member of the community. Active communities become stronger communities.

This way of addressing rural isolation is unique in Suffolk, possibly in the whole of the UK and it works. It's simple and effective.

Maximum of 300 words

15. Are you working with any other organisations on this project? **Yes** / No

If yes, please state the names of these groups and the nature of the relationship.

We invite all agencies to send out their information with us so we carry information from a wide variety of helpful sources. Examples would be..AgeUk Suffolk, Safer Suffolk Communities, Suffolk Family Carers, Our Special Friends Suffolk Befriending, Marie Curie, Action for Blind, CAB, Suffolk Fire and Rescue Suffolk Independent Living, Healthwatch Suffolk, Dementia Adventia, Suffolk Records Office, Alzheimers Society, Sue Ryder, Red Cross, British Legion, Warmer Homes Healthy People Activlives, Fit Villages and the County and district Councils.

Maximum of 300 words

16. When will the project start?

April 2017

17. When will the project finish?  
project ongoing?

Dec 2017

or is the

If this is an ongoing project, how will it be funded and continue going when the funding ends?

Whilst these visits stand alone, it is hoped that we can visit these locations again to build on what we achieved. It is often necessary to maintain a relationship with the community to help build confidence, relationships and ideas. So we will be looking for further funding to continue visiting.

Maximum of 300 words

18. Which years funding are you applying for? 2017/18

19. How many people do you expect to benefit directly from the project on either a weekly, monthly or annual basis?

We hope for 20 people at each initial visit

20. What results (including targets/numbers) do you expect to see as a result of the funding and how do these relate to the Community Chest funding criteria? If your project is health related how does it improve health outcomes for residents within community networks and beyond?

Targets and numbers are not appropriate to the work we do. It isn't the quantity of people we see that is important, more whether we can be useful. This grant is for 6 visits. We would hope to attract 20 people to each of these visits but it could be more or it might be less. The point is more what they get from it, how helpful it's been and whether or not they would like us to return.

Visitors to our service can want different things, some want companionship and some want information, some want both. Our mission is to be a friend, to make that person feel valuable and to make their needs are met. That might be with a cuppa and a chat or it might be with a referral or signposting. It is always to LISTEN.

Our target is always to provide a safe non-threatening space where folk can connect to each other and build or begin relationships with the others in their community, making the community stronger and safer.

Our aim is to inspire further community activity organised by the residents themselves. For example we will have a New Age Kurling set that we can demonstrate, the idea being that the community invest in one themselves and start a regular event or perhaps join up with Activlives

This not only provides a social activity but a physical one. Furthermore it offers opportunities to volunteer in the community.

Maximum of 300 words

21. What is the total cost of the project? £ 3,483.12

Please provide a full breakdown of the total cost of this project, including VAT if applicable along with any in-kind contributions such as volunteer hours.

#### Cost Per Village Visit

##### Preparation Work:

Research Village/Location	Project Officer	5 hrs @ £12.50	£62.50
Make contact with village representatives / do presentation	Project Officer	2 hrs @ £12.50	£25.00
Prepare publicity materials	Project Officer	3 hrs @ £12.50	£37.50
Associated office costs			£10.00
Telephone/internet/ink/paper			£50.00

##### Delivery

Project Officer	5 hrs @ £12.50	£62.50
Project Officer	Fuel cost	£10.00
Vehicle Insurances pro rata		£20.00
Road Tax pro rata		£20.00
Vehicle Maintenance pro rata		£50.00
Project Manager	5 hrs @ £13.50	£67.50
Project Manager	Travel Allowance	£20.00
Volunteer Expenses		£20.00
Volunteer hours	4 hours @ £11.38	£45.52
Refreshments		£10.00

##### Evaluation

Project Manager	2 hrs @ £13.50	£27.00
Project Officer	2 hrs @ £12.50	£25.00
Administrator	2 hrs @ £9.00	£18.00

**Total Cost per Village Visit £580.5**

22. How much funding are you applying to us for?

£3,210

23. What funds have you raised so far for this project?

Source	Amount (£)
None specifically for this project.	

<b>Total fundraising:</b>	

24. What other funders have you applied to for further funding for the project?

Funder	Amount (£)	Timescale for decision
We have a rolling programme of applications with 30 in at any one time.		
<b>Total:</b>		

25. What other grants and contracts has your organisation received over the past year from either Forest Heath District Council or St Edmundsbury Borough Council?

Funder	Amount (£)	Reason for funding
None		
<b>Total:</b>		



