

Community Chest Application Summary 2018/2019

Forest Heath & St Edmundsbury councils

West Suffolk
working together

Local Authority	SEBC
Organisation	Abundant Life Church (EPIC Dad)
Amount Requested	£24,154 (2018-2019) £24,154 (2019-2020)
Total Project Cost	£54,228 (£27,114 p.a.)
Match Funding	Over 2 years: £3,840 - Volunteer contributions @£10.p.h. £2,080 - Free venue and use of kitchen @£20 p.w. £400 - estimated donations at groups
Partnerships	Sharing Parenting and HomeStart on aligned projects
West Suffolk Bid?	Yes

Overview

EPIC Dad has been working within Lakenheath (and surrounding areas) since April 2017 with the focus of the project being to support dads, male carers and families. EPIC Dad have engaged with over 100 fathers through support groups, one to one support, engagement days, community outreach, and parent groups. EPIC Dad wish to roll this project out into Haverhill and the surrounding areas in St Edmundsbury Borough.

Proposed activities in St Edmundsbury:

- Who Let the Dads Out? (Monthly dads and kids club) – make connections and identify an area to establish this group
- Daddy Ready Group (A pre-natal group especially for dads-to-be)
- Dads Matter Course (6 week course for dads and male-carers)
- Time Out for Dads (Monthly evening support group for dads)
- Community Outreach (Outreach and engagement with parents across St Edmundsbury by visiting schools, nurseries, children's centres, groups, supermarkets, and promoting the project and finding out more about the needs and interests of local families).
- Mentoring Programme (Training for fathers engaged to become mentors to new fathers)
- Advocacy Assistance (Provide support to those fathers experiencing concerns or crisis within the family home)

Outputs

EPIC Dad will aim to engage with:

- (and register) 50 fathers or father-figures to the project.
- a further 50 fathers or father-figures in various community contexts and work towards registering them to the project.
- numerous mums at various groups across St Edmundsbury who are interested in their partners accessing the project. The number of mums is likely to be at least 100.
- approximately 100 families through various family activities.
- Through EPIC Dads' mentoring programme, they will aim to train 2 dads who will then be involved in mentoring new dads.

- at least 1 Dads Matter Course in the area for each year reaching 10 dads.

In total the project aims to engage with about 212 individuals and around 100 families.

Outcomes

- Supporting Men - through one to one or group work this will provide a level of support to all participants on the project. Encouraging them to talk and share challenges and experiences – also mutual support is given through the friendships that are formed.
- Empowering Fathers - Dads and male-carers are being invested in and they are feeling better equipped within their role as fathers or father-figures
- Transforming Families - The wider family is benefitting from the opportunities the project creates for fathers and families to spend quality time together.

Evidence will be recorded through activity feedback forms, progress logs and quarterly monitoring.

Finances

Income for last financial year - £114,385.46

Expenditure for last financial year - £130,200.00

Reserves

£3,487.22

Request breakdown

Project Leader@ £15 p.h.

Project Worker @ £12 p.h.

Project Administrator @£10 p.h.

Travel expenses @ £0.45 p.m.

Office space @£50 p.w.

Publicity Costs

Office Equipment

Fun Days Equipment

Games Equipment

Resources for Workers and Service Users

Craft Materials

Training

Refreshments

Previous Community Chest funding

FHDC – 2017-2018 - £24,491.03 - support and empowerment groups for fathers in Lakenheath and surrounding areas. Exceeding outcomes during Q1.

Officer comments

Supported by 2 Families and Communities Officers



St Edmundsbury
BOROUGH COUNCIL

Forest Heath & St Edmundsbury councils

West Suffolk
working together

St Edmundsbury Borough Council Community Chest Grant Application Form Part A

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 01284 757077. 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:
polly.kane@westsuffolk.gov.uk.

Please note: This form is for applications to the St Edmundsbury Borough Council Community Chest grants scheme. If you wish to apply to Forest Heath District Council the form can be found on the Community Grants page above. [If you wish to apply to both councils, you will need to complete a separate form for each, clearly stating how your activity will benefit the area.](#)

1. Contact details

Organisation/lead partner name	Abundant Life Church
Organisation Address	Back Street, Lakenheath, Brandon
Postcode	IP27 9HF

Organisation main email	richkeeble@hotmail.com
Organisation main tel.	01842 862646
Organisation website	lakenheathabundantlifechurch.org.uk
Organisation Twitter	

Organisation Facebook	https://www.facebook.com/Abundant-Life-Church-ALC-Lakenheath-348748647523/?ref=bookmarks
-----------------------	---

Contact person 1 (main contact)		Contact person 2	
Name	Richard Keeble	Name	Dawn Green
Position in organisation	Fathers and Families Project Leader	Position in organisation	Treasurer
Daytime tel.no	01842 862646	Daytime tel.no	01842 862646
Mobile	07717744608	Mobile	07590365118
email	epicdadproject@hotmail.com	email	dawngrn01@yahoo.co.uk
Address if different to organisation's		Address if different to organisation's	
Postcode		Postcode	

2. About your organisation

2.1. Which local authority area(s) does your organisation currently work in?

Forest Heath

2.2. What type of organisation are you? (please check the relevant box)

Registered charity	<input checked="" type="checkbox"/>	Charity number:	1054430
Applying for charitable status	<input type="checkbox"/>	Company number:	
Company limited by guarantee	<input type="checkbox"/>		
Community interest company	<input type="checkbox"/>		
Part of a larger regional or national charity (Please state which one)	<input type="checkbox"/>		
Constituted community group	<input type="checkbox"/>		
Social Enterprise	<input type="checkbox"/>	What type?:	
Other (Please specify)	<input type="checkbox"/>		

2.3. How many people are currently involved in your organisation?

Trustees	6	Management board	
Management team		Service users	100
Full time paid staff/workers	2	Volunteers and helpers (non-management)	30
Part time paid staff/workers	8		

When did your organization start?

1930 (registered as a charity in 1996)

2.4. What is the purpose of your

organisation? Please briefly describe why your organisation was set up, its aims and objectives, what activities it carries out and who primarily benefits.

Our registered charity name is Assembly of God Church but we function under the working name of Abundant Life Church. The church was started to serve the local village community of Lakenheath and support the diverse community.

Our purpose is to provide a welcoming, caring and relevant church that meets people's various spiritual, emotional, social and practical needs. Our work focuses on the various age groups of the local community and we are committed to making a positive difference in whatever way we can. We want to bring hope to the village and surrounding areas by living out our faith through our words and actions. Projects are important, but we always seek to centre our work on the people. Our aim is to support people in a holistic way.

Since April 2017 We have been developing a Fathers and Families Project called E.P.I.C. Dad, in partnership with Forest Heath District Council. The project E.P.I.C Dad celebrates, supports and empowers fathers to be their best for their children and thrive in the role of the dad. E.P.I.C stands for Encourager: (bringing out the best in children), Provider (meeting needs within the family), Instructor (passing on life skills) and Carer (giving love and support).

Aims of the project are:

To provide support to men within their role as a father or male role model.

To empower fathers/father-figures to become an important role model in the family.

To transform families by encouraging fathers/father-figures to have an active role within the family and community.

These will be achieved through:

Supporting: Through home visits, mentoring, one to one support and signposting to partner agencies.

Empowering: Through support groups, training courses and providing a social environment.

Transforming: Through Dads and children's groups, pre-birth support groups, family activities, community events and engagement projects.

Maximum 300 words

2.5. What was your organisation's total income for last financial year? (your branch if part of a larger organisation)

£114,385.46

2.6. What was your organisation's total expenditure for last financial year? (your branch if part of a larger organisation)

£130,200.00

2.7. Does your organisation have more than six months running costs? Yes
(your branch if part of a larger organisation)

2.8. What are your organisation's current unrestricted reserves or savings? £3,487.22
(your branch if part of a larger organisation)

3. About Your project

3.1. 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. Please include outputs (what you will deliver).

E.P.I.C. Dad (Fathers and Families Project)

E.P.I.C. Dad has been working within Lakenheath (and surrounding areas) since April 2017 with the focus of the project being to support dads, male carers and families. We have engaged with over 100 fathers through support groups, one to one support, engagement days, community outreach, and our various parent groups that have been established. We wish to continue and enhance the work that we have already begun and roll this project out into Haverhill and the surrounding areas in St Edmundsbury Borough.

Our Possible Future Activities in St Edmundsbury would be:

Who Let the Dads Out? (Monthly dads and kids club) – make connections and identify an area to establish this group (has become a very effective model for initial engagement with dads and male-carers from the community)

Daddy Ready Group (A pre-natal group especially for dads-to-be)

Dads Matter Course (6 week course for dads and male-carers)

Time Out for Dads (Monthly evening support group for dads)

Community Outreach (Outreach and engagement with parents across St Edmundsbury by visiting schools, nurseries, children's centres, groups, supermarkets, and promoting the project and finding out more about the needs and interests of local families).

Mentoring Programme (Training for fathers engaged to become mentors to new fathers)

Advocacy Assistance (Provide support to those fathers experiencing concerns or crisis within the family home)

Maximum 300 words

3.2. How does your project contribute towards the council's Families and Communities Strategy and Families and Communities Approach? Please refer to guidance and reference both in your answer.

E.P.I.C. Dad is helping towards the Council's Families and Communities Approach in Forest Heath and would seek to do the same in St Edmundsbury as outlined below:

A Safe Place

E.P.I.C. Dad is committed to creating a safe place for fathers and families to come to and experience a warm welcome, genuine care and holistic support.

Recognising Individuals

We are keen to support people as individuals and recognise that everyone has their own unique experiences and needs. We see the importance of understanding and working with individuals and finding the best way to support them and the wider family.

Understanding Relationships

We are aware of the challenges and complexities in working with 21st century families and the different relationships within the family. The project is always quick to emphasise not just fathers, but father-figures, and is interested in supporting and involving the children, mums, grandparents, and wider family in the project.

Encouraging Agency

One of the project's core aims is 'empowering fathers', so we strongly believe our role is to encourage fathers by providing opportunities for them to learn and grow in their key role within the family.

Developing Vision

We have a clear sense of what we want the project to achieve in helping fathers and families thrive which not only benefits them and their home, but also the community they are part of.

Maximum 300 words

- 3.3. How many people will benefit from your project (on a weekly, monthly or annual basis) and how? Please include outcomes (how your project will benefit the people who are involved in it) and how you will collect evidence of this.

Numbers of people who will benefit from the project:

We will aim to engage with, and register, 50 fathers or father-figures to the project.

We will aim to engage with a further 50 fathers or father-figures in various community contexts and work towards registering them to the project.

We also meet and engage with numerous mums at various groups across St Edmundsbury who are interested in their partners accessing the project. The number of mums is likely to be at least 100.

We will support approximately 100 families through our various family activities.

Through our mentoring programme, we will aim to train 2 dads who will then be involved in mentoring new dads.

We will look to run at least 1 Dads Matter Course in the area for each year reaching 10 dads.

In total the project aims to engage with about 212 individuals and around 100 families.

How the project will benefit the people involved in it:

In order to achieve the main aims of the project we will see the following benefits:

Supporting Men - through one to one or group work this will provide a level of support to all participants on the project. Encouraging them to talk and share challenges and experiences – also mutual support is given through the friendships that are formed.

Empowering Fathers - Dads and male-carers are being invested in and they are feeling better equipped within their role as fathers or father-figures

Transforming Families - The wider family is benefitting from the opportunities the project creates for fathers and families to spend quality time together.

How the project will collect evidence of outcomes

The evidence for our outcomes will be recorded through activity feedback forms and our quarterly monitoring. Social media is also an effective way to celebrate the work of the project and an opportunity for parents to give feedback.

In our community outreach, we will have a questionnaire available to parents to help us collect information of their views and interest in relation to work with fathers and families in various communities.

We will record one-to-one support given to specific dads and log significant progress and outcomes from this.

Also, we acknowledge that some dads will be supported by the project before they have registered or been directly involved in any project activities so we will keep a log of engagements with various pre-registered dads and show progression of their involvement over time.

Maximum 300 words

3.4. Are you working with any other organisations/groups on this project? Yes

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

We have been partnering with Sharing Parenting in offering a Dads Matter course for dads and male-carers and they will be providing on-going support as we reach more fathers through this course.

We are also working with Sharing Parenting's Community Outreach Worker for Forest Heath by attending groups and events together to promote family support in the area.

We are also currently working with Home-Start to explore ways to bring the two projects together more.

Maximum 150 words

3.5. What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation and research you have carried out.

Local Evidence

I have attended a parenting conference in Haverhill which was very informative about the needs in Haverhill and the Children's Centre staff were very interested in future possibilities of working together in the area.

There is a local church in Haverhill very involved in the local community so we are exploring key connections to develop fathers work in this area.

National Evidence

I have attached with my application, the 'Annual Fatherhood Survey 2016' produced by the Centre for Social Justice. This document gives a very strong, evidence-based, case for the need to involve fathers and the problems caused in society by the 'dad gap'.

One of their findings states: "More needs to be done to help fathers before the birth of their first child; 72% of higher income fathers felt prepared for becoming a father for the first time compared to only 60% of lower income fathers saying they felt prepared".

Also, it says: "47% of all UK fathers feel their role isn't valued by society and almost half (46%) of the lowest income fathers reported a lack of "good" fatherhood role models".

These national findings are reflected in more localized areas and we that that through E.P.I.C. Dad we can help in some positive way to strengthen the role of fathers for the good of families and communities.

Maximum 200 words

- 3.6. How has the project been developed out of the community's desire to improve the lives of local people? What role have users and/or the community had in developing this project?

Initially we focused mainly on the organising and running of groups and events for fathers and families in the community, but are seeking to develop further our individual support with fathers. This is through engagement with pre-registered dads, one-to-one support, the mentoring programme we are developing, and the advocacy assistance.

The idea of providing new fathers with a 'Survival Kit' with items for them and their new baby has led to discussions about the need to engage with and support men, who are soon to be fathers, through a pre-birth group.

One area that has often been requested, and well supported, is events for the whole family. As much as there has been a lot of interest in activities just for dads and for dads and their children, there has also been an increased request for more opportunities to bring a family together with other families.

Everything we have developed has been as a result of the needs identified and the feedback received from dads and their families. Also, through talking to other service providers about the need to provide services for fathers and focus more help and resources towards supporting them.

As a lot of West Suffolk is rural, there is a real need to reach out into the towns and villages where there may not be much provided for these communities at present. By working with communities and organisations, we hope to contribute towards improving the lives of local people.

Maximum 200 words

4. Timescales and sustainability

- 4.1. When will your project start and end? (the period for which you are asking the council for funding)

Start date

End date

4.2. If this is an ongoing project, how will it be funded and supported after the end of the grant period?

One of the roles of a project administrator will be to source additional funding streams and obtain grants to make the project sustainable.
 Also, we will continue to fundraise for the project through activity donations and fundraising events.
 Much of the support for the project comes through volunteers from the church and the project its self.

Maximum 150 words

5. Funding request and budget

5.1. Which years are you applying for funding for? Please delete as applicable

2018/2019	2019/2020
-----------	-----------

5.2. What is the total cost of the project? (project costs only, not for your whole organisation and not just the funding you are requesting)

£54,628

5.3. Please provide a full breakdown of the total cost of this project, including VAT if applicable. Please only include direct expenditure for this project.

Item	Amount
Staff and volunteers (including roles, hourly rates and NI/tax contributions where applicable)	
Project Leader Salary for 2 Years – 5 hours a week (2 years – 104 weeks / £15 an hour / 5 x 15 = £75 / 75 x 104 = £7,800)	£7,800
Project Worker Salary for 2 Years – 16 hours a week (2 years – 104 weeks / £12 an hour / 16 x 12 = £192 / 192 x 104 = £19,968)	£19,968
Project Administrator Salary for 2 Years - 6 hours a week (2 years – 104 weeks / £10 an hour / 6 x 10 = £60 / 60 x 104 = £6,240)	£6,240

<p>Overheads (including items such as venue/office costs, utilities, back office services, insurance)</p> <p>Travel Expenses (45p a mile – approximately 4000 miles travelled in St Edmundsbury Borough over 2 years / .45 x 4000 = £1,800</p> <p>Contribution to Abundant Life Church for office space - £50 a week / 50 x 104 weeks = £5,200</p>	<p>£1,800</p> <p>£5,200</p>
<p>Equipment and resources</p> <p>Publicity Costs (eg. posters, leaflets, banners, t-shirts, balloons, badges, etc)</p> <p>Office Equipment (eg. laptop, printer, ink, paper, stationary, projector, etc.)</p> <p>Fun Days Equipment</p> <p>Games Equipment</p> <p>Resources for Workers and Service Users (eg. Books, training manuals, booklets, leaflets, etc.)</p> <p>Craft Materials</p>	<p>£2,000</p> <p>£2,000</p> <p>£500</p> <p>£500</p> <p>£200</p> <p>£300</p>
<p>Other</p> <p>Training</p> <p>Refreshments</p>	<p>£800</p> <p>£1000</p>
<p>Total</p>	<p>£48,308</p>

5.4. Please provide a full breakdown of all other funding and in-kind support* you have secured for this project.

Item	Amount
Funding already secured (please detail funders, amounts and funding periods individually)	

As E.P.I.C. Dad is new to the St Edmundsbury Borough we have not yet secured any other funding for the project in this part of West Suffolk.	
Volunteer contributions (including estimated hours given and roles) 4 regular volunteers helping at the monthly Who Let the Dads Out? (Dads and Children's Club) – 4 hours a month / 4 x 4 = 16 / 16 x 24 groups over 2 years = 384 volunteer hours / 384 x £10 = £3,840	£3,840 (in-kind)
Equipment and resources (please itemize) Use of church hall and kitchen for regular activities (£20 a week / 20 x 104 weeks (2 years) = £2,080	£2,080 (in-kind)
Other Estimated amount of donations at groups over 2 years	£400
Total	£6,320

*In-kind support is assistance and items you would normally expect to pay for, but which you are getting for free, such as volunteer hours or a free venue. You might find it useful to give volunteer hours a value, such as the minimum wage, or higher if you have volunteers with particular expertise it would be expensive to pay for.

5.5. What other funders have you applied to for this project but have not yet had a decision from?

Funder	Amount requested	Decision timescale
	£	
	£	
	£	

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

2018/19 £24,154

2019/20 £24,154

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

Funding source	Amount (£)	Reason for funding
Community Chest (Forest Heath)	£24,491.03	E.P.I.C. Dad (Fathers and Families Project)
Total:	£24,491.03	