

Community Chest Application Summary 2019/2020

Forest Heath & St Edmundsbury councils

West Suffolk
working together

Local Authority	SEBC
Organisation	EPIC Dad
Amount Requested	£7,968 (2019-2020)
Total Project Cost	£9,448
Match Funding	In kind – Volunteer 48hrs equating to £480 Use of existing games and resources - £1000
Partnerships	RAF Honington, Barnham Primary School

Overview EPIC Dad is a Community Interest Company with a focus on supporting fathers, father figures, and their families. The project started in April 2017, working in the Forest Heath area, and was registered as a company on the 27th February 2018. 'Restoring the Role of Fathers' is the vision of EPIC Dad and we hope to achieve this through various activities and groups. The letters of E.P.I.C. stand for Encourager – Provider – Instructor – Carer. These are four key roles of a father or father-figure we want to celebrate and help to encourage in families and communities.

EPIC Dad has been well established in Forest Heath and would like to extend their reach into St Edmundsbury.

Funding for a project lead would enable the following to take place during the project:

1) RAF Honington

- To partner with the Community Development Officer in offering regular dads and children's clubs (fun clubs) for dads in the military living near RAF Honington.
- To run 'Dads Matter' courses or taster sessions for the military dads.
- To run a family event for military dads and all the family.
- To run New Dad Survival Sessions when they will each receive an EPIC Dad Survival Kit at the end.

2) Barnham Primary School

- To partner with the family support worker in offering more to support the fathers and families linked to the school.
- To receive referrals in offering dads one-to-one support.
- To run fun clubs and Dads Matter courses or taster sessions at the school.
- Signpost dads to other EPIC Dad or family services.

Outputs

RAF Honington

Engage with, and register, 30 fathers or father-figures to the project.

Run a Dads Matter Course (6 sessions) with 5 to 10 dads attending.

Run 6 fun clubs over the year with approximately 10 dads (and their children) attending.

Run 6 Survival Sessions for new dads in the military.

Barnham Primary School

Engage with, and register, 30 fathers or father-figures to the project.

We will look to run 2 'Dads Matter' taster sessions over the year with 5 to 10 dads attending.

Run 3 fun clubs over the year as an after-school club.

Provide one-to-one support to 2 to 4 dads referred to project from the school.

Outcomes

Fathers and father figures will feel able to talk and share challenges and experiences with peers, forming friendships.

Fathers and father figures are better equipped within their roles as fathers/father-figures.

To provide the opportunity for fathers and father figures to learn and grow in their key role within the family.

Finances

Income for last financial year - £27,704.47

Expenditure for last financial year - £27,654.42

Reserves

£1,000

Request breakdown

Project leader salary (£14 ph x 6 hrs a week) £84 x 52 - £4368

Insurance cover - £400

Games equipment, craft materials, stationary, publicity costs - £1000

Survival kit backpacks and contents - £2000

Refreshment costs - £200

Previous Community Chest funding

FHDC Community Chest 2018/19 - £15,000

FHDC Community Chest 2017/18 - £24,491.03

Officer comments

Supported by 1 families and communities officer



St Edmundsbury
BOROUGH COUNCIL

Forest Heath & St Edmundsbury councils
West Suffolk
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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:
families.communities@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 Forest Heath 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.

Privacy Notice

West Suffolk councils is a Data Controller and can be contacted at: West Suffolk House, Western Way, Bury St Edmunds, Suffolk, IP33 3YU. Tel: 01284 763233. The Data Protection Officer is Leah Mickleborough and can be contacted at the same address.

We are collecting your personal information in relation to an application for a grant supplied by West Suffolk councils. The councils administer these grants as a legitimate interest in strengthening, empowering and building resilient communities.

Your data will not be shared with third parties unless to contact other parties (specifically specialist advisors/experts and community referees) who will help the processing of this application or used for Council publicity purposes (i.e. media outlets) in relation to a successful grant, or where we are required or permitted to share data under other legislation (for example the detection and prevention of fraud).

Your data will be kept for six (6) years in line with our retention policy.

You have the right to access your data and to rectify mistakes, erase, restrict, object or move your data in certain circumstances. Automated decision making and

processing is not used during this application. Please contact the Data Protection Officer for further information or go to our website where your rights are explained in more detail. If you would like to receive an explanation of your rights in paper format please contact the Data Protection Officer.

Any complaints regarding your data should be addresses to the Data Protection Officer in the first instance. If the matter is not resolved you can contact the Information Commissioner’s Office at: Wycliff House, Water Lane, Wilmslow, Cheshire, SK9 5AF Tel: 0303 123 1113.

For further information on our Data Protection Policies please go to our website: [How we use your information](#) or email: data.protection@westsuffolk.gov.uk

1. Contact Details

Organisation/lead partner name	EPIC Dad Community Interest Company
Organisation address	Abundant Life Church Back Street Lakenheath Brandon
Postcode	IP27 9HF

Organisation main email	info@epicdad.co.uk
Organisation main tel.	07717744608
Organisation website	
Organisation Twitter	
Organisation Facebook	https://www.facebook.com/EPIC-Dad-1827266040860933/?ref=bookmarks

Contact Person 1 (main contact)		Contact person 2	
Name	Richard Keeble	Name	Michael Tingey
Position in organisation	Founder, Director, and Project Leader	Position in organisation	Director
Daytime tel.no		Daytime tel.no	
Mobile	07717744608	Mobile	07595986188
email	richkeeble@hotmail.com	email	Michael.tingey@lakenheath.suffolk.sch.uk
Address if different to organisation’s		Address if different to organisation’s	

Postcode		Postcode	
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2. About your organisation

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

Forest Heath and St Edmundsbury (West Suffolk)

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

Registered charity	<input type="checkbox"/>	Charity number:
Applying for charitable status	<input type="checkbox"/>	
Company limited by guarantee	<input type="checkbox"/>	Company number:11227495
Community Interest Company	<input checked="" 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		Management Board	
Management team		Service users	200
Full Time paid staff / workers		Volunteers and helpers (non-management)	5
Part Time paid staff / workers	1	Directors	5

When did your organisation start?

Year

Registered as a CIC in 27th February 2018

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.

EPIC Dad is a Community Interest Company with a focus on supporting fathers, father figures, and their families. The project started in April 2017, working in the Forest Heath area, and was registered as a company on the 27th February 2018. 'Restoring the Role of Fathers' is the vision of EPIC Dad and we hope to achieve this through various activities and groups. The letters of E.P.I.C. stand for Encourager – Provider – Instructor – Carer. These are four key roles of a father or father-figure we want to celebrate and help to encourage in families and communities.

Project Aims

1) Supporting Men

- EPIC Mentoring

A dad meets up regularly with another dad every fortnight over 9 to 12 months to offer support, encouragement, and to be a mentor for them in their fatherhood journey. The programme consists of 18 sessions which include key areas for discussion in relation to being a man, becoming a father, and supporting a family.

- Dads Drop-In

Creating an opportunity for dads to meet up, make friends, and chat over coffee and donuts.

- Social events for dads and male carers

Special events for dads and male carers to socialise together on an evening. Events include cinema trip, going out for a curry, a game of indoor bowls, etc.

- 'Daddy Ready' groups for dads-to-be

A group to support expectant, and new, fathers and give them the opportunity to talk through some of the challenges, as well as joys, of fatherhood.

- Referrals to other agencies

Referring dads, male carers, and families to other agencies that may be able to keep in specialist areas of need.

2) Empowering Fathers

- One-to-one parenting support

Running the 'Dads Matter' Course, produced by Sharing Parenting, one-to-one with fathers and father figures in the community. This is often through home visits.

- Parenting courses for dads

Running 'Dads Matter' Courses in partnership with local primary schools. The course lasts for 6 weeks (normally on a Tuesday evening) and will often be based in the school.

- 'Time Out for Dads' group

A social and support group for local dads and male carers who meet to chat, play games, enjoy refreshments, and talk through relevant fatherhood issues.

- Distribution of 'Survival Kits' to new fathers

The giving out of backpacks for new fathers as a way to support them in their role within the family. The backpack includes 5 items for the dad and 5 items for their newborn baby. These are given out regularly at couples antenatal sessions.

- Training Opportunities

Making training available to dads volunteering with the company such as First Aid, Food Safety, Safeguarding, IT, and general volunteer training.

3) Transforming Families

- Family groups

We help run a family group, in partnership with Homestart, in Lakenheath village. The session will be for dads, mums, pre-school children, and will include refreshments, crafts, story time, toys, and soft play.

- Dads and children's clubs

Our monthly EPIC Dad Fun Club is a very effective way to engage with local dads and male carers, and provide them with the opportunity to spend quality time with their children. The Saturday morning includes games, crafts, and bacon rolls. We are also running Fun Clubs in other locations like local primary schools, often as an after-school club on a Friday afternoon or Friday evening or a Saturday morning.

- Dads and teens groups

A group called Retro when dads can enjoy focused time with their teenage children and play games from their childhood with them.

- Family fun days and trips

Family events through the year like fun days, parties, and family trips out.

- Volunteering in the community

Encourage families to get more involved in the life of their community through various community 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)
- 2.6. What was your organisation's total expenditure for last financial year?
(your branch if part of a larger organisation)
- 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?
(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).

EPIC Dad Partnerships in St Edmundsbury

EPIC Dad has been well established in Forest Heath and we would like to extend our reach into St Edmundsbury so we can work with fathers and father figures across West Suffolk.

1) RAF Honington

- To partner with the Community Development Officer in offering regular dads and children's clubs (fun clubs) for dads in the military living near RAF Honington.
- To run 'Dads Matter' courses or taster sessions for the military dads.
- To run a family event for military dads and all the family.
- To run New Dad Survival Sessions when they will each receive an EPIC Dad Survival Kit at the end.

2) Barnham Primary School

- To partner with the family support worker in offering more to support the fathers and families linked to the school.
- To receive referrals in offering dads one-to-one support.
- To run fun clubs and Dads Matter courses or taster sessions at the school.
- Signpost dads to other EPIC Dad or family services.

From these strategic and focused areas of work in the St Edmundsbury area, we will effectively increase the support we can offer to dads in West Suffolk in partnership with others.

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.

EPIC Dad is helping towards the Council's Families and Communities Approach in West Suffolk which is outlined below:

A Safe Place

EPIC 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.

1) RAF Honington

We will aim to engage with, and register, 30 fathers or father-figures to the project.

We will look to run a Dads Matter Course (6 sessions) with 5 to 10 dads attending.

We want to run 6 fun clubs over the year with approximately 10 dads (and their children) attending.

To run 6 Survival Sessions for new dads in the military.

2) Barnham Primary School

We will aim to engage with, and register, 30 fathers or father-figures to the project.

We will look to run 2 'Dads Matter' taster sessions over the year with 5 to 10 dads attending.

We want to run 3 fun clubs over the year as an after-school club.

To give one-to-one support to 2 to 4 dads referred to project from the school.

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.

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.

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

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.

RAF Honington want to continue to work with us in offering activities for military dads and encourage their relationship with their children.
Barnham Primary School really value the input of EPIC Dad in helping the dads in their community.

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 already connected with and started work with RAF Honington and Barnham Primary School and they have made me aware of the need to engage with dads and the lack of support available at the moment. We have been doing what we can but with additional funding it will enable us to offer more to help these key communities within St Edmundsbury and West Suffolk.

National Evidence

The Centre for Social Justice have produced a document called the 'Annual Fatherhood Survey' which 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 localised areas and through the work of EPIC Dad we plan to 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 now developing further our individual support with fathers. This is through the Dads Matter Course one-to-one and our Mentoring Programme.

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. We are looking to put together a 4 session course called 'Daddy Ready' which would run in a block of 4 weeks and be for expectant and new dads. This would complement the survival kits already proving effective in supporting new dads. Alongside this, we will be offering one-off New Dad Survival Sessions where after the group the dads will each receive a survival kit.

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

01/04/2019

End date

31/03/2020

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

The project is ongoing and we proactively look at other funds to help cover costs and develop activities. Also, fathers and families from the community like to give donations towards the work which make a big difference. We will also explore other fundraising ideas, such as selling EPIC Dad branded items, to help support the work and make it sustainable.

Maximum 150 words

5. Funding request and budget

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

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)

9,448

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.

<u>Item</u>	<u>Amount</u>
Staff and volunteers (including roles, hourly rates, NI/tax contributions and expenses where applicable)	£4,368
Project Leader Salary (£14 an hour x 6 hours a week = £84 / £84 x 52 = 4,368)	

Overheads (including items such as venue/office costs, utilities, back office services, insurance) Insurance cover	£400
Equipment and resources Games equipment, craft materials, stationary, publicity costs	£1,000
Other 100 Survival Kit Backpacks and Contents (£20 each for 1 backpack and contents) Refreshments Costs	£2,000 £200
Total	£7,968

5.4. Please provide a full breakdown of all other funding you have secured for this project.

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

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
	£	
	£	

	£	
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5.6. Please provide a full breakdown of all in-kind support* you have secured for this project.

Item	Amount
Volunteer contributions (including estimated hours given and roles) Project Worker (monthly support – 4 hours a month x 12 months = 48 hours / 48 hours x £10 an hour = £480)	£480
Equipment and resources (please itemise) Use of existing games equipment, craft materials, and resources	£1,000
Other	
Total	£1,480

*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.

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

2019/20 £7,968 **2020/21** £

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 (2018/2019)	£15,000	To further develop the project in Forest Heath
Community Chest (2017/2018)	£24,491.03	To start the project in Forest Heath
Total:	39,491.03	

