

COMMUNITY GRANTS FUND APPLICATION

Please answer all questions which are relevant to your organisation – failure to do so may result in a delay in the determination of your application

PROJECT (In no more than 25 words)	Horticultural Therapy Project for those living with and beyond cancer	GRANT AMOUNT REQUESTED	£3,335
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Contact Details

Q1 Name of organisation making application:

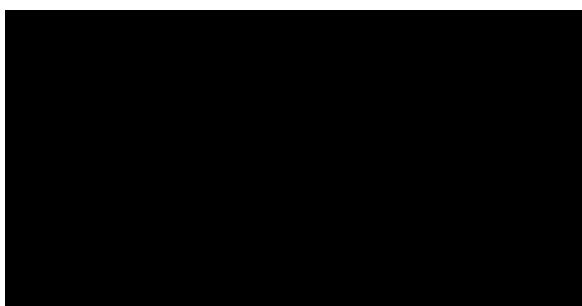
Lingen Davies Cancer Support

Name of contact for this application

Title: Miss First Name: Sophie Surname: Crockford

Position held in the organisation: Trusts and Foundations Fundraiser

Contact Address, including full postcode:



Postcode: 

Contact Telephone Number: 

Email address: 

About your organisation

Q2 What type of organisation are you?

Tick (✓) relevant category:

Registered Charity: (✓) Charity Registration Number: 1160922

Voluntary Organisation: ()

Company Limited by Guarantee: () Company Number

Other – Please specify:

Q3 When was your organisation established?

1979

Q4 Briefly describe your organisation.

Describe your organisation, including how many members/users you have, whether there is a subscription fee and the usual activities/services you provide.

If you are a new organisation, describe the services/activities you plan to provide.

Lingen Davies Cancer Support is dedicated to improving the lives of everyone impacted by cancer in our community. As the region's main cancer charity, we are committed to supporting individuals throughout their cancer journey – from diagnosis and treatment through to life beyond cancer.

Founded in 1979, we have a proud history of fundraising to enhance cancer services at the Royal Shrewsbury Hospital. Over the years, we estimate that more than 100,000 people have benefited from the support provided through the Lingen Davies Cancer Centre. We invest our income into local cancer services, including significant funding for advanced equipment ensuring patients can access excellent cancer services locally.

Beyond hospital treatment, we are passionate about empowering people to live well with and beyond cancer. We work proactively to raise awareness about the signs and symptoms of cancer, helping people to spot the symptoms and seek help early.

We are committed to delivering our wellbeing programmes which are a wide range of free to access classes for those living with and beyond cancer, including: horticultural therapy, yoga, tai chi and dance. These are designed to support physical and emotional recovery.

Q5 If you are a subsidiary of a larger organisation, please state which one.

N/A

Q6 Does your organisation have an agreed Constitution or Memorandum of Association?

Please state which and attach a copy:

Signed Constitution 2015

Q7 What is your primary source of funding?

Lingen Davies' primary source of funding is through fundraising which includes community fundraising, corporate donations and sponsorship, events and legacy donations.

Details of the project or activity you are planning

Q8 Describe the projects/activity you plan to use this grant for.

- i. Try to be specific about what you will do and how you will do it.

Lingen Davies' wellbeing programme ensures that we empower individuals living with and beyond cancer by providing them with a support system of others with a shared experience of cancer. We provide free to access, holistic support designed to help individuals rebuild confidence, improve emotional and physical wellbeing, and feel supported as they navigate life during and after cancer.

A grant from Shrewsbury Town Council would support Lingen Davies' horticultural therapy project. This programme is designed and delivered by Alexis Stones from Bloomin' Lovely, an occupational therapist, gardener and trained horticultural therapy practitioner. A grant of £3,335 would fully fund a 12-week cohort in Shrewsbury, based at Men's Shed at the West Mid Showground. The sessions cater for up to 12 participants per session.

Participants learn practical skills such as growing flowers and vegetables, alongside nature-based craft activities including willow weaving and making bird feeders. Each activity is chosen for its therapeutic benefit and connection to nature, and participants can proudly leave each session with something to take home.

There is strong evidence that demonstrates the benefits of horticultural and nature-based therapy for people living with cancer, including reductions in anxiety and improvements in confidence and wellbeing.

One participant, Debbie, shared: "Before I attended, I felt very anxious, and was suffering from depression. This course gave me a purpose and made me get out of bed. I've met some nice people and the trainer was excellent, helped all the way and made me feel at ease".

The sessions are free to access, ensuring that participants can focus on their wellbeing without worrying about finances.

- ii. Please state how you have identified this need and how the project will benefit the people of Shrewsbury, together with the estimated time span. If you are seeking continuation funding for this project, please provide evidence for this continued need.

We have been running our wellbeing programme for those living with and beyond cancer since 2024 and have been continually developing this offering. We have received positive feedback on how these wellbeing activities have supported people and provided an opportunity for individuals to socialise with others.

Our wellbeing programmes have been thoughtfully curated to introduce a wide range of physical and creative disciplines at an accessible, entry level.

Our ongoing monitoring and evaluation of the horticultural therapy project has highlighted just how important it is for individuals living with and beyond cancer. The feedback has been overwhelmingly positive, and individuals share the benefits of the project.

Alexis, the qualified horticultural therapist who runs these sessions commented on previous cohorts:

"I've absolutely loved running these programmes in Shrewsbury and Oswestry. Once again, I'm humbled by the strength and resilience of each participant, turning up week after week amongst a whole host of treatments, appointments and daily struggles. Community was built, firm friendships were made and support was given when it was most needed. I was merely the facilitator, they did the hard work. For me, this is more than just a job."

We are so proud to work with Alexis and to have developed this project since 2024. We have led six 12-week cohorts of the project and have supported and encouraged individuals to be outside within nature and use the horticultural skills they have learnt within their own garden. Since 2024, we have increased the offering of the project to be in two locations, Shrewsbury and Oswestry, to double the impact of this programme.

The horticultural therapy project runs for 12 sessions starting in April 2026 for up to 12 participants per session. We hold two cohorts of the horticultural therapy project, one starting in April and one starting in September. If Shrewsbury Town Council were able to fund both cohorts, we would be very grateful. I have respected your guidelines as it says that applications over £3,000 are unlikely to be accepted and I have not applied for funding for both cohorts. If Shrewsbury Town Council could fully fund the horticultural project for 2026, it would cost £6,670. We would welcome any representatives from the council to visit the project to see its benefits.

iiii. How many people from the Parish of Shrewsbury do you expect to benefit directly from your project or activity?

12

iv. Please indicate which of the key pillars of the Council's Vision are met and how:

Pillars	Met	How
Building Resilient Communities For Shrewsbury		The sessions will help build resilient communities for Shrewsbury by offering a supportive and inclusive space. This will encourage a sense of community and belonging by participants connecting with others facing similar challenges. This can build valuable support networks and help people feel less alone in their journey. Engaging with others in a supportive environment encourages emotional resilience and offers participants a chance to share their journeys, thereby enhancing their well-being. This project helps individuals implement strategies to empower individuals, contributing to improved emotional wellbeing. The classes are free to access for those living with and beyond cancer. They are fully funded by Lingen Davies to ensure that individuals can focus on their wellbeing without the added worry of financial strain. Lingen Davies believes that support for physical and emotional health should be accessible to all – regardless of economic circumstances.
Supporting Shrewsbury Residents To Live Active And Healthy Lives Through The Provision Of Quality Services		The horticultural therapy supports Shrewsbury residents to live healthy lives through teaching participants how to grow fruit, vegetables and herbs. The project encourages participants to continue developing these skills once the cohort has finished and use the techniques in their own garden.
Preserving Shrewsbury's Heritage		N/A

Creating A Greener And Better-connected Shrewsbury	We are proud to partner with Shrewsbury Men's Shed to create a greener Shrewsbury with the horticultural therapy project. The programme strengthens participant's connection to nature while supporting local green spaces. Participants plant flowers, vegetables and herbs at Men's Shed, increasing the amount of greenery. The sessions take place in an outdoor environment and encourages people to value and maintain Shrewsbury's natural green spaces.
Maintaining A Sustainable, Resilient And Efficient Organisation	The horticultural therapy project helps to maintain a sustainable, resilient and efficient organisation. The community engagement and connection offer emotional and physical support for individuals living with and beyond cancer. The classes are designed specifically for those living with and beyond cancer, therefore at a suitable pace and intensity. They are impactful for long-term assistance in helping individual's regain control and make new friends with others that share similar experiences with cancer. Lingen Davies is committed to working with excellent local providers within Shrewsbury. This is to ensure that the income is kept within the local community and utilising and supporting local businesses. We have previously run successful wellbeing programme and learnt from our monitoring and evaluation processes. This is to ensure Lingen Davies is efficient when identifying the need for our programmes.

	The sessions take place at Shrewsbury Men's Shed. This charity collaboration ensures that we have outdoor space to utilise for the gardening and nature-craft activities. We are proud to enhance this local community space by planting vegetables and flowers.
Taking Positive Action To Tackle Climate Change	This project is designed for participants to develop practical horticultural skills and enhance local plant diversity through garden activities and hands-on practical cultivation. Alexis engages participants in horticultural work that supports sustainable growing practices of vegetables and herbs, and develops local green community spaces. The project focuses on horticultural education and the development of skills and techniques. Alexis explains the process of growing and cultivation. She explains the importance of quality soil and seeds as well as propagation techniques, composting and ensures a focus on planting to fit the seasons. We have found through our previous cohorts that participants continue developing their skills in their own gardens and the sessions encourage them to grow vegetables in their own gardens. Alexis teaches the participants horticultural skills that they can harness in their own garden and shows the power of horticulture and the escapism it provides.

Q9 What criteria will be used to measure the success of the project and how many people from the Parish of Shrewsbury do you expect to benefit from it?

We will collect feedback including quantitative data (number of attendees, gender, age, feedback forms, written email and social media feedback) and qualitative data

(comments before and after classes, observation notes of attendees engagement, focus group comments). Analysing the classes both quantitatively and qualitatively helps to measure the effectiveness of the sessions as well as to inform the need for more future sessions.

We ask our delivery partner and participants to complete feedback forms to enable us to measure success of our projects. Alexis will distribute feedback forms mid-way through and at the end of the horticultural therapy session blocks. Alexis will continually measure the success of the sessions by engaging in conversations with participants. This will enable us to gain an understanding of the successes and any areas for improvement.

Health & Safety

Q10 What, if any, special safety issues are related to your project/activity?

Please provide the following information:

- i. What kind of insurance does your organisation have?

Lingen Davies and Bloomin' Lovely has Public Liability Insurance

- ii. Do the leaders have the relevant qualifications and/or experience?

Alexis' qualifications are as follows:

Diploma of Professional Development in Social and Therapeutic Horticulture at Coventry University. Within this course Alexis planned and designed a social and therapeutic horticulture project, learnt about horticultural skills and practices and learnt project management skills. She obtained a Distinction.

Master of Science in Occupational Therapy at Brunel University

RHS Level 2 Certificate in Practical Horticulture

RHS Level 2 Diploma in the Principles and Practices of Horticulture

Level 2 Certificate in Creative Techniques in 3D

- iii. What policies does your organisation have in place (i.e. Health and Safety, Child Protection/Safeguarding, working with vulnerable adults, Equal Opportunities, CRB Checks etc.)? *You may be required to submit copies of your policies.*

Lingen Davies has the following policies:

- Health and Safety
- Safeguarding

- Wellbeing
- Domestic Abuse
- Equality & Diversity
- Data Protection Policy
- Smoking, drug and alcohol

Funding of your project

Q11 Previous Applications

If you have applied for and received funding from Shrewsbury Town Council in the past please provide details of the amount, the year and briefly what the funding was used for.

Year	Project Description	Award £
2020	Covid Grant	£5,000
2025	Yoga for those living with and beyond cancer	£1,000

Q12 Project Funding

Please provide details of the amount of funding you need for your project and give us a breakdown of what the money is for (please enclose any relevant estimates or details).

Tell us the amount of grant requested £3,335 and provide a detailed breakdown as to how you have reached this figure

Project Expenditure Please list all items of expenditure for your project	Amount of Project
36 hours of therapeutic horticultural delivery (at £40/hour)	£1,440
24 hours of admin, correspondence and assessments (at £40/hour)	£960
Cost of materials for consumables such as compost, plants, seeds, pots and craft materials	£500
Contribution to overheads which includes the project management and monitoring and evaluation at 15% of the total project cost	£435
Total	£3,335
Project Income Please list how the project shall be funded	
We are applying for 100% of the project costs	£0
What is the difference? This should be the same as the amount of Grant you are applying for	£3,335

Q13 Covering a Shortfall

If the Town Council makes an offer less than the amount requested, how will that impact on the Project and how will you cover the shortfall?

If Shrewsbury Town Council offered a lesser amount, we would look to other Trusts and Foundations to cover the shortfall of funding. This would ensure that we can still reach local Shrewsbury residents and continue to offer the successful horticultural therapy sessions. Funding from Shrewsbury Town Council would provide Lingen Davies with financial security to start these much-needed sessions.

Q14 Sustainability

What plans do you have in place to ensure that your organisation becomes more sustainable and less reliant on grant funding, particularly from the Town Council?

Lingen Davies is committed to ensuring that we are sustainable, and we access funding from a wide range of sources, including trust and foundations grants.

In 2025, we launched our biggest appeal to date – a £5 million Sunflower Appeal. We are committed to raising £5 million to grow cancer care across our region. This will be done through the creation of a Lingen Davies Chemotherapy Centre in Telford's Princess Royal Hospital, which will be up and running by 2029. This appeal will double capacity and reducing wait times for local residents.

Lingen Davies actively works to broaden our income base by developing corporate partnerships, expanding individual giving which includes regular donations, major gifts and legacy donations. By focusing on these areas of fundraising we can gain more predictable and long-term income.

Your Accounts

Q15 Please provide the following details from your most recent annual accounts

Total Income	£1,473,021
Less Total Expenditure	£1,301,693
Surplus / Loss	£171,328
Savings (Reserves, Cash, Investments)	£441,108 of free reserves

Please provide a copy of your most recent annual audited accounts or, in the case of newly established organisations, the projected income and expenditure for the next twelve months.

You need to include these documents with this application.

Account Details

Q16 Please provide your bank or building society account details

You can only apply for grant if you have a bank/building society account in the name of your organisation. We will only pay grants into an account which requires at least two people to sign each cheque or withdrawal. **These people should not be related.**

Account name: [REDACTED]

Sort Code: [REDACTED] Account Number: [REDACTED]

Bank/building society name: [REDACTED]

Bank/building society address: [REDACTED]

Who are the signatories and what position do they hold in your organisation?

1. Name: [REDACTED] Position: Chief Executive Officer
2. Name: [REDACTED] Position: Trustee
3. Name: [REDACTED] Position: Trustee
4. Name: [REDACTED] Position: Trustee

Any Other Information

Q17 Any other information which you consider to be relevant to your application.

Useful links provided to our website:

What we deliver: <https://www.lingendavies.co.uk/our-work/what-we-deliver>

Declarations

Q18 Declaration

Please give details of a senior member of your organisation.

For example, this may be your Chairperson, Treasurer or Secretary. They must read the application and sign below. **(This must not be the main contact name in Q1).**

I confirm, on behalf of Lingen Davies:

That I am authorised to sign this declaration on its behalf, and that, to the best of my knowledge and belief, all replies are true and accurate.

I confirm that I have read the Terms and Conditions set out in the Notes which accompanied this application and further confirm that this application is made on the basis that if successful, the organisation will be bound to use the grant only for the purpose specified in this application, and will have to comply with those Terms and Conditions and any others which the Council might attach to the Grant.

Post held in organisation: Chief Executive Officer

Title: [REDACTED] First Name: [REDACTED] Surname: [REDACTED]

Organisation address:

[REDACTED]

[REDACTED]

[REDACTED]

Postcode: [REDACTED]

Telephone: [REDACTED]

Signed [REDACTED] Date: 09/03/2026

Q19 Signature of Person Completing the Application

This must be the signature of the person named in Q1 as the main contact and **not be the same person who has signed in Q18**

I confirm that, to the best of my knowledge and belief, all the information in this application from is true and correct. I understand that you may ask for additional information at any stage of the application process.

Signed [REDACTED]

Date: 09/03/2026

Checklist

1. Have you answered every question?
2. Have all signatures been completed?
3. Have you included a copy of your constitution?
4. Have you included a copy of your most recent audited accounts?
5. Please state any supporting documents you are submitting:



Attached the most recent audited accounts and the agreed constitution as required.

Please return your completed application form to:

**Town Clerk
Shrewsbury Town Council
Livesey House
7 St John's Hill
Shrewsbury
SY1 1JD**

Telephone: 01743 281010
Email: Helen.ball@shrewsburytowncouncil.gov.uk