



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)	Wellbeing Arts Group (WAG) A weekly affordable drop-in session for therapeutic mixed media arts, supporting those with mental health needs through high quality arts provision.	GRANT AMOUNT REQUESTED	£3000
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Contact Details

Q1 Name of organisation making application:

South Staffordshire Community and Mental Health Charitable Fund and Other Related Charities

Name of contact for this application

Title: Mrs

First Name: Anthea

Surname: Renshaw

Position held in the organisation: Group Referrals and Project Coordinator

Contact Address, including full postcode:

[Redacted Address]

.....

..... Postcode: [Redacted Postcode]

Contact Telephone Number: [Redacted Telephone Number]

Email address: [Redacted Email Address]

About your organisation

Q2 What type of organisation are you?

Tick (✓) relevant category:

Registered Charity: (✓) Charity Registration Number 1061006
Voluntary Organisation: ()
Company Limited by Guarantee: () Company Number
Other – Please specify:

Q3 When was your organisation established?

28th February 1997

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.

WAG was originally set up in 2016 by the Arts for Health Team – the department for therapeutic arts services of Midlands Partnership Foundation Trust (NHS). It has been funded from within the trust and from this charitable fund for 10 years. The group can no longer be funded from within the NHS, and is working towards independence as a CIO.

WAG is a weekly affordable drop-in session for therapeutic mixed media arts, supporting those with mental health needs through high quality arts provision. WAG's activities range from sculpture, printing, collage, linocuts, origami, decoupage and free-form drawing. The group currently serves over 60 participants, and is receiving regular new referrals. The sessions cost £3 for participants, and there is no requirement to commit, allowing for those who would find that level of pressure a barrier to attending.

WAG was founded on the well established principles of neuroaesthetics, arts engagement in recovery, and sensory literacy, alongside the need to continue the care initiated in hospitals. Patients within Mental Health Units often respond positively to creative engagement during hospital stays. Where anxiety, trauma, or mental ill-health can inhibit communication, regular art sessions help reduce anxiety, encourage expression, and support recovery.

However, upon discharge, many feel a drop in support. Community life can be overwhelming and isolating. WAG emerged in response to patients' desire for a consistent, affordable, and understanding space to continue engaging with the arts.

Group participation fosters independence, strengthens coping strategies, and helps maintain recovery, reducing the risk of relapse or readmission.

Sessions are shaped by group conversation, with participants encouraged to suggest ideas and interests, reinforcing a sense of ownership. This collaborative approach, supported by the collective ethos of the English Bridge Workshop, promotes individual agency and strengthens the group dynamic. WAG is a genuinely collaborative space, guided by experienced leadership that enhances every session and supports participants' creative journeys.

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

As per above

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

Please state which and attach a copy:

Constitution (pdf attached)

Q7 What is your primary source of funding?

Our funding until this year has been through MPFT (NHS). Our funding going forwards is through grant funding and partnership collaboration.

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.

This grant will be used to continue the high quality, low cost provision that has and continues to support participants of the group to manage their mental health within the community. WAG, through robust and experienced leadership, has – over it's 10 years of practice – developed a nuanced and balanced group dynamic. The needs of the individual are met within the group setting, and participants grow steadily in trust that the space provides and gentle, accessible, non-judgemental space to create, to share, and to thrive. There is no alternative affordable provision for this in Shrewsbury. The group's capacity to work with, while independent from, Mental Health Services, allows for a peer support facility and signposting system as added value to the initial objective.

The grant will therefore continue to fund room hire, facilitator fees, materials, and project coordination.

- 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.

The continued need for this project and therefore the funding to support it is evidenced by the continued flow of people entering Mental Health Services, relying on inpatient provision for acute care, benefitting from therapeutic arts, and continued referrals to WAG upon discharge. The rise in Mental Health needs is a nationally recognised phenomenon, which this group successfully serves. Following a period of psychometric testing during 2025, we have gathered data who's metrics reflect the benefit of attendance at the group:

Progress & Benefit Dialogue Outcomes:

The test has a maximum of 55 points, minimum 11 points, making any score above 33 representative of a perceived positive effect from attending the group.

As a static measure of the effect of attendance (i.e. not related to continued and progressive attendance) the average score from the data set was 48.5 (of a possible 55)

Over a 6 week period, the average rise in score was by 1 point, showing a progressive positive response to continued attendance.

Where results of individuals could be directly compared over a 6 week period, 50% of comparable results had an increase in their scores. And these rose by an average of 5.74 points (10.43%)

Where results of individuals could be directly compared over a 6 week period, 75% of comparable results stayed the same or increased.

Of the remaining 25%, all scores remained within the 33+ points bracket, showing a continued perceived positive effect.

The pertinent takeaway from the data is that the static measure of the effect of attendance is very positive. Progress from this high score would be difficult to achieve, but the overwhelming positive response to the group is maintained.

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

60

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	x	Through continued attendance to accessible therapeutic sessions in Shrewsbury, participants are better able to manage their own mental health, stay resilient, and rely less on NHS MH Services.
Supporting Shrewsbury Residents To Live Active And Healthy Lives Through The Provision Of Quality Services	x	Our facilitators have a combined 50+ years of experience within the Arts in Health space, allowing for the provision of this high quality service. Shrewsbury residence are the beneficiaries of this

		service, which provides access to activity to support their health and wellbeing.
Preserving Shrewsbury's Heritage	x	The group is held at the English Bridge Workshop, a heritage building now being preserved by Make Space CIC. Our presence and support plays a part in it's preservation. We are currently working in partnership with Caring for God's Acre, on a project running to preserve the heritage of Longden Cemetery. Our work supports this heritage project and will help to raise awareness of this piece of Shrewsbury's heritage.
Creating A Greener And Better-connected Shrewsbury	x	As per above, our partnership with CfGA also focusses on the biodiversity of Longden Cemetery, and the outreach work to engage the community with this green space.
Maintaining A Sustainable, Resilient And Efficient Organisation		
Taking Positive Action To Tackle Climate Change		

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?

Following a data gathering period during 2025 to establish metrics on the positive benefit to participants, and in response to a pilot project to further this positive benefit through creatively building relationships with public facing exhibition spaces, this funding will be used to build on this data. Through further partnership and collaboration with arts, environmental, and heritage groups, we will build in capacity to expand the current creative output. Participants have benefitted from participation for the last 10 years. The pilot project in which their creative output was displayed in public spaces showed the added value of moving the work from the inhouse group context into a space where it can be valued by the community at large. Through creative and innovative evaluation tools, we will gather qualitative and quantitative data to explore how integration into established arts spaces can elicit feelings of validation and empower those in need to maintain their own good health.

There is a growing body of data showing healthy investment returns on arts prescription within mental and physical health services. The benefits of neuroaesthetics, arts engagement in recovery, and sensory literacy are well established. Despite this, funding gaps persist. This funding will allow us to gather and share data within a wider context,

with the potential to affect change and impact on policy and investment in similar Mental Health Intervention methods.

The number of participants who will directly benefit from participation is currently 60. Arguably, the benefits of this group are much wider spread: A reduction in numbers relying on NHS services by this preventive measure has wide reaching benefits to those that require the service. The indirect benefit to family and friends of those that participate should be considered. The growing ability of those that attend to lead more fulfilling lives as active members of Shrewsbury's society must be accounted for: their reduced reliance on public funding, and their ability to enter the workforce.

For those that will have access to viewing the groups' output via public exhibition, the benefit of a better understanding of the lived experience of people living with Mental Health issues has a value to our wider society and its resilience. In which case visitors to our exhibition during the Belle Vue Arts Festival Exhibition could be counted in that number. The number of visitors to Longden Cemetery open day during the Arts Festival will also benefit from the group's activity. We are planning to display the output of the work with CfGA at the Hive later in the year, who's visitors will benefit indirectly from the group's creative output around biodiversity and a raised awareness of Mental Health needs.

These indirect numbers are unknown, but expansive. Our continued work allows for this interconnectivity through nurturing good relationships between organisations, bringing valuable yet low cost services to the people of Shrewsbury.

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?

Both facilitators have PL insurance.

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

Our facilitators have supported and championed adults and young people with disabilities and additional needs, both individually and within groups, as creative enablers. Since 2010 they have worked within many communities in the Telford and Shrewsbury area leading and supporting art projects including those within areas of deprivation, risk of school exclusion, Muslim women's group, Telford Mind. They continue to work within inpatient units to offer the continuity of care that this group benefits from.

Our Team Lead is the Arts Lead for Arts for Health at MPFT and has 15 years' experience project managing hospital arts projects working with patients in acute hospital settings and mental health wards. She worked for Air Arts in Derby for years at the University Hospitals of Derby and Burton before returning to the arts team at MPFT in 2025.

Our project coordinator is an experienced workshop facilitator and project manager. She also currently works with the Sandwell Community in Birmingham, engaging volunteers and local participants in Arts and Heritage Activity within the area's Hospital spaces, supporting health and healing through arts activity.

- 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.*

We have in place the following policies and can submit copies if required:

- Safeguarding Policy
- Health & Safety Policy
- Equality Diversity and Inclusion Policy

Our team are trained to work with vulnerable adults, and CRB checks are in place where legally required.

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 £

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 £3000 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
Practitioner fees (£100/session x2)	£9200
Room hire (£30/session)	£1380
Project coordinator fee (£180/day for 1day/month)	£2160
Exhibition Costs	c.£200
Printing and Publicity	c.£200
Refreshments	£100
Total	£13,000
Project Income Please list how the project shall be funded	
Grant Funding and further NHS Funding	£10,000
	£
	£
	£
	£
What is the difference?	£3000

This should be the same as the amount of Grant you are applying for	
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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?

We continue to look for funding solutions, and apply for other resources. We will continue the project for as long as we are able to fund the weekly activity, and would – if absolutely pushed – drop it to every 2 weeks.

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?

We continue to develop partnerships with other organisations in order to pool funds and develop relationships that can add to our funding portfolio. We maintain our close connection with the NHS Mental Health Services, which will allow for more financial sustainability if such funds become available in the future. While we work towards establishing the group as a CIC, we will explore ways within that structure to create funds.

Your Accounts

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

Total Income	£70
Less Total Expenditure	£118
Surplus / Loss	£(57)
Savings (Reserves, Cash, Investments)	£1087

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]
[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] Arts Lead
- 2 Name Position
- 3 Name Position

Any Other Information

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

We are applying for this funding as an NHS Charity, as we are in the process of constituting the group as an independent CIC. The NHS charity has the relevant legal structure to ensure that any funding granted is protected and managed appropriately. Relevant policies are in place under the Charity, and we hope that the Town Council will look favourably and with understanding as we work through this transition period. We would be happy to discuss this in more detail should that be needed for our application to be considered.

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 South Staffordshire Community & Mental Health Charitable Fund & Other Charities:

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: Arts Lead

Title:

First Name:

Surname:

Organisation address:

Postcode:

Telephone:

Signe

Date: 22/05/26

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 form is true and correct. I understand that you may ask for additional information at any stage of the application process.

Signed:



Date:05/06/2026

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: ☐

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