



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 Yoga for those living with and beyond cancer.	GRANT AMOUNT REQUESTED	£3,105
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Contact Details

Q1 Name of organisation making application: Lingen Davies Cancer Support

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Name of contact for this application

Title: Miss First Name: Sophie

Surname: Crockford

Position held in the organisation:

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. In 2024, we invested £1 million into local cancer services. This included 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: yoga, tai chi, therapeutic horticulture 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.

In 2024, we launched a wide range of free to access wellbeing programmes for those living with and beyond cancer. These include therapeutic horticulture, yoga, tai chi and dance – the sessions are tailored to support physical and emotional wellbeing during and after treatment.

The day-to-day impact of living with a cancer diagnosis can affect a person's emotional wellbeing in many significant and debilitating ways. From receiving a cancer diagnosis, going through treatment and scans; to trying to live and recover alongside a diagnosis. The emotional challenges of anxiety, fear, sadness, depression and loneliness can seriously impact on an individual's quality of life and often persist long after treatment ends. Our wellbeing programmes offer support for those living with cancer.

A grant from Shrewsbury Town Council would fund yoga sessions with local business Jenna Blair Yoga from September – December 2025. The yoga sessions are guided by experienced instructors to support individuals to move their bodies gently in a peaceful, inclusive and relaxed environment away from the hospital. By being led in a supportive and welcoming environment, away from the clinical setting of the hospital, these sessions help participants find moments of mindfulness and connect with others who share similar experiences.

The yoga sessions will start in September, three times per week, till December aimed at people with a cancer diagnosis including during and post treatment. Each session runs for one hour and has a capacity for 12 people in each class. They are designed to be accessible and require no previous yoga experience.

A grant from Shrewsbury Town Council would enable us to continue delivering this important support to local individuals facing the challenges of cancer.

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.

Through our wellbeing programmes we have received positive feedback on how

these activities have supported people living with and beyond cancer. The sessions are well attended and are hugely valued by participants. The 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 processes have highlighted just how important these activities are in bringing people together. The classes offer a community connection with individuals who have shared experiences and provides a crucial lifeline for many in our region. In response to this feedback, we are pleased to reintroduce some of the workshops, including the popular Jenna Blair Yoga classes.

We have previously run successful Gentle Yoga and Tai Chi sessions with Jenna Blair Yoga which have been very well attended and positively received by people living with and beyond cancer. Participants described a strong sense of community and connection that developed over the duration of the classes. By spending time with others in a tranquil setting exploring gentle activity that contributes to physical, mental and emotional wellbeing was the key reason that the sessions worked so well.

Through feedback forms that were given to participants it was noted that many were keen to access more sessions. Many participants shared that prior to attending the yoga classes, they felt anxious, stressed and worried about further deterioration and returning to 'normal' life after their diagnosis and treatment. After attending the sessions, they reported noticeable physical improvements, increased strength and a desire to incorporate some of the yoga techniques into their daily routines.

Several individuals described the sessions as a 'life saver' during a period of stress and uncertainty. They described the classes as 'safe havens' - providing total escapism and support from their diagnosis and treatment.

Based on the feedback, we are committed to continuing the Jenna Blair Yoga sessions. The next programme is planned to run from September to December 2025, with three weekly classes on Mondays, Wednesdays and Saturdays. These sessions will remain free to access and open to anyone living with or beyond a cancer diagnosis.

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

36 (3 x cohorts of 12 participants. 12 sessions per cohort)

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. The classes develop strong social networks through the community focus of spending time with others in a tranquil setting. It helps to implement strategies to empower individuals by exploring gentle activity that contributes to physical, mental and 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 yoga classes will help individuals maintain flexibility and mobility, no matter what stage of their cancer treatment. The sessions support individuals to live active and healthy lives through the physical benefits of muscle strength, circulation, flexibility, balance and functional movement.

		The yoga sessions not only act as a form of gentle physical exercise but also incorporate elements of mindfulness and relaxation, making them particularly beneficial for individuals undergoing the physical and emotional challenges of cancer treatment. Research has shown that gentle activities like yoga can enhance physical mobility, reduce stress and improve overall quality of life for cancer patients. Participants will have the opportunity to engage in this low-impact exercise, which is designed to be accessible to individuals at various fitness levels.
Preserving Shrewsbury's Heritage		N/A
Creating A Greener And Better-connected Shrewsbury		N/A
Maintaining A Sustainable, Resilient And Efficient Organisation		The Jenna Blair Yoga sessions help to maintain a sustainable, resilient and efficient organisation. The community engagement and connection offers 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. These help to support participants' physical and mental health. 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 efficiency when identifying the need for our programmes. We are keen to gain grants to contribute to a varied income portfolio to ensure we are sustainable in the future.
Taking Positive Action To Tackle Climate Change		N/A

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 expect 36 individuals to benefit from the yoga classes.

We ask our delivery partner and participants to complete feedback forms to enable us to measure success of our projects. Jenna Blair will distribute feedback forms mid-way through and at the end of the yoga session blocks. Jenna will continually measure the success of the yoga 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 has Public Liability Insurance

Jenna Blair Yoga has Yoga Alliance Professionals Insurance.

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

Jenna and her team are fully qualified yoga teachers. We can provide proof of Jenna's qualifications should this be required.

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

Jenna has policies in place which we can provide proof of if 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 £
2020	Covid Grant	£5,000

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 £2,700 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
12 x 1 hour Monday Gentle Yoga sessions – this includes equipment, admin, instructor costs, room cost, printing of flyers and posters for promotion	£900
12 x 1 hour Wednesday Gentle Yoga sessions - this includes equipment, admin, instructor costs, room cost, printing of flyers and posters for promotion	£900
12 x 1 hour Saturday Gentle Yoga sessions - this includes equipment, admin, instructor costs, room cost, printing of flyers and posters for promotion	£900
Contribution to overheads, including governance, fundraising costs, project management, monitoring and evaluation @15% of project value	£405
	£
Total	£3,105
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	£3,105

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 run a reduced yoga programme of two sessions per week and seek to secure funding from other trusts and foundations. This would ensure that we can still reach local Shrewsbury residents and continue to offer the successful yoga sessions. Funding from Shrewsbury Town Council would provide Lingen Davies with financial security to quickly 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 grants. We have recently launched our biggest appeal to date – The 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. By achieving this goal 30 chemotherapy chairs will become available to people in our region. Effectively doubling 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	£ 1,342,664
Less Total Expenditure	£ 1,382,833

Surplus / Loss	£ - 40,169
	£ 825,317 free reserves
Savings (Reserves, Cash, Investments)	These funds are available for future funding needs and working capital of the charity.

***Please note. These are the figures from 2023/24, as our 2024/25 accounts are currently being audited. As of 31.03.25, our free reserved have substantially decreased, and our resources at hand on this date were as follows:**

Designated Funds for project delivery/ operational contingency	£746,588.13
Committed Funds for agreed grant making	£306,953.13
Free reserves for future funding needs and working capital	£357,740.03

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: Chair of Trustees
- 3 Name: [REDACTED] Position: Trustee
- 4 Name: [REDACTED] Position: Trustee

Two signatories are required to make any payments from this account.

Any Other Information

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

Useful links provided to our website:

Sunflower Appeal: <https://www.lingendavies.co.uk/sunflower-appeal>

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: 11/07/2025

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: 11/07/2025

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