



**ILMINSTER TOWN COUNCIL
GRANT APPLICATION FORM 2023/24**

Please Note: Prior to completion of this form please read the Town Council's Grant Policy and Guidelines

1. Name / Title of OrganisationLife Education Wessex & Thames Valley

2. Name of person submitting the appl

Position held in organisation Administr

Address.

Tel. No..

Email...jc

3. Full details of project for which a grant is sought: *with emphasis on how it will benefit the citizens of Ilminster*

We are writing to request that you kindly consider Life Education Wessex & Thames Valley (LEW&TV) for a grant towards our work of providing health, well-being and drug prevention education to approximately 515 children at Herne View CE Primary School when we visit them on 4/1/24 for 5 days.

The cost to deliver our health programmes to schools is £530 a day; schools contribute approximately 70% of this, and we need to raise the shortfall. We will be spending 5 days visiting the school, which equates to a shortfall of £775. We do not expect your Council to contribute the whole of the difference, but obviously that would be fantastic if you were able. Nevertheless, any contribution you could make would be very would make a real difference to outcomes for local children and families.

Background: (LEW&TV) is an independent and self-financing charity and delivers the UK's leading health, emotional well-being and drug education programme, 'Coram Life Education', to children (aged 3–11 years) across Dorset, Somerset, Devon & Cornwall, and Hampshire the Isle of Wight. In October 2016 Life Education Thames Valley (Buckinghamshire, Berkshire and Oxfordshire) merged with Wessex, and in the 2021/22 academic year we saw over 72,000 children in the combined area.

Our strap line is '*Helping Children Make Healthy Choices*'. Programmes address many topical issues e.g. *emotional health & well-being, obesity, drugs, alcohol and smoking*. In a nutshell, programmes help children:

- Understand how their bodies work
- Understand what they need to do to look after themselves
- Understand the adverse effects of drugs, including alcohol, tobacco & new psychoactive substances
- Learn the skills and gain the self-confidence to make and implement healthy decisions now and in the future

The COVID pandemic and subsequent lockdowns proved particularly challenging for the children, schools and communities where we deliver our vital skills-for-life education. We are particularly concerned for the mental health and wellbeing of children and the effect isolation has had on their emotional wellbeing. How children react can vary according to their age, how they understand information and communicate their previous experiences and how they cope with stress. Negative reactions may include worrying thoughts and their concern for their friends and family, fear, avoidance, problems sleeping and physical symptoms. Children also react to what they see from parents/carers and how they deal with situations around them. Family concerns about financial problems and job security can also affect children's sense of security, leading to anxiety and depression. Lack of routine, space, contact with other children and reduced opportunities for physical activity affects children's confidence and overall physical and mental health. In addition, there has been a surge in domestic violence during the Covid-19 lockdown and many children are more vulnerable than ever, particularly in pockets of the most deprived areas.

Why Life Education is so vital

Research shows that children who have better health and emotional well-being do better in life – both academically and socially. Children are also facing growing pressures at home, at school and with their friends, leaving many primary school pupils ill-equipped for life at secondary school and beyond.

Early intervention can prevent mental health problems, obesity and substance misuse in children now and in later life and helps to prevent drug and alcohol-related crime and anti-social behaviour. Our work not only benefits children's health and their futures, but also promotes healthier families and safer communities.

Life Education programmes empower children with key thinking, learning and social skills to make healthy choices and stay safe online and in the real world. Children graduate with confidence, knowledge and resilience to cope with the stresses of secondary school and life beyond.

Programme Delivery

Our programmes can now be delivered either in the schools' own classrooms, or via SCARF Live Online, which uses ZOOM virtual video technology. Programmes focus on the mental health and wellbeing of children, which we are particularly concerned about at this time and the effect that isolation has/is having on their emotional wellbeing.

Schools also have access to [SCARF](#), a comprehensive, interactive and flexible set of online resources which supports the entire PSHE curriculum.

Through our annual visits, children progressively acquire the skills and knowledge to make their own healthy choices in life. As well as helping the children who participate, the benefits of this preventative education cascade out to the wider community, as children who make the right healthy choices grow up to become better citizens and make a positive contribution to society.

We look forward to hearing from you and hope that *you will be able to continue helping us to help your local children make healthy choices.*

4. Total anticipated cost of project (Please enclose supporting estimates) £...2650

5. Amount of grant sought from Town Council and % of total project cost up to £775
% *29* %

6. Please give details of applications made to other grant making bodies in respect of this project (eg. Somerset Council / Lottery etc)

NONE SPECIFICALLY FOR THIS PROJECT

| Date | Organisation | Amount Sought | Granted |
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7. Please provide details of the contribution that will be made by your organisation to the Project.

We will fund the shortfall (minus any contribution you are able to make)

8. Has your organisation received a grant from this Council within the last 3 years?

YES/NO If YES, please provide details. ...£860 towards Jan 2022 visit to Greenfylde School.

Please use additional sheets if necessary

Don't forget to include:

- Constitution / rules
- Financial information – accounts

- Evidence project costings are reasonable

Please return the completed form to

Ilminster Town Council
Old Magistrates Court
East Street
Ilminster
Somerset
TA19 0AJ