



# Knutsford Town Council

## Community Grants Scheme

### Application for a LARGE GRANT

#### Office Use Only

Received 21/08/2024

Validated 28/08/2024

Committee Date 02/12/2024

Please ensure this form is filled in completely and ensure you have read the Community Grants Policy.

This scheme provides grants in excess of £1,500. Grants under this scheme will be paid in April 2023. You must ensure you have read the Community Grants Policy. It is recommended your application is submitted in advance of the deadline to ensure the Town Clerk can validate it and ensure any missing information is provided.

To start a new line in a text box, press SHIFT and ENTER together.

**Privacy:** Your name, position, email address and address will be disclosed to the committee when considering the application. All other information on this form will be made publicly available via the Town Council website as part of the agenda for the committee meeting.

#### CONTACT INFORMATION

NAME

POSITION IN ORGANISATION

E-MAIL ADDRESS

ADDRESS

#### ABOUT YOUR ORGANISATION

NAME OF ORGANISATION

Stable Minds CIC

ORGANISATION TYPE

Community Organisation <sup>1</sup>

Registered Charity

CIC

DO YOU HAVE A CONSTITUTION OR GOVERNING DOCUMENT?

Yes  No

WHAT ARE THE AIMS AND OBJECTIVES OF YOUR ORGANISATION?

Stable Minds is dedicated to enhancing the mental and emotional wellbeing of adults and children from age 3 upwards, along with their families in Knutsford and surrounding areas. Our key aims and objectives include:

- Targeted Support for Vulnerable Groups:** We provide tailored support to adults and children who are at higher risk, including those who are neurodivergent or engaging in self-harm, ensuring they receive specialised attention and care to help them navigate their challenges effectively.
- Enhancing Accessibility to Mental Health Resources:** Our mission is to make mental health support accessible and effective for young children and their families, ensuring everyone in the community can benefit regardless of their socio-economic status.
- Community Engagement and Education:** We actively engage with the community through outreach and educational programmes that raise awareness about mental health issues, reduce stigma, and foster a supportive network for those affected by mental health challenges.

<sup>1</sup> Includes any not-for-profit body that is not a Registered Charity or CIC.

4. **Collaboration with Local Organisations:** We work closely with local schools, healthcare services, and community groups, integrating our services with existing support structures to enhance the overall impact and reach of mental health initiatives within the community.
5. **Unique Service Offering:** Stable Minds CYP (Sister Company – 9 -11 Princess Street) stands out as the only service in the Cheshire East and neighbouring boroughs dedicated to children who are neurodivergent or at higher risk, supported by a team of specialist child counsellors.
6. **Sustainable Impact and Legacy:** We are committed to providing long-term support, aiming to build resilience and promote ongoing mental health wellness among children and young people.

These objectives align with the strategic goals of the Knutsford Town Council, particularly in enhancing community health resources and offering innovative solutions to improve residents' quality of life.

**PLEASE PROVIDE DETAILS OF YOUR ORGANISATION'S MEMBERSHIP**

*This should include the geographical area your members are drawn from etc.*

Stable Minds primarily serves the communities within Knutsford and the broader Cheshire East area. Our membership is drawn from a diverse demographic, including children, young people, and families who are actively seeking support for mental and emotional health issues. Members benefit from a range of services tailored to young individuals, especially those who are neurodivergent, at higher risk, or experiencing self-harm.

Our organisation's reach extends to local schools, healthcare facilities, and community centres, where we collaborate closely to provide seamless support and services. This regional focus ensures that our resources are accessible to those who need them most, right in their local community, fostering stronger connections and immediate support networks.

Additionally, Stable Minds CIC actively engages with volunteers and professionals from within these geographical areas, enriching our organisation with local expertise and a deep understanding of the community's unique needs. This local foundation is crucial for the targeted and effective delivery of our mental health services.

**HOW IS YOUR ORGANISATION MANAGED?**

Stable Minds is managed by a board of four directors who are actively involved in the day-to-day operations, reflecting their commitment to the organisation's mission and its effective functioning. This hands-on approach ensures that strategic decisions align closely with operational needs and community interactions. In addition to the directors, the organisation employs five staff members who are responsible for executing the programmes and managing daily administrative tasks. The team is further supported by four dedicated volunteers who assist with various activities and outreach efforts. This management structure, combining strategic oversight with active daily involvement from the directors, enables Stable Minds CIC to respond dynamically to the needs of the community it serves. Since opening in January 2023, the organisation has been continuously growing to meet the increasing demand for mental health services in Knutsford and the surrounding areas.

**HOW MANY PEOPLE ARE INVOLVED IN YOUR ORGANISATION?**

**TRUSTEES / COMMITTEE MEMBERS**

**STAFF**

**ABOUT YOUR PROJECT**

**TOTAL PROJECT COST**

**CONTRIBUTION FROM OTHER SOURCES**

£ 0

**TOTAL REQUESTED FROM TOWN COUNCIL**

£ £4,909.54

**PLEASE DETAIL THE CONTRIBUTIONS FROM OTHER SOURCES**

*This would include grants from other bodies, use of own funds etc*

N/A

**PLEASE DETAIL ANY NON-FINANCIAL 'IN KIND' SUPPORT YOU HAVE FOR YOUR PROJECT**

*This would include time given by volunteers, donations of goods/services etc*

The inclusion of the sensory tent at various community events would be entirely funded and managed by Stable Minds. This commitment encompasses all costs related to transporting, setting up, and staffing the tent during events. The tent serves as a crucial quiet space for individuals who find the bustling environment of public gatherings overwhelming, providing a calm retreat to help manage sensory overload.

As such, the operational costs—including the setup, maintenance, and management of the sensory tent—would be borne by Stable Minds. This proactive approach ensures that the sensory tent can be a stable and reliable feature at community events, offering a necessary service without imposing financial burdens on the event organisers or attendees. This initiative underscores our commitment to fostering an inclusive environment at local events, enhancing accessibility for all community members, especially those with heightened sensory sensitivities.

**DOES THIS PROJECT INVOLVE COLLABORATION WITH OTHER ORGANISATIONS? PLEASE DETAIL THEIR INVOLVEMENT**

Yes, the project to bring a sensory tent to community events involves collaboration with various local organisations, including event organisers and the Knutsford Town Council. These collaborations are essential for integrating the sensory tent into scheduled events throughout the year, such as the Knutsford Music Festival, the Pumpkin Path, Christmas Markets and other community gatherings featured in the Knutsford events calendar.

**Town Council Collaboration:** Our partnership with the Knutsford Town Council allows us to coordinate the logistics of setting up the sensory tent at major town events. The council provides us with information on event dates, locations, and attendee demographics to ensure that our tent is optimally placed to serve its purpose.

**Event Organisers:** We work closely with individual event organisers to ensure that the sensory tent is included as part of the event infrastructure. This collaboration includes planning for space, understanding the layout of events, and ensuring that our presence complements the overall event experience.

These collaborations are vital to the successful deployment of the sensory tent, ensuring it is a welcoming and effective space for those who need a quiet area away from the hustle and bustle of community events. This partnership approach not only enhances the accessibility of events but also raises awareness about sensory sensitivities and the importance of inclusive spaces.

**PLEASE EXPLAIN THE PROJECT**

*This should explain the objectives of the project and benefits to the Knutsford community*

The project initiated by Stable Minds involves the introduction of a sensory tent at community events in Knutsford,

aimed at providing a safe and calming environment for individuals who find public settings overwhelming. Here's a detailed explanation of the objectives and benefits of this project to the Knutsford community:

**Objectives:**

1. **Enhance Accessibility:** To make community events more accessible to individuals with sensory sensitivities, particularly those who are neurodivergent or experience anxiety in crowded or loud environments.
2. **Promote Inclusion:** To foster a more inclusive atmosphere at public gatherings, ensuring that everyone, regardless of their sensory needs, can participate in and enjoy community events.
3. **Educational Outreach:** To raise awareness among the general public about sensory sensitivities and the needs of individuals who might struggle with traditional event setups.
4. **Support Mental Health:** To provide a supportive tool that can significantly reduce the mental stress and discomfort that can occur for some individuals during high-stimulation events.

**Benefits to the Knutsford Community:**

1. **Improved Event Experience:** By offering a sensory tent, events such as the Knutsford Christmas Markets and Family Festival can accommodate a broader audience, ensuring that all community members feel welcome and included.
2. **Community Well-being:** The tent will contribute to the overall mental well-being of the community by preventing sensory overload and providing a retreat for individuals who need a break.
3. **Increased Participation:** With the presence of the sensory tent, individuals who might otherwise avoid attending large events due to sensory challenges will be more likely to participate, enhancing community cohesion and interaction.
4. **Educational Impact:** The project will also serve an educational role, increasing the community's understanding and acceptance of neurodiversity and mental health challenges.

This project aligns with the values of inclusivity and support within the Knutsford community, helping to build a more accommodating and understanding environment for all residents.

**WHICH OUTCOMES DO YOU BELIEVE YOUR PROJECT MEETS?**

*Provides improved opportunities or services for those aged 18 or under*

*Provides improved opportunities or services for those aged 65 or over*

*Provides a new, or improves an existing asset or service benefiting a significant percentage of residents*

*Enhances the profile and/or reputation of Knutsford*

X
X
X
X

**PLEASE SET OUT HOW YOU BELIEVE YOUR PROJECT MEETS THE OUTCOMES**

The sensory tent project proposed by Stable Minds is designed to meet the outcomes as specified by the Knutsford Town Council Community Grants criteria. Here is how the project aligns with each of these outcomes:

1. **Provides improved opportunities or services for those aged 18 or under:**
  - The sensory tent directly targets the needs of children and young people who may find large public gatherings challenging due to sensory sensitivities or anxiety. By providing a quiet, safe space, the project allows these individuals to participate in community events, thereby enhancing their social inclusion and access to community activities.
2. **Provides improved opportunities or services for those aged 65 or over:**
  - Older adults, particularly those who might experience discomfort in noisy or crowded environments, will also benefit from the sensory tent. It offers them a respite space, enabling them to enjoy community events for longer durations and engage more fully with their community, thus improving their overall social well-being and engagement.
3. **Provides a new, or improves an existing asset or service benefiting a significant percentage of residents:**
  - The sensory tent is a new asset for community events in Knutsford, providing a crucial service that was previously unavailable. This facility will benefit a significant proportion of the community, not only those with explicit sensory needs but also anyone seeking a moment of calm amidst busy event settings.
4. **Enhances the profile and/or reputation of Knutsford:**
  - Implementing such an inclusive project enhances Knutsford's reputation as a supportive, inclusive community. It positions the town as a leader in accommodating diverse needs at public events, potentially attracting more visitors and residents who value inclusivity. This initiative could also serve as a model for other communities, further elevating Knutsford's profile.

By meeting these outcomes, the sensory tent project not only enhances the direct experience of specific community members but also contributes broadly to the community's cohesion, inclusivity, and reputation. This alignment with the council's funding objectives highlights the project's potential to make a significant positive impact within Knutsford.

## **PLEASE SET OUT HOW YOU BELIEVE YOUR PROJECT ALIGNS WITH THESE AIMS**

The sensory tent project proposed by Stable Minds aligns well with the aims outlined for community support and development in Knutsford. Here is how the project supports each of these goals:

1. **Ensuring community spaces are available and promoted for all residents:**
  - The sensory tent enhances the accessibility and usability of community spaces by making them more inclusive for individuals with sensory sensitivities. This initiative ensures that community events can be enjoyed by everyone, regardless of their sensory processing needs, thereby promoting the availability of community spaces to all residents.
2. **Promoting and enhancing the economic vibrancy of the town:**
  - By making community events more accessible to a wider audience, the sensory tent can increase attendance and participation at these events. This, in turn, boosts local commerce as more residents and visitors engage with vendors, artisans, and local businesses during events. A more inclusive event environment can attract visitors from surrounding areas, enhancing the town's economic vibrancy.
3. **Encouraging, supporting and promoting volunteer organisations and charities:**
  - The project directly involves volunteers who assist in managing the sensory tent at events, providing valuable experience and engagement opportunities. Additionally, by showcasing the effectiveness of volunteer-driven initiatives like this, the project helps promote the role of volunteer organisations and charities in enhancing community life, potentially inspiring more volunteerism and support for local charities.
4. **Hastening the delivery of new primary healthcare provision:**
  - While the sensory tent primarily addresses mental health and well-being at community events, it indirectly supports the broader agenda of healthcare by demonstrating the community's proactive approach to inclusive health services. The tent serves as a practical example of preventative healthcare measures, potentially influencing broader health policy and provisioning discussions within the community.

Overall, the sensory tent project contributes to making Knutsford a more inclusive, vibrant, and health-conscious community, in line with the town's strategic aims. This alignment underscores the project's potential to significantly enhance community well-being and cohesion.

### HOW WILL THE GRANT BE SPENT?

Please be as detailed as possible. The sum of the items should match the amount requested from the Town Council. For any expenditure on a single item over £500 you must demonstrate that best value has been sought, normally by submitting quotations.

Please see attached spreadsheet for a detailed breakdown
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### IF THE COUNCIL IS UNABLE TO FUND YOUR PROJECT WHAT WOULD THE IMPACT BE?

If the council is unable to fund the sensory tent project, the impact on Stable Minds and the wider Knutsford community would be significant:

- 1. Reduced Accessibility at Events:** Without the sensory tent, events in Knutsford would continue to be challenging environments for individuals with sensory sensitivities. This includes children and adults who may find the noise and crowds at public gatherings overwhelming. The absence of a dedicated quiet space could deter these individuals and their families from participating, leading to reduced inclusivity and community engagement.
- 2. Missed Opportunities for Education and Awareness:** Part of the sensory tent project's goal is to raise awareness about sensory sensitivities and neurodiversity. Without funding, there would be fewer opportunities to educate the broader public about these important issues at community events, potentially slowing progress towards greater understanding and support within the community.
- 3. Impact on Mental Health Support Initiatives:** The tent is also a part of broader mental health support initiatives by providing a preventive measure against sensory overload at community gatherings. The inability to fund this project could limit the effectiveness of these initiatives, as the community would lack a physical resource that contributes to mental well-being.
- 4. Economic Impact:** Economically, the project aims to enhance the vibrancy of town events by making them more accessible to a wider audience, potentially increasing attendance and participation. Without the sensory tent, the local economy might miss out on the benefits that come from increased visitor numbers who are drawn to inclusive, family-friendly events.

Overall, not receiving funding could hinder the progress towards making Knutsford an inclusive community for all residents and visitors, impacting the quality of life and potential economic benefits associated with more accessible community events.

DO YOU HAVE SUITABLE PUBLIC LIABILITY INSURANCE TO COVER YOUR PROJECT

Yes  No

## ADDITIONAL INFORMATION

Please provide any information relating to your project that you believe the Town Council should be aware of. Please also provide an explanation of any expenditure that you feel is not self-explanatory. Please also provide an explanation of any expenditure that is for consultancy.

The grant of £4,909.54 requested from the Knutsford Town Council will be meticulously allocated to acquire various items essential for setting up and operating the sensory tent at community events. Each item has been carefully selected to ensure best value, with quotations obtained to guarantee competitive pricing, especially for expenditures over £500. Here's a detailed breakdown of how the grant will be spent:

1. **Gazebo 6m x 4m (£1,278.00 from Surfturf.co.uk)**
  - The most significant expenditure is on the high-quality, durable gazebo that will house the sensory tent. Quotations were sought from three suppliers, with Surfturf.co.uk providing the best value considering quality and price.
2. **Soft play matting (£450.00 from Soft bed surrounds and soft play supplies)**
  - Essential for creating a safe and comfortable environment within the sensory tent, this matting is sourced from a specialist provider to ensure suitability for children with sensory sensitivities.
3. **Projector light (£219.00 from Amazon)**
  - Provides calming visual stimuli, which is crucial for the sensory tent's environment. Multiple quotes were compared, with Amazon offering the best deal for the required quality.
4. **Weighted blanket (£118.54 from sensorytoywarehouse.com)**
  - To offer additional sensory input, which can be soothing for users. The price was compared across several specialty stores.
5. **Battery powered lighting (£90.00 for 2 from Sensorydirect.com)**
  - Ensures the tent is well-lit without the hazards of wired electricity. Prices were compared with other sensory equipment providers.
6. **Aromatherapy diffusers (£48.50 from Amazon-Neom)**
  - Adds a calming scent environment, with Neom products chosen for their quality and suitability in sensory applications.
7. **Beanbags (£274.40 for 4 from costcutteruk.com)**
  - Provides comfortable seating that is easy to move and arrange as needed within the tent. The best price was secured by comparing various educational and therapy suppliers.
8. **Fidget toys (£100.00 for 50 from sensorytoywarehouse.com)**
  - A variety of tactile items to aid individuals needing movement and tactile stimulation to stay calm.
9. **Water dispenser and disposable cups (£145.00 + £28.74 from waterdispences-primo.co.uk and Cupddirect.com respectively)**
  - To provide hydration options within the tent, crucial for day-long events. Competitive pricing was confirmed through market comparison.
10. **Art supplies (£100.00 from B&M)**
  - Used for therapeutic art activities within the tent, sourced at a competitive price from a local discount retailer.
11. **Music Player (£99.99 from Amazon)**
  - For playing calming music, crucial for the sensory environment. Amazon offered the best price for the desired quality.
12. **Signage Water board (£199.99 from Vistaprint)**
  - To clearly mark the tent and explain its purpose at events, ensuring it is easily identifiable.
13. **Additional sensory and safety items**
  - This includes interactive panels, sensory mood light tables, sensory mats, and ear defenders, all sourced from specialised suppliers to ensure they meet the specific needs of the sensory tent's visitors.

This comprehensive budgeting ensures that every aspect of the sensory tent's setup and operation is covered, contributing to a safe, engaging, and inclusive environment at community events. Each expenditure has been



scrutinized to ensure that the best value is obtained, adhering to the council's requirement for financial prudence in grant usage.

For the sensory tent project by Stable Minds, additional details that might be pertinent to the Knutsford Town Council's consideration include:

**1. Importance of a Sensory Safe Space:** The sensory tent is designed to provide a crucial, safe, and calming environment for individuals with sensory sensitivities, which can be triggered in busy community event settings. This space will serve not only children but also adults, including the elderly, who might find the bustling atmosphere of public gatherings overwhelming.

**2. Community and Educational Value:** In addition to providing a safe space, the sensory tent will act as an educational tool for the community, increasing public awareness and understanding of sensory processing disorders and neurodiversity. This awareness is essential for fostering a more inclusive and supportive community spirit.

**3. Consultancy Costs:** There are no expenditures for consultancy services in this project. All planning and implementation are being managed internally by our team with the support of our network of volunteers and community partners.

**4. Collaboration and Support:** The project has garnered support and collaboration from local schools, healthcare professionals, and other community groups, all of whom recognise the value of such a resource in Knutsford. Their endorsements and contributions, in terms of sharing expertise and resources, further validate the need and potential success of the sensory tent.

We believe these additional details underscore the thoughtful planning and community-oriented approach of this project, ensuring that the sensory tent will be a valuable asset for the Knutsford community, enhancing the inclusivity and accessibility of local events.



Sensory Tent	Quantity	price	Website
Soft play matting	1	£450	Soft bed surrounds and soft play supplies
Ground membrane	2	£92.98	B&Q
Gazebo 6m x 4m	1	£1,278	Surfturf.co.uk
Beanbags	4	£68.60 x 4 =£274.40	costcutteruk.com
Projector light	1	£219	Amazon
Fidget toys	50	£100	sensorytoywarehouse.com
Batery powered lighting	2	£45.00 x 2 =£90.00	Sensorydirect.com
Weighted blanket	1	£118.54	sensorytoywarehouse.com
Aromatherapy diffusers	1	£48.50	Amazon-Neom
Cusions	pack of 10	58.81	costcutteruk.com
Ortoto Sensory Land Puzzle pla	1 ( pack of 16)	£139.99	Sensorydirect.com
Water dispenser	1	£145.00	waterdispences-primo.co.uk
Disposiable cups	2000	£28.74	Cupddirect.com
Music Player	1	£99.99	Amazon
Signage Water board	1	£199.99	Vistaprint
Art supplies	Mutiple	£100	B&M
Disposable wipes	1	10.55	Medisave.co.uk
Interactive pannels	1	£290	Soft bed surrounds and soft play supplies
tickit sensory mood light table	1	£224	Costcutteruk.com
Coloured pod bean bags	Pack of 5	£147.00	costcutteruk.com
Sealife whale	1	£78.40	costcutteruk.com
Childrens Visual Sensory pack	1	£184.99	Complete care shop
Cuddle Ball	2	£32.40 x 2 = £64.80	sensorytoywarehouse.com
Sensory mats	1	£39.99	Amazon
Floor Tiles	2	£20.99 x 2 = £41.98	Amazon
Heater/Fan	1	£159.99	Vortex Air Pro
Lights	2	£39.99 x 2 = £79.98	Amazon
Ear defenders	8	8 x £17.99= £143.92	Amazon
<b>TOTAL</b>		<b>£4,909.54</b>	