



Abertillery & Llanhilleth Community Council

ABERTILLERY & LLANHILLETH COMMUNITY COUNCIL: **LONELINESS PROJECT APPLICATION 22/23**

About the Project:

The pandemic not only caused but has also highlighted the dire need to combat isolation in our communities.

The pandemic has left many with anxiety about mixing and many people are still afraid to go out and about. Many have lost the opportunity to connect with people and others. Post pandemic there is a massive need and focus on mental health and well-being, and combatting isolation in its many forms.

The People and Communities Committee at ALCC have set up the loneliness project in response to this.

The aim of the project is to provide and facilitate resources and opportunity for community groups and businesses alike; by creating a forum and means in which they network and collaborate towards the common goal of combating the detrimental effects of loneliness and isolation suffered by throughout our communities.

This application is for local businesses and other groups/organisations who are keen to give back and support their communities; assist and facilitate community based activities and projects; enabling those effected to have more active roles in their communities and participate in society with their peers.

Whilst we want to support activities which bring people together face-to face in a safe and secure way, funding can also be used to support online activities where this is the most appropriate or only way to build social connections e.g. where access to a venue is difficult or for those not quite ready to meet people face-to-face.

**Please ensure you complete the application form in full and make sure we have all your details.
Please attach a brief cover letter explaining about the work your organisation does or is proposing to do.**

Name of Applicant:	Pat Tovey
Name of Organisation:	Ebbw Fach Community Group
Name of Project (if different to above)	Ebbw Fach Men's Wellbeing Group
Geographical area of project (<i>please give details of the area it will cover i.e. county, town, community</i>)	Town / Community We're based in Aberbeeg Community Centre, but our services reach out to many in the ALCC area as well as those on our borders.
Name of Main Contact:	Pat Tovey
Address:	Aberbeeg Community Centre, Aberbeeg, Abertillery, NP13 2BG
Post Code	
Email:	patriciatovey@googlemail.com
Daytime Telephone Number:	

Type of Organisation (please tick):

Constituted Group	Date Established;	2018
Registered Charity	Date Established;	Charity No:
Community Interest Company	Date Established;	CIC No:
Company Limited by Guarantee	Date Established;	Company No:

Grants are usually paid by cheque (please provide your organisations name as it appears on the account)

Account Name:	Aberbeeg Tenants & Residents Community Project
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APPLICATION DETAIL

Tell us briefly what work you are currently undertaking or proposing, to support people in your area who are impacted by loneliness and isolation. How many do you think will be impacted by this project?

We have recently established a mens mental health and well-being group.

One of the biggest killers for young men is suicide, in the year 2021, 74% of all suicides were male.

Many men have no-one they can turn to. Whether it's advice, peer on peer support, or just to chat; we offer a safe environment where we encourage all members to talk and reflect. Many of our service users so far have expressed that they come because they are lonely and feel isolated in their communities. And many have expressed that this has been a much needed lifeline for them.

We will also be engaging our service users in their local environment also.

At the Community Centre we are fortunate enough to have a lovely garden and community allotment area, which will be utilised as the weather improves, as well as our woodland well-being area. Currently our group only consists of 8 people, but we have an open-door policy and won't exclude any that come through our doors seeking support. Our group is currently small, however the positive experiences shared go back home to their households also.

Family members are able and encouraged to participate in our online group too, as well as keep up to date on our times and activities.

Currently there are no similar groups within the ALCC area.

There is a BG "men's Den" based in Blaina, which is a social and activities group, and "You're Never alone" often hold walk and talk based walks, and are based in Brynmawr. We are situated where the Ebbw Fach valley meets the Ebbw Fawr valley, so we have a fairly central location within the ALCC area, and those also beyond our borders.

How is this grant going to create, maintain or increase these activities?

This grant will allow us to maintain our activities for at least the next 6 months. It is a fairly recent group but the need for it has become quite apparent in our area and communities.

We currently hold weekly sessions indoors at Aberbeeg Community Centre. As weather improves will be taking our group outside, engaging them in nature and their local environment. Allowing members to benefit therapeutic properties associated with nature, as well as nurturing as we see our garden and allotment areas develop. We also have a small nook in the garden, as well as an area in our woodland well-being area where we'd set up a sheltered area using a tarpaulin, and create a fire circle, around which we will base our activities for the group. Fire's themselves have multiple benefits for one's well-being, as well as igniting those primal parts of our brains; they are an excellent tool during meditation and mindfulness activities. Building and lighting a fire using traditional methods such as wood drills and flint strikers can also be used as a teamwork activity, as well as a confident booster. It also takes us back to our humble roots and allows us to appreciate what we have in this day and age.

The majority of the applied funding that we're requesting are for our outdoor activities, and all equipment bought would be the property of the the Ebbw Fach Community Group.

Who is the main focus of your activity (i.e. older people, families in need, carers)?

Our main focus group or demographic is aimed at men of all ages.
To create a safe space where they can share in their experiences, to provide them with hope, and to empower them in any which way we can.
We support our service users in a range of ways during our sessions which allows all members to have a voice, and share when or if they want to.
We also have our own facebook group which is open to all. We are aware that there are many elderly people who reside in the area who aren't computer literate. Having our page allows other family members and carers to direct those who need help to us.
This allows us to help and support their families and carers; keeping them up to date with what activities we'll be running at each session.

Do you have necessary insurances in place to ensure the safety of your volunteers?

Yes

Financial Details:

Please give a breakdown of the items/costs you are applying for funding for:	
Room Hire (£20 per week/£80 per month) (x6 months)	£480
Refreshments (£5 per week/£20 per month) (x6 months)	£120
Ranger Cast iron cooking bundle https://eu.solostove.com/p/ranger-cooking-bundle	£364.99
Ranger Heat Deflector https://eu.solostove.com/p/ranger-heat-deflector	£129.99

Ranger Shelter (cover) https://eu.solostove.com/p/ranger-shelter	£44.99
Ranger Stand https://eu.solostove.com/p/ranger-stand	£44.99
Gardening Supplies, (seeds, plants, soil, compost, fertiliser)	£60
Flint strikers https://www.amazon.co.uk/dp/B09HGDM2DL/?coliid=I1SGVW4P22ZK8N&colid=1K2C8EJ3VBW32&psc=1&ref_=lv_ov_lig_dp_it	£10.39
Flint Rods https://www.amazon.co.uk/dp/B08B61RHKK/?coliid=I2Z1PXERN7SB04&colid=1K2C8EJ3VBW32&psc=1&ref_=lv_ov_lig_dp_it	£16.95
Folding hand Saws (4 x £10.99) https://www.amazon.co.uk/dp/B01EWTX0OW/?coliid=I32WMQDF32IR2F&colid=1K2C8EJ3VBW32&psc=1&ref_=lv_ov_lig_dp_it	£43.96
Folding bowsaw https://www.amazon.co.uk/dp/B00TZKFA0Q/?coliid=I1VYJ2LWJOKE2S&colid=1K2C8EJ3VBW32&psc=1&ref_=lv_ov_lig_dp_it	£54.00
Wood bow drill set (2x £12.69) https://www.amazon.co.uk/dp/B08HXW3T6W/ref=sspa_dk_detail_5?psc=1&pd_rd_w=3sc9N&content-id=amzn1.sym.15c0cc83-c6c5-4d44-aa3d-0de17a9f3682&pf_rd_p=15c0cc83-c6c5-4d44-aa3d-0de17a9f3682&pf_rd_r=9BRB8S14WX1KQM5BT9MD&pd_rd_wg=FvBIP&pd_rd_r=edd7a340-060d-4c24-95e6-044da32e7063&s=sports&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhYWw	£25.38
Spear and Jackson 4516AZ Agricultural Southern Counties Bill Hook (x4 £26.77) https://www.amazon.co.uk/Spear-Jackson-Agricultural-Southern-Counties/dp/B003B7SDBC/ref=sr_1_3?crd=1CO33M0Q763DE&keywords=billhook&qid=1679062558&srefix=billhook%2Caps%2C158&sr=8-3&th=1	£107.08
Paracord 30meters https://www.amazon.co.uk/EDCX-Paracord-Parachute-Mil-Spec-Survival/dp/B07R7L2JKN/ref=sr_1_1_sspa?crd=2CBZF682CQBBF&keywords=paracord&qid=1679324048&srefix=para%2Caps%2C264&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1&psc=1	£14.99
Total grant amount being requested:	£1517.71

You will be expected to be able to evidence costs itemised above (e.g. quotations, invoice, on line quotation).

You may also be asked to complete a brief monitoring reports and be able to provide evidence of the expenditure of the grant for the purposes applied for (e.g. receipts, bank statement, paid invoice)

SIGNATURES (you can do this electronically)

Applicant (authorised to make the application on behalf of the organisation)		Date 20/02/2023
Name (printed)	Pat Tovey	
Signature	Pat Tovey	

Once completed, please return this either via email to either email addresses below with subject title "Loneliness Project" to:

clerk.alcc@gmail.com

joshuarawcliffe.alcc@gmail.com

Paper copy applications can be returned to:

Council Offices, Mitre Street, Abertillery, Blaenau Gwent, NP13 1AE



Abertillery & Llanhilleth Community Council

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Please ensure you complete the application form in full and make sure we have all your details.

Please attach a brief cover letter explaining about the work your organisation does or is proposing to do.

Name of Applicant:	Michael Kelly
Name of Organisation:	Six Bells Community Centre
Name of Project (if different to above)	
Geographical area of project (please give details of the area it will cover i.e. county, town, community)	Six Bells Abertillery Town / Community
Name of Main Contact:	Michael Kelly
Address:	2 Alexandra Terrace Six Bells Abertillery
Post Code	NP13 2NA
Email:	Mikekelly.kelly07@gmail.com
Daytime Telephone Number:	07709 192808

Type of Organisation (please tick):

Constituted Group	Date Established;	04/07/97
Registered Charity	Date Established;	Charity No:
Community Interest Company	Date Established;	CIC No:
Company Limited by Guarantee	Date Established;	Company No:

Grants are usually paid by cheque (please provide your organisations name as it appears on the account)

Account	Six Bells Community Hall
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There are several groups who use the centre on a regular basis, we have an Arts and Crafts group, an over 50s club, a childminding group, slimming club and a gardening group. The majority of people using these groups apart from the childminders consist of senior members of the community. Many of these people live on their own and attending the different activities at the centre is sometimes the only social interaction they have all week. There are 80+ members who use the centre.

APPLICATION DETAIL

Tell us briefly what work you are currently undertaking or proposing, to support people in your area who are impacted by loneliness and Isolation. How many do you think will be impacted by this project?

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How is this grant going to create, maintain or increase these activities?

With the ever increasing running costs it would enable the centre to help the groups funding for materials and make it possible to continue without having to increase the venue hire that the groups pay.

We are at a point where we do not wish to increase rental allowing the groups not to increase the contributions members pay to their respective groups a high percentage of the users live on a very fixed income.

The over 50s club arrange to take their members on 5 trips over the summer months these include seaside and visits to Cotswolds and various places of interest the increasing cost of hiring coaches has put a big strain on their finances.

Who is the main focus of your activity (i.e. older people, families in need, carers)?

Probably 75% of users are in the 65+ age group, the childminding group allows parents to gain employment.

Do you have necessary insurances in place to ensure the safety of your volunteers?

The Centre has full insurance including public liability, the utilities are all checked and serviced on an annual basis as is the fire extinguishers .

Financial Details:

Please give a breakdown of the items/costs you are applying for funding for:

Material and equipment for Arts and Crafts £500

Materials and help in financing coach trips £1000

Gardening materials and tools £400

Total grant amount being requested: £1900

You will be expected to be able to evidence costs itemised above (e.g. quotations, invoice, on line quotation).

You may also be asked to complete a brief monitoring reports and be able to provide evidence of the expenditure of the grant for the purposes applied for (e.g. receipts, bank statement, paid invoice)

SIGNATURES (you can do this electronically)

Applicant (authorised to make the application on behalf of the organisation)	
Name (printed)	Michael Kelly
Signature	

Once completed, please return this either via email to either email addresses below with subject title "Loneliness Project" to:

clerk.alcc@gmail.com

joshuarawcliffe.alcc@gmail.com

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Council Offices, Mitre Street, Abertillery, Blaenau Gwent, NP13 1AE



Abertillery & Llanhilleth Community Council

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Name of Applicant:	Kate Collins
Name of Organisation:	NCT
Name of Project (if different to above)	NCT 'Bumps and Babies' - Gwent valleys (Llanhilleth)
Geographical area of project (<i>please give details of the area it will cover i.e. county, town, community</i>)	Town / Community Meetingss are held in Llanhilleth to cover Llanhilleth and the wider Abertillery community plus they are open to anyone else in Gwent, Caerphilly & Cardiff
Name of Main Contact:	Kate Collins
Address:	Silverdale, Commercial Road, Aberbeeg, ABERTILLERY
Post Code	NP13 2AF
Email:	cadi_valleygirl@hotmail.co.uk
Daytime Telephone Number:	(01495) 216255

Type of Organisation (please tick):

Constituted Group	Date Established;	
Registered Charity ✓	Date Established; 1956	Charity No: 801395
Community Interest Company	Date Established;	CIC No:
Company Limited by Guarantee	Date Established;	Company No:

Grants are usually paid by cheque (please provide your organisations name as it appears on the account)

Account Name:	NCT
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APPLICATION DETAIL

Tell us briefly what work you are currently undertaking or proposing, to support people in your area who are impacted by loneliness and isolation. How many do you think will be impacted by this project?

'Bumps and Babies' allows new and expectant parents to meet other parents and parents-to-be in their local area. Attendees are invited to chat, make new friends and enjoy a tea/coffee. The group is open to all, no matter what their parenting style or method by which they feed their baby. The number of attendees varies month-by-month. An average of 8 to 12 families are currently regularly attending meets. The maximum in any given month has previously been 15 families. The group is aimed at mums, dads, carers and grandparents from pregnancy through to age 2. Attendees are usually on maternity leave, unemployed, self-employed, retired or working part-time. Meets are currently held on a monthly basis but there is demand for more regular meets so I would like to increase meets to twice per month (excluding Bank Holidays when the venue is closed). The venue is well suited as access is good, transport links are good (by road, on foot or train) plus the venue provides other services such as a café. I would also like to provide improved and increased equipment and information at meets.

How is this grant going to create, maintain or increase these activities?

The grant will increase activities as we will be able to almost double the number of meets held in a year. The group will have more appeal if meets can be held more regularly plus will better support those who cannot make it to every meet. It could allow for better advertising through print allowance for posters and flyers. I'd like to be able to print the dates of all upcoming meets to allow people to plan in advance. We currently meet on 4th Monday of the month and are hoping to also meet on 2nd Monday of the month. Attendees will have an increased positive experience if new equipment and resources are provided. A new playmat will provide more comfortable space for babies and adults to sit together on the floor. Increased numbers of attendees will mean more opportunities for friendships to be formed. I would like to provide the following books for borrowing: 'The Gentle Parenting Guide' by Sarah Ockwell Smith, 'Keep Calm: The New Mum's Manual' by Dr Ellie Cannon, 'The Calm and Happy Toddler' by Dr Rebecca Chicot, 'The Positive Breastfeeding Book' by Amy Smith and 'Why Babywearing Matters' by Rosie Knowles. These books should each provide feelings of positive wellbeing, comfort, support and reassurances to parents as well as offer opportunities for social discussion. Similarly, I would like to subscribe to 'The Green Parent' and 'Juno' magazines. These offer positivity with a focus on eco-friendly parenting plus social and ethical issues. The grant would also allow us to continue providing refreshments such as tea (including decaffeinated), coffee, squash, biscuits, milk (dairy and non-dairy) plus occasional cake. Our toys, play mats and other supplies are currently stored at Llanhilleth Institute but containers and bags are very worn so there is a risk of damage to items or them even getting misplaced. I would therefore like to purchase a few new storage bags to better store and transport items. Good quality food containers would also help keep refreshments fresh and longer lasting between meetings.

Who is the main focus of your activity (i.e. older people, families in need, carers)?

Families with babies aged 0-2 – mums-to-be, mums, dads, grandparents, carers

Do you have necessary insurances in place to ensure the safety of your volunteers?

Yes – this is arranged through the national charity NCT

Financial Details:

Please give a breakdown of the items/costs you are applying for funding for:	
Room hire charges – 20 sessions (two sessions per month for a year, not including Bank Holidays - £45 per session)	£900
Printing – flyers (200) & posters (10)	£30
Parenting books (5) & Magazine subscriptions (2 x 1 year)	£100.50
Refreshments (tea, coffee, squash, biscuits, cake, milks, decaff, sugar)	£170
Aden & Anais Baby Bonding Playmat	£59.50
5 x Jumbo Storage Bags	£29.75
Food storage containers for tea, coffee & sugar	£22
New baby toys	£38
Total grant amount being requested:	£1349.75

You will be expected to be able to evidence costs itemised above (e.g. quotations, invoice, on line quotation).

You may also be asked to complete a brief monitoring reports and be able to provide evidence of the expenditure of the grant for the purposes applied for (e.g. receipts, bank statement, paid invoice)

SIGNATURES (you can do this electronically)

Applicant (authorised to make the application on behalf of the organisation)		Date
Name (printed)	Kate Collins	15/03/23
Signature	<i>Kate Collins</i>	15/03/23

Once completed, please return this either via email to either email addresses below with subject title "Loneliness Project" to:

clerk.alcc@gmail.com

joshuarawcliffe.alcc@gmail.com

Paper copy applications can be returned to:

Council Offices, Mitre Street, Abertillery, Blaenau Gwent, NP13 1AE



Abertillery & Llanhilleth Community Council

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Please attach a brief cover letter explaining about the work your organisation does or is proposing to do.**

Name of Applicant:	Rev Vivienne Nicholls
Name of Organisation:	Zion Miners Chapel & Community Room
Name of Project (if different to above)	Zion Dementia Friendly and Living Alone Group
Geographical area of project (<i>please give details of the area it will cover i.e. county, town, community</i>)	Town / Community
	Llanhilleth and surrounding areas
Name of Main Contact:	Rev Vivienne Nicholls
Address:	7 Maesycnew Tce , Llanhilleth Abertillery Gwent
Post Code	NP13 2RR
Email:	zionrevviv@gmail.com
Daytime Telephone Number:	079-70787070

Type of Organisation (please tick):

Constituted Group	Date Established;	June 1877
Registered Charity	Date Established;	Charity No:
Community Interest Company	Date Established;	CIC No:
Company Limited by Guarantee	Date Established;	Company No:

Grants are usually paid by cheque (please provide your organisations name as it appears on the account)

Account Name:	Zion Miners Chapel
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APPLICATION DETAIL

Tell us briefly what work you are currently undertaking or proposing, to support people in your area who are impacted by loneliness and Isolation. How many do you think will be impacted by this project?

We hold a monthly Dementia Friendly and Living Alone Group and a fortnightly friendship group where people can meet to combat isolation and the effects of age and illness. During our Dementia Friendly and Living Alone group we provide a cooked meal and coffee/tea. During our session we either have a singer to entertain the group or we play Bingo, have a sing a long, have quizzes. At present we have 24 people attending this group.

During our Friendship Group we provide constant refreshments. Our members join together for a chat or to learn new skills through crafting . This is a new group and is expanding every session.

Our groups allow people who would spend time alone to meet and build friendships and build confidence.

How is this grant going to create, maintain or increase these activities?

By allowing us to continue the work and encourage more people to join with us

Who is the main focus of your activity (i.e. older people, families in need, carers)?

Our focus is all age but most of our members are elderly, suffer illness or have problems with mental disabilities.

Do you have necessary insurances in place to ensure the safety of your volunteers?

Yes and all our volunteers have DBS checks and relevant training

Financial Details:

Please give a breakdown of the items/costs you are applying for funding for:	
Microwave	150.00
Catering Equipment	194.87
Floor Steamer	300.00
Cleaning materials	60.00
Total grant amount being requested:	734.87

You will be expected to be able to evidence costs itemised above (e.g. quotations, invoice, on line quotation).

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SIGNATURES (you can do this electronically)

Applicant (authorised to make the application on behalf of the organisation)		Date
Name (printed)		
Signature		

Once completed, please return this either via email to either email addresses below with subject title "Loneliness Project" to:

clerk@abertilleryandllanhilleth-wcc.gov.uk

joshua.rawcliffe@abertilleryandllanhilleth-wcc.gov.uk

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Council Offices, Mitre Street, Abertillery, Blaenau Gwent, NP13 1AE