



Forum Area or Division:	Carlisle - Carlisle West Community Panel
Reference:	CCGA/1957-23
Group Name:	ICan Wellbeing Group CIO
Community Development Officer:	Jamie Hendry
Community Development Assistant:	Jodie Thurlow
Amount Requested:	£11,346.00
Total Project Cost:	£30,000.00

APPLICATION REPORT

Application Summary

WeCan Holistic Wellbeing Workshops

We are looking for a grant which will help us to plan and facilitate wellbeing sessions to support our growing community. These wellbeing sessions will provide spaces for those who would like to explore new ways of supporting their mental health through sound healing, meditation and holistic therapies. Alongside what we offer, we believe this will be a valuable addition to our timetable and make a big difference to people's lives and their ability to tackle life's struggles.

We will introduce and facilitate 2 new wellbeing sessions to our weekly timetable- one Writing for Wellbeing session and one Meditation & Breathwork session.

We will also facilitate monthly sound bath healing workshops.

We will also coordinate 4 x Healing Hikes excursions to The Lake District for our community.

These sessions will all provide the community with valuable skills that they can put into practice in their lives to help towards improved wellbeing. By introducing people to the wellbeing benefits of the outdoors, writing/ journaling, sound and breathwork or meditation we are offering new techniques that they are able to continue themselves and put into practice in their day to day lives without huge cost implications for them moving forward, therefore creating achievable and sustainable health & wellbeing.

These wellbeing sessions will be open to all to attend so the potential allows us to reach people we haven't been able to with our current offering. Previously our sessions have been targeted to specific conditions dependent on our funds eg Cancer Support funded by Northern Cancer Alliance. This investment will allow us to create more generic safe spaces for our community to come and learn new skills & techniques to support their overall health and wellbeing. We have identified that those from disadvantaged communities are less likely to engage with therapeutic services and we would like to help to tackle this. By providing the opportunity for our community to access & engage with sessions that they would otherwise not be able to afford we are opening them up to new ideas and supporting people to explore innovative ways to improve their wellbeing and heal.

We will also aim to introduce evening & weekend sessions through this fund so that we can target a new audience that we have so far been unable to reach.

We hope that over time these workshops can grow and develop so we can offer them for more targeted groups / demographics such as Meditation for young people & Sound Bath's for Parent's & Children.

Further funding:

iCan overall:

Cumbria Community Foundation
Northern Cancer Alliance
National Lottery
Break the Mould - Francis C Scott

Key Themes Met

Tackling inequalities, health & well being. Town & City Centre

WeCan focuses on prevention and early intervention through all of our projects which sits in line with one of the County Councils key priorities for 2023 – 2027. We offer trusted services and have listened to our community on what they would like to support their own mental wellbeing. We believe we need an extended offering of safe spaces for our community to come to.

This project will create accessibility to those who are in poverty or classed as low income, engaging them in new approaches and equipping them with tools to manage their own mental wellbeing.

We will create wellbeing workshops and sessions that would normally come with a cost including meditation, sound baths. (The sound frequencies experienced in sound healing slow down brainwaves to a restorative state, which activates the body's self-healing system.

More recently, research has linked music and sound healing to a number of wellbeing benefits, from lowering stress to boosting immune function.) & breathwork as well as specialist workshops offering knowledge and insight into menopause, women's cycles and NLP tools and techniques to support people's mental health and wellbeing. We would also look to plan wellbeing sessions in the Lake District involving hikes & walks including meditation to allow people to get access to the Lake District in Cumbria.

We are here to lead the way but also collaborate with local facilitators to hold these workshops throughout the project.

WeCan aim to lead the way in our offerings to support those who are struggling with their mental wellbeing. We thrive off the concept of offering social mobility for all that attend our wellbeing centre, and this is one of our core values at WeCan.

As a team we work together to create new and unique ways of hosting safe spaces for the community to come and learn from mentors / facilitators who have lived experience as well as qualified practitioners to support the community's growth. With this project we are offering the community an opportunity to attend workshops that they wouldn't otherwise have access too.

As this project grows over the next year, we would then be able to create more unique offerings, such as meditation for young people, sound baths for parent & child.

Number of People Benefiting

100 +

Breakdown of Project Costs

Please see attached spreadsheet

Previous CCC Funding

Recent iCan funding: iCan recieved £3600 towards creating health & well being podcasts from Cumbria County Council, Health & Well Being Hub received £5000

Grant Amount Recommended

£11,346

Officer comments

iCan are one of the leading third sector organisations in Carlisle and they currently support 8500 per year in North Cumbria, which is 4% of the population and 800 people per month on average.

iCan have been in transition from a Community Interest Company to a Community Interest Organisation which has led to a delay i being able to apply for some larger funding opportunities such as the lottery. iCan have recently submitted a large umbrella bid to the National Lottery. If successful this will secure many of the peer support and well being groups which currently take place or are in a developmental stage.

Northern Cancer Alliance funding is coming to an end in March 2024 and as a result iCan are developing new groups and services. Funding would enable this new developmental project to get started while iCan await the outcome of some of their larger funding applications.

Waiting lists for statutory mental health services / talking therapies are huge and this is an excellent example of the third sector stepping in to meet need and demand.

With the award to the Lookout at the September 2023, Carlisle West we have set a precedent to give larger 'bridging' investments while organisations seek larger long term and sustainable funding options.

The recommendation is:

Carlisle West 60% = £6807

Petteril = £3406

Border, Fellside & Carlisle North 10% = £1134.00

Comments from Elected Member(s) / Neighbourhood Forum / Grant Panel

Member Signature:

Date: