

**Report to the Champion for Mental Health**

**Report submitted by: Head of Service Legal, Governance and Registrars**

**Electoral Division affected:**  
(All Divisions);

**Champion Grants Scheme Application from:**

Basically Cheer CIC

Contact for further information:

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**Brief Summary**

This report presents an application from a local organisation requesting £4,612.50 towards the refurbishment and equipment for their new venue from the Champion for Mental Health Grants Budget. Requests have been made to each of the following Champions and a separate report will be submitted to each councillor for their determination.

- Champion for Disabled People – County Councillor Peter Britcliffe - £4,412.50
- Champion for Older People – County Councillor Joan Burrows - £4,612.50
- Champion for Young People – County Councillor Lorraine Cox £4,662.50

**Recommendation**

That consideration be given to the request for grant funding as set out in this report.

**Detail**

The role of Champion was first established in 2002 and the county council currently has six Champions, whose role is to support the Leader and individual Cabinet Members within their remits.

The six county council Champions are as follows:

- Armed Forces and Veterans
- Disabled People
- Mental Health
- Older People



- Parishes
- Young People

For the financial year 2024/25 each Champion has been given an annual allocation of £10,000 for use at their discretion to finance their activities, to which any unspent balance up to a maximum of £2,500 from the previous financial year could be added, giving a maximum budget of £12,500 in any one financial year. The Champion for Mental Health budget is set out in the financial section of the report.

Details of the request for grant funding are shown below:

<b>Full name of your organisation</b>
Basically Cheer CIC
<b>How much are you applying for? Minimum £100</b>
£18,300
<b>What are you going to spend the grant on? Please give a brief outline of the project.</b>
<p>They started their company in January to bring joy &amp; spread cheer in their community by providing a range of enriching activities that will have a positive impact on health &amp; both mental &amp; physical wellbeing for both children &amp; adults, in-particularly the most vulnerable members.</p> <p>They have recently secured the perfect venue that will be a home &amp; permanent base for our project, which is the former Parkside Church on Cog Lane, Burnley, one of the most deprived areas in our town. They will use the grant to prepare the building in July &amp; August ready for our public launch in September. This will have a huge impact &amp; improve the area.</p> <p>In September they will launch a timetable of different activities (highlighted in more detail the ones that are specific to the selected champions) including:</p> <p><b>coffee mornings/afternoons</b> – Perfect for older people who have struggled integrating back into society after covid &amp; may be struggling with loneliness. Will help with mental health by having mood-boosting activities to try &amp; by meeting new people.</p> <p><b>Playgroups</b> – By giving new mums a safe place to bond with their little ones they can improve their mental health &amp; reduce things like post-natal depression by socialising with like-minded people.</p> <p><b>toddler dance classes</b> – As above</p> <p><b>after-school clubs</b></p> <p><b>seated exercise</b> – Perfect for older people &amp; those with disabilities or limited mobility, giving them the independence to stay active &amp; feel fitter &amp; healthier through gentle chair-based exercises which also helps with mental health.</p> <p><b>fitness classes</b> – Exercise is a great way to help combat &amp; prevent mental health issues such as anxiety &amp; depression. Regular exercise is proven to reduce stress, boost mood &amp; help you sleep well.</p> <p><b>dance classes</b> (including SEN specific) – The SEN sessions will be perfect for children &amp; families with disabilities &amp; additional needs that can have access to regular</p>



activities where they can express themselves without judgement & help to provide much needed routine. We can also work with external organisations to help provide additional support & signposting for the families. Dance is also a form of exercise which is good for our mental health. With our dance classes young people aged 12+ will get the opportunity to take a Junior Coaching qualification & assist with classes for younger children, leading to employment opportunities.

& more, there will be a range of opportunity for everyone to enjoy, including volunteer & job opportunities.

**Date of your project / event or the purchase of goods**

1<sup>st</sup> July 2024 is when we will start to decorate the building & get it ready to open to the public in September.

**What are the benefits expected to be achieved?**

The benefits that will be achieved are:

- social interaction which will help combat loneliness, especially with our older more vulnerable residents.
- Improved health & fitness which will help to reduce the burden on our NHS.
- Improved mental health helping to combat stress, anxiety & depression.
- Career prospects by offering volunteer opportunities & the chance for young people to gain qualifications

**Please give a detailed breakdown of your expenditure for your activity / equipment.**

£5000 – decorating, paint, maintenance works to prepare the building for opening

£1000 – CCTV / building security to ensure we have a safe & secure place

£3250 – Music licencing & sound system so we can play music

£5000 – Marketing including new website, leaflets, business cards, advertising etc to promote our new centre & help let our community know about our programme

£1000 – Laptop, printer & office supplies so we can carry out our administrative duties

£1000 – Chairs & tables for attendees

£1000 – Kitchenware (cups, cutlery, crockery, kettle etc) to provide refreshments for attendees

£600 – Exercise equipment to enhance the fitness sessions (exercise mats, resistance bands, prickle balls, yoga blocks etc)

£200 – Sensory dance props to enhance the SEN & toddler sessions (ribbons, hula hoops & bean bags, maracas, floor markers, disco lights etc.

£250 – Toys & arts & craft supplies for the playgroup session (trampoline, mats, slide, dolls, blocks, pram, flet tips, crayons, paper etc)

**If you are not asking for the full amount of the cost of your activity / equipment, please give us details of where the rest of the funding is coming from. Please also explain what you will do if we give you the grant, but you do not get the other funding.**



They have been actively fundraising since we launched in January & have so far raised almost £5000 to help us with the initial start-up costs including solicitors, surveyors' fees, rent, running costs etc. As they are starting from scratch, they will have continuous costs & things that we need to fund as we go along depending on demand & need in the community.

**If the Champion offers a grant of less than you have asked for, please explain below how that will affect your proposal – for example, will you still be able to complete your project or purchase, will you scale the project back, or seek funding elsewhere?**

They consider any amount offered to be an incredible help but as they require everything to enable them to start up these incredible activities by not receiving all the funds will just mean that it may take longer to start & that they may need to scale back on equipment & prioritise the most important things needed to begin with. They will be continually reviewing ways to secure funds & be pro-active in fundraising so we can ensure we have a sustainable venue for long term & maximum impact.

**Will the activity involve members of your organisation having significant contact with children or vulnerable adults?**

Yes  
 No

**Implications:**

This item has the following implications, as indicated:

**Risk management**

No significant risks have been identified in relation to the proposals contained within this report.

**Finance**

An up-date of spend in 2024/25 is shown below:

Budget for 2024/25		£10,000.00
C/F from 2023/24		£2,500.00
Refunds		£0.00
<b>Total Grant Available in 2024/25</b>		<b>£12,500.00</b>
Grant Allocations Already Approved	Samaritans of Blackburn with Darwen, Hyndburn and Ribble Valley	£1,000.00
		£1,000.00
<b>Grant Remaining to be Allocated in 2024/25</b>		<b>£11,500.00</b>
Grants Requests Submitted		



but not yet Approved or Rejected		
		£0.00
NEW REQUESTS	Basically Cheer CIC	£4,612.50
		£4,612.50
<b>Total Grant Requests in Progress</b>		£4,612.50
<b>Value of Grant Remaining to be allocated in 2024/25 if all outstanding requests are approved</b>		£6,887.50

### List of Background Papers

Paper	Date	Contact
None		

