



ABERGAVENTNY TOWN COUNCIL
COMMUNITY SMALL GRANT SCHEME
APPLICATION FORM 2019/20

This application form is to be used to submit an application to Abergavenny Town Council Community Small Grant Scheme. Please read the guidance notes carefully before completing the form.

Completed forms to be returned to Clerk@abergavennytowncouncil.gov.uk or by post to Town Clerk, Town Hall, Cross Street, Abergavenny, NP7 5HD.

Section 1 – Contact information

a. Group Name

Cyfannol Women's Aid

b. Contact Name

Racheal King

c. Contact
Address

Monmouthshire Multi Agency Centre

26 Monk Street, Abergavenny

Postcode NP7 5NP

d. Contact email

Racheal.King@cyfannol.org.uk

e. Position in
Group

Support Services Manager (Monmouthshire)

f. Contact tel no

01873 859 011

g. Bank Account
Details

Name of Bank Account

Section 2 – Tell Us About Your Group

a. Briefly tells us about the activities that your organisation/group undertakes

Cyfannol Women's Aid offers a range of domestic abuse services to women and children, and sexual violence services to women, men, and children.

Within Abergavenny, we offer

- Crisis Support and Drop In – helping women and their children to access emergency accommodation, legal help, and housing support.
- Refuge Accommodation
- Freedom Programme Group Sessions
- STAR Programme for women and their children
- Boys Group, for boys aged 11 to 15 who have experienced domestic abuse
- Male Mentoring, for boys aged 5 to 11, who have 1-2-1 mentoring support with a mentor
- Peer support group for women who have experienced sexual violence
- Sexual violence counselling
- Weekly craft and coffee morning group

b. Charity Details
(if applicable)

Charity Number 1045890

i. VAT Registered?

No

Section 3. Tell Us About The Community Project/Activity You Want To Undertake

a. Which objective does this project mainly contribute towards (**please tick one**):

Giving Children and Young People the best possible start in life

Support for community wellbeing inc. volunteering and active citizenship

Supporting an economically thriving community

Protecting and enhancing our natural environment

b. Please give more detail on how your project will meet the objective you selected above.

We would like to expand our services to offer to new group interventions:

- i) The Recovery Toolkit for Adult Survivors of Domestic Abuse
- ii) The Recovery Toolkit for Young People who have experienced Domestic Abuse

Both courses would enable us to offer practical and emotional support to women and young people in a peer setting, helping them to flourish in a life free of abuse. The Recovery Toolkit, which is a follow-on from the Freedom Programme, enables people to better evaluate their options and plan for their future.

The programme is currently on offer across Gwent, however, we no longer have anyone trained to deliver the programme in Monmouthshire. We would like support to train our staff so that we can deliver two groups in Abergavenny over the next twelve months. We have the staff in place to do so, and once trained, they will have to commit to remaining with the organisation for 2 years.

c. Total Project Cost

£2,715

d. How much are you applying for from Abergavenny Town Council?

£1,000

e. Have you raised the balance of funds?
(25% of the total project costs should come from other sources)

Yes

f. Please specify how you will use the Town Council grant?

Project Breakdown

- £900 Recovery Toolkit Training Fee
- £195 Hotel Costs 2 Nights in London plus meals
- £120 Train Costs to London

£1,500 Cost to deliver two groups (staff time, volunteer costs, room costs, refreshments, and resources)

We would like support towards the training costs, which is only available in London, and hotel/transport costs. The funding for the remaining costs and delivery of the groups will come from our existing funding and the charity's reserves.

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g. How will your project benefit the community of Abergavenny?

Once the training is undertaken, we will deliver two programmes, one for adults and one for young people.

Approximately 1 in 3 women will experience domestic abuse in their lifetime, and 1 in 4 will experience it from a partner/ex-partner. Leaving an abusive relationship is incredibly difficult, not only is it a time of high physical risk, the abuse can destroy women and children's self-esteem making it feel impossible that they can make a fresh start from their abuser. Once leaving, women and children can exhibit post-traumatic stress disorder, have difficulty in sleeping, can feel isolated, and face increased risk of self-harm or suicide.

Both Recovery Toolkit groups, will support women and young people in Abergavenny to:

- Meet people with similar experiences, increase their social network, and reduce their feelings of isolation.
- Re-evaluate for themselves how they might move forward with their lives and make better-informed choices about their future.
- Re-inforce their own strengths, resources, and resilience to positively improve their long-term wellbeing.

Whilst we have run the Adult Recovery Toolkit previously in Abergavenny, we have not had the opportunity to deliver the Young People programme.

h. If your project involves working with young people does your organisation have a safeguarding policy?

Yes	No
X	

i. When will your project start and finish?

Start date

01/02/20

Completion date

31/01/21

j. Are there any outstanding permissions i.e. planning permission required before this project can start? If so, please list together with expected dates when permission will be granted

No

Section 4

This application is to be signed by a person holding a position in the organisation applying for the grant. Before submitting the application please ensure that you have all the additional information as set out in the guidance.

Signed



Siân Massey - Director of Domestic Abuse Services

On behalf of
(name of group)

Cyfannol Women's Aid

Date

19/12/19