



Ward Flexibility Funding Application Form

Thank you for your interest in Stockport Council's Ward Flexibility Fund. To give your group the best chance of success please read the guidance notes and the questions on the application form carefully.

Please ensure that all boxes on this form are completed. You must also include all additional information that is requested.

1. About Your Organisation

1. Name of Organisation/ Group

BeOne Mindset CIC

2. Organisation/Individual Address

3. Main Contact Details (for correspondence)

Title:

Name:

Role: Relationships Manager

Address:

Postcode:

Home Phone Number:

Mobile Phone Number:

Email Address:

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Town Hall, Stockport SK1 3XE
democratic.services@stockport.gov.uk

4. Please provide your bank account details

5. What is the status of your Organisation/ Group?

Please Tick

A New Group	<input type="checkbox"/>	Voluntary Organisation	<input type="checkbox"/>
A Registered Charity No.	<input type="checkbox"/>	Company Limited by Guarantee No. 14241086	<input checked="" type="checkbox"/>
Applying for Charitable Status	<input type="checkbox"/>	Unregistered Association	<input type="checkbox"/>
Friendly Society	<input type="checkbox"/>	Other (Please specify)	<input type="checkbox"/>
Housing Association	<input type="checkbox"/>		

6. Please describe the main activities of your Organisation/ Group

BeOne Mindset is a Community Interest Company established in 2022 by Ben Eastwood, Liam Gardner and Christine Appleyard.

We work mainly with men aged 25 - 50 who are experiencing mental health and wellbeing barriers in their lives and do not know how to move forwards and are:

- Struggling for direction
- Feeling a lack of purpose
- Having negative habits and behaviours generally leading life

BeOne works online using bespoke tools on our website and in person through expert coaches in ways to support people which are based on the “five pillars of wellbeing”:

- Our expert coaches provide tips on self development, finance, exercise, nutrition and meditation.
- Development of new skills including the above.
- Learning skills which can help with volunteering opportunities.
- Connections and networking with others facing similar challenges.
- Mindfulness and reflection.

We are proud to be backed by the Greater Manchester lead for Social Prescribing.

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7. When was your Organisation/Group established?

18th July 2022

8. Does your organisation have the following policies and procedures in place?

If you are awarded a grant you will be required to send copies of all relevant documents as part of the grant agreement.

- | | |
|--|-------------------------------------|
| A governance/management committee | <input checked="" type="checkbox"/> |
| A Constitution/governing document/set of rules | <input checked="" type="checkbox"/> |
| An Equal Opportunities Policy | <input checked="" type="checkbox"/> |
| A Child Protection Policy (where necessary) | <input type="checkbox"/> |
| A Health and Safety Public liability | <input checked="" type="checkbox"/> |

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2. About Your Application

9. Please give us a brief description of your proposed/planned project or activity

We need this funding to help us with running costs with our online platform allowing us to make sure new content can be added when needed and continually updated to support the current needs of people in the stockport area.

We also want to use the funding to support 40 local men who may have been referred for CBT or other therapies and need further support in their lives or men identified as struggling with their mental well being. We want to use the funds to support these people to complete our 10 week mindset and self development programme.

10. Who will benefit from this grant?

Men aged 25 to 50 years who have been referred for CBT or other therapies and need further support in their lives, or men identified as struggling with their mental well being.

Stockport Joint Strategic Needs Assessment 2022 identifies that:

- 1 in 4 adults in the UK will suffer from a mental ill health at some point in their lives –in Stockport this equates to 73,500 people of all ages.
- Over 60% of the prevalent population remain unidentified or not seeking treatment and therefore unknown to services.
- There are approximately 55,000 over 16's in Stockport with high levels of anxiety, and these levels have increased since the COVID-19 pandemic.
- There are around 39,800 people registered with a Stockport GP with a diagnosis of depression on their medical records and around 38,700 with a record of anxiety. Diagnosis rates are increasing.
- Both men and women aged between 30 and 59 are the most to be recorded with depression and those aged 20 to 59 are the most likely in terms of raw numbers to be recorded with anxiety.

This shows the high need for the support we offer.

10(a) How Many Stockport residents will benefit?

40

10(b) Are there any restrictions on who will benefit from the funding?

Our project provides ongoing support for people who have not yet reached or who have recently recovered from a point of mental health crisis. We work closely with local GP's, Stockport Homes and other housing providers as referral pathways.

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We are not able to work with people who are in a point of crisis for whom statutory services will provide support.

11. Your Project's Budget

We are asking for funding to keep our online "Kajabi" platform <https://kajabi.com> running. The cost is £160 per month. We are asking for 2 months funding for this and funding to take 40 men through our BeOne Way programme.

Kajabi - £320

Admin - £200

Coaching - 10 weeks of BeOne Way programme - £480

11(a) How much will the project/activity cost in total?

£1000

Any funding you could give would be gratefully received.

11(b) Tell us about other any other sources of income you have already applied for or raised so far in relation to this project

We haven't received any other funding as yet. This has all been self funded so far.

12. How much are you applying for from the Ward Flexibility Budget?

£1000

12(a) If the amount you are applying for covers only part of the project/activity, then please tell us how do you intend to fund any shortfall?

The amount will cover the whole project.

13. What is the planned timescale for spending this grant?

Start March 2024

Finish June 2024

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3. Which Wards are you Applying to?

You may tick more than one box. Please note that no grant of more than £1,000 in totality will ordinarily be made.

Please tell us for each ward you wish to make an application to:-

- (a) how many people will benefit in that ward; and
 (b) what proportion of funding from your overall application you are seeking from each ward.

		Number of beneficiaries	How much funding you are seeking
Bramhall & Cheadle Hulme South Area Committee			
Bramhall North	<input type="checkbox"/>		£
Bramhall South & Woodford	<input type="checkbox"/>		£
Cheadle Hulme South	<input type="checkbox"/>		£
Central Stockport Area Committee			
Brinnington & Stockport Central	<input type="checkbox"/>	<input type="checkbox"/> 7	£
Davenport & Cale Green	<input type="checkbox"/>	<input type="checkbox"/> . 7	£700 split between the 4 areas
Edgeley	<input type="checkbox"/>	<input type="checkbox"/> . 7	£
Manor	<input type="checkbox"/>	<input type="checkbox"/> . 7	£
Cheadle Area Committee			
Cheadle East & Cheadle Hulme North	<input type="checkbox"/>		£
Cheadle West & Gatley	<input type="checkbox"/>		£
Heald Green	<input type="checkbox"/>		£
Heatons & Reddish Area Committee			
Heatons North	<input type="checkbox"/>		£
Heatons South	<input type="checkbox"/>		£
Reddish North	<input type="checkbox"/>		£
Reddish South	<input type="checkbox"/>		£
Marple Area Committee			
Marple North	<input type="checkbox"/>	<input type="checkbox"/> 6	£300 split between the two areas
Marple South & High Lane	<input type="checkbox"/>	<input type="checkbox"/> 6	
Stepping Hill Area Committee			
Hazel Grove	<input type="checkbox"/>		£
Norbury & Woodsmoor	<input type="checkbox"/>		£
Offerton	<input type="checkbox"/>		£
Werneth Area Committee			
Bredbury & Woodley	<input type="checkbox"/>		£
Bredbury Green & Romiley	<input type="checkbox"/>		£
Totals			£1000

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4. Application Checklist and Declaration

1. I am authorised to make this application on behalf of the above organisation ✓
2. I certify that the information contained in this application is correct ✓
3. If the information changes in any way I will inform Democratic Services accordingly. ✓
4. I give permission for Democratic Services to contact my organisation and/or myself by phone, mail or e-mail with information about its activities and funding opportunities. ✓
5. I/we agree (if required) to attend an Area Committee meeting to explain how the proposal will improve the environmental, economic or social wellbeing of the area and to answer any questions. ✓
6. Our details can be used for promotional purposes should this request be successful ✓
7. I/We will use this grant for the proposed project/activities stated in our application. ✓
8. I/we will not use the grant for any other purpose prior to contacting Democratic Services in order to seek authorisation. ✓
9. I/we will provide appropriate proof of expenditure to Democratic Services, within 12 months from the Grant being made. ✓
10. I/we will highlight the support of the Area Committee in recent publicity material. ✓
11. I/we agree to providing information to assist in the future monitoring of the effectiveness of the funding including reporting back to the Area Committee on how the grant has been spent and what difference it has made. ✓
12. I/we agree that the content of this completed application form and any supplementary information provided may be published on the Council's website and other publications as part of the application process. ✓

Print your name:

Signature:

or if submitted electronically tick this box to signify your agreement to the above terms ✓

Date: 9th January 2024

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