

Case Studies

Bolton's Fund: Micro Grants

Slaterfield & Great Holme Residents Association

Slaterfield & Great Holme Residents Association have been awarded £2,000 to support a new project to help residents and veterans with the improvement of their mental health and PTSD issues. They will do this by using social and digital inclusion. This is their first Bolton's Fund grant.

- The group act as a representative for residents and veterans who have problems. If they cannot report issues, or are seemingly being ignored, the group will do this for them. They get together every Saturday (residents, veterans and Councillors), for a Coffee Morning and Brunch. The session gives everyone who attends a chance to leave their home and be socially included, to meet new people, to share concerns, chat, and feel better in themselves. It is an opportunity for the group to help veterans to reintegrate back into the community and to deal with any PTSD issues arising.
- They will use the grant to continue helping the residents and veterans with support with the provision of hot food, social interaction and support for mental health and well-being. The grant will go towards covering the cost of delivering this on-going support (room hire, insurance, food, administrative costs, essential kitchen equipment and sensory uniform items, sturdy footwear and coloured paper and overlays).
- **10 volunteers** will be involved in delivering the project giving a total of **56 hours of support**.
- They aim to support **200 people** with the grant.



Happy Signs CIC

Happy Signs CIC were awarded £1997.30 for a new project to teach breathing techniques, mindfulness and other linked strategies including Reiki to support parents mental health and wellbeing. This is their first Bolton's Fund grant.

- The main aim of Happy Signs CIC is to support positive mental health in their local community and to provide people with the ability to manage their own emotional wellbeing and live a happy life. They have two main strands; working with parents and families and with older people. Their purpose is to provide benefit to families in need of emotional support and also, to lessen the isolation that elderly people feel, including those with dementia.
- The funding will be used to organise sessions for parents and carers where they will be taught strategies to manage emotions for themselves and to support their children. This will include Reiki Level One training, breathing techniques, mindfulness and other linked strategies. Reiki is linked to a range of physical and emotional health benefits, including better sleep, improved mood, and pain relief.
- They aim to support **24 people** with the grant. They will be delivering sessions in Tonge Moor.

Free
Wellbeing
Sessions

suitable for all
ages
including Reiki
Level 1

