

Case Studies

Bolton's Fund: Small Grants



The Videobox

The Videobox have been awarded £4,800 to provide a free to attend lunch and activity club for isolated older people. This is for the extension of an existing project for the group.

- The Videobox set up as a CIC in June 2009. They help engage, inform and connect their local community through the delivery of a wide variety of free to access projects. These have included arts, digital media, food growing, cohesion work, early years and latterly an increased focus on tackling social isolation. They develop their projects led by the need in their local community and help support them with filmmaking and workshop commissions. They have recently been delivering a number of projects aimed specifically at isolated and older people across the borough including social clubs, film clubs and a social eating project.
- The grant will be used to continue delivering a social eating project one day a week every two weeks for a year (24 sessions) at the Elderdale Community Centre in Brightmet . They will prepare a free, freshly cooked two course meal for local older people with accompanying games, social activities and support services. They currently have a membership of 30 and would like to extend this offer to more older people. These sessions are intended to encourage older people who are socially isolated to form friendships, improve their health and wellbeing and develop their own support networks. After the group has eaten, they do games and activities and get speakers and advisors in to offer support on a range of subjects including cancer screening, energy saving and digital inclusion. The funding will go towards food costs, activity resources and staffing.
- **2 volunteers** will be involved in delivering the project giving a total of **144 hours of support**.
- They aim to support **40 people** with the grant.

Third Space

Third Space have been awarded £5,000 to fund a works and skills project catering for complex needs adults, providing wellbeing coaching, property renovation and gardening and horticulture activities. The grant is for the extension of an existing project.

- Third Space supports, inspires and unites young people including young adults. Their expertise is in coaching physical, mental and social wellbeing and helping people to experience work that is good for their wellbeing. They have run work and skills projects through a Community Cafe (since 2015) and their Property Renovation and Gardening and Horticulture Projects (since 2019). They also run school work which involves taking teams into local High Schools to teach and run weekly lunch clubs with a mental health and wellbeing focus. They currently have over 170 clients every week taking part in their sessions. Many have complex needs ranging from unemployment to recovery from drink and drug problems and homelessness. Through their substantial church and community networks they connect with many people from Bolton's most deprived wards.
- The Build Bolton Well is a twice weekly 4hr session with a skilled builder, life coach and project manager who provides property renovation activities to develop work skills and a weekly *Groundbreakers* 4 hour session with a skilled horticulturist , life coach/project manager and a weekly *Coaching in a Cafe* with life coach and project manager. All sessions include one to one mentoring, group discussions a in a safe space with friendship and support. These sessions are supported with additional one to one mentoring, and, of course a drink (non-alcoholic) and a nourishing meal completes the holistic benefit of the weekly session.
- 20 volunteers will be involved in delivering the project giving a total of 780 hours of support.
- They aim to support **170 people** with the grant. They will be delivering sessions in Bolton Town Centre.

