

## TORPOINT TOWN COUNCIL

### Application for Grant for Voluntary Organisations Local Government Act 1972, Section 137

Please note that this application will not be considered unless it is accompanied by a copy of the latest set of annual accounts showing the organisations income, expenditure and level of balances. If the organisation does not prepare annual accounts, copies of the bank statements covering the previous six months must be enclosed.

#### Notes to Applicants

To help us process your application quickly, please:

- Read the Applicant Guidance Notes carefully
- Complete the application fully – we will not consider incomplete forms
- Let us know if you have any questions before sending in your application

<b>Name of organisation</b>	THE RAME GROUP PRACTICE
<b>Full postal address</b>	PENNOOR HEALTH TREVOL ROAD TORPOINT <b>Postcode:</b> PL11 2TB
<b>Contact name/position</b>	JULIE SWEET - PRACTICE MANAGER
<b>Telephone number</b>	01752 813277
<b>Email</b>	JULIE.SWEET@NHS.NET
<b>Charity Registration Number (if applicable)</b>	
<b>Project title</b>	WELLBEING GARDEN
<b>Estimated start date</b>	17TH JUNE - ONGOING

**Please tell us about the project and why you think it should receive the contribution from Torpoint Town Council**

PLEASE SEE ATTACHED.

**Who will benefit from the project and how many of those are residents of Torpoint parish?**

ALL STAFF AND PATIENTS OF THE SAME GROUP PRACTICE, DISTRICT NURSING TEAM AND MEMBERS OF STAFF FROM SOUTHWEST AMBULANCE MAY BENEFIT FROM THE PENNORR HEALTH WELLBEING GARDEN SPACE.

Project costs (Please provide a breakdown of the costs of the project)	£	p	Funding	£	p	S = Secured A = Applied for (delete as applicable)
			Own fundraising	1500	00	S/A
						S/A
						S/A
						S/A
						S/A
			Amount you are seeking from Torpoint Town Council	535		
<b>Total cost*</b>			<b>Total income*</b>			

ADDED BY T.C


**Please note: \*The Total Cost and Total Income amounts must balance**  
(e.g. Total Cost - £100; Total Income - £100)

Checklist (Please make sure you have included the following with your application)	✓
Written confirmation of any match funding awarded to your project (a letter or e-mail)	
Your organisations latest set of accounts or latest bank statement	

**Declaration**

I declare that the information supplied in this application is true.

I agree that, if this application is successful, any grant money received will be used for the purposes described in this form and in accordance with the terms and conditions listed below. I confirm that I am duly authorised and empowered to confirm this on behalf of the applicant group.

Signature:  Date: 6/11/23

Name (Please Print): JULIE SWEET

## Penntorr Health Wellbeing Garden

The Wellbeing Garden is a beautiful outdoor space situated at the side of Penntorr Health Medical Centre. It is surrounded by a wildflower meadow (when in season), facing westerly, overlooking HMS Raleigh, with River Tamar views and beyond. We received £1500 funding from Public Health to create the disused space into a Wellbeing Garden with a picnic table, bench, flower planters and small garden shrubs. Members of Penntorr Health Patient Participation Group, Torpoint Town Council and members of staff from the Rame Group Practice guided by Permaculture Kenow, spent a few weekends clearing the site to create the Wellbeing Garden.

The Garden is being used by staff at the practice to sit and relax during breaks and lunch periods and the space is also being used for meetings and tutorials. Patients are also able to sit in the garden space if they are waiting for their appointments or a bus. It provides a welcome green space for both patients and staff alike.

We would like to purchase some more fruit trees and evergreen shrubs to provide both food and shade to the garden and for them to also act as a wind break against the busy road.

We would also like to purchase another park bench to provide extra seating for meetings and group work.

Our wish is to expand the garden in the future with raised beds which will enable us to grow more edible crops.

It is a now well know that green space can reduce stress, which has been linked closely both to mental and physical wellbeing. The Centre for Sustainable Healthcare highlight that in relation to the four principles of sustainable healthcare, the natural environment contributes to the prevention of illness by increasing physical and mental wellbeing and offers people therapeutic benefits for recovery.

### Project Costs:

Camellia's ¾ ft £30 each X 3 = £90

Pear Tree £50

Crabb Apple £50

Park Bench (NBB recycled plastic furniture) £345 (ex VAT)

Total Grant: £535 plus VAT

