



**GALASHIELS COMMON GOOD FUND
APPLICATION FOR FINANCIAL ASSISTANCE**

<p><u>Applicant Details</u> Name and Address of Applicant/Organisation:</p> <p>Telephone No:</p> <p>E-mail address:</p>	<p>Nature Unlimited</p> <p>legally responsible Director) or ' (Ruth Noble, Director and applicant)</p> <p>ruth@natureunlimited.scot</p>
<p>Address to which payment should be made:</p>	<p>As above</p>
<p><u>Activities</u> Please supply a brief description of the activities of your organisation and the benefits it brings to the local community:</p>	<p>Nature Unlimited nurtures well-being, resilience and community through teamwork (den-building, games) and nature connection activities in woodlands. We support participants, at every stage of life, to grow and thrive, helping to reduce social and health inequalities. We run sessions in woodlands across the Scottish Borders, which range from long-term employability programmes, family and community projects, mental health & well-being sessions to one-off events such as team building days and taster sessions. We also offer training so that other organisations can gain the skills & confidence to get even more people outdoors.</p>

<p><u>Assistance Requested</u> Please indicate the sum requested and the purpose for which it will be used:</p>	<p>£9375 This will cover the costs of sessional workers, basic equipment and volunteer expenses. We will run two programmes of 15 sessions based in beautiful local woodlands for groups of up to twelve teenage girls who have, or are at risk of developing mental health issues. One will take place in Spring/Summer and one in Autumn. There will be an overnight camp at the end of each programme. Our sessions are designed to build resilience and create a community for well-being by allowing participants to learn and develop at their own pace while pursuing their own interests and connecting with nature and each other. Participants will be introduced to a variety of nature connection activities ranging from creating natural art, cooperative team games, to chilling out in a hammock and everything in between. The choice of activities on offer will be determined by the needs of individuals and the group. An important part of the sessions will be cooking a healthy meal together on the campfire. Our high staff to participant ration will allow us to give one-to-one support where necessary and to facilitate a range of skills and personal development. Through involving the group in our Plan, Do, Review cycle, the young people will gain a sense of control and responsibility and by encouraging reflective practice they will learn to recognise and manage their emotions. Through collaborative and/or creative activities during repeated visits to the same site and interaction with the same team of people, they will develop a sense of belonging, both within the therapeutic woodland environment and within the safe community that we nurture.</p>
<p>When will the donation be required:</p>	<p>1/4/2017</p>
<p>If this is a one-off project then please give the following details –</p> <p>Date (s):</p> <p>Estimated total cost:</p> <p>Funds already raised by applicant's own efforts:</p> <p>Funds raised or expected to be raised from other sources (please state sources):</p>	<p>End April to end June 2017; end August to end November 2017</p> <p>£9375</p> <p>We have surplus of approximately £4000 from last year but ideally we would prefer to keep this for staff and volunteer training to ensure the continued high standard of our service.</p> <p>We are also applying to Awards for All; if we are successful with both applications this would also enable us to offer the same service in the Hawick area.</p>

<p><u>Other information</u> If you have other information which you feel is relevant to this application please provide details including details of any previous assistance given:</p>	<p>We have decided to work with an all girls group so that they will feel safe to discuss a range of issues and emotions, including those related to sexuality. The Scottish Borders Joint Health Improvement Team are keen to see the results of this pilot project. The increase in mental health problems is a ticking time bomb for the community as a whole and we firmly believe that we can make a positive difference to young people's lives through this programme, by giving them the social and emotional skills to make positive lifestyle choices, to grow in confidence and to thrive. This testimonial from a guidance teacher demonstrates the impact of our work: "He spoke about his feelings which is very difficult for him. It was a pleasure to see him blossom...The forest became a place where confidence grew, a place to have fun, a place to learn skills and a place to achieve success. It has definitely had a positive effect on the group."</p>
<p><u>Declaration</u> I hereby make application for assistance as set out above and certify that the information I have provided is accurate</p> <p>Signed:</p> <p>Position Held: Director</p> <p>Date: 24/1/17</p>	
<p>Note: All applications from organisations MUST be accompanied by a copy of the latest audited accounts</p>	
<p>This completed form, accounts and any supporting details should be submitted to Fiona Walling, Democratic Services Officer, Scottish Borders Council, Council Headquarters, Newtown St Boswells, TD6 0SA. Telephone 01835 826504 email fwalling@scotborders.gov.uk</p>	

