



# Town Council Grant

## Activities Monitoring Form

### 1. Contact Details

Organisation name:	Smile Group		
Address:	[REDACTED] [REDACTED] [REDACTED]		
[REDACTED]			

### 2. Grant Information

Grant Reference Number:	13/2021		
Total project cost:	£1530		

Receipts Attached? Yes <input type="checkbox"/> No <input type="checkbox"/>	Receipt Amount:	1215
Please list receipts below:  Discussed with Serena Vanschepdael – Invoices for Rubys Fund send in and time sheets with mileage for 19 weeks.		

### 3. Project Information

When did the project commence?	March 2021		
Did you make a profit from the project? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>			
<p>Smile Group supports families affected by perinatal mental illness (ante natal and postnatal depression/anxiety etc) and we quickly responded to COVID by moving online within a few days. We then moved to group walks and have slowly reintroduced support in Children Centres, due to Congleton Children's Centre having restrictions of 6 adults per session (2 of which are our facilitators) and with a significant demand we altered how we support families in Congleton.</p> <p>Since August 2020 we started having walks around Congleton Park with between 4 and 10 mums with the babies / toddlers. This meant that people were able to still access the peer support at a social distance but also walking in the fresh air is beneficial for mental wellbeing.</p> <p>It has been a difficult time for parents with new babies and we increased our support for them during this time. We were seeking funding to support this via the walks and our monthly Family Sessions at Ruby's Fund in Congleton. Our facilitators were able to continue offering support at the walks for those who weren't able to attend groups due to the limited numbers, in order to maintain safe Social Distancing. We have also regularly been seeing a couple of dads whilst on these walks.</p> <p>Whilst we had family sessions prior to COVID due to extra cleaning and resources need there has been an increased cost for benefiting from the space available at Ruby's fund.</p>			

Please explain what difference the project has made to your organisation/local people:

When we were able to go back into the Children's Centre we slowly made the transition over from walks to Groups both running and then stopped the walks in Congleton Park, however as a result we did receive another grant in January 2022 which has enabled us to have these walks in Holmes Chapel on a fortnightly basis in order to enable families to have a choice on which they would rather. There is a still a lot of parents who are anxious about their babies getting ill and so they like the aspect of being outside in the fresh air.

This project has helped to bring families together to share their experiences with PNMH and seek support from our trained well-being practitioners. Recently we met someone who had been to the weekly walks and she shared how her and another mum now still go out 12 months on from the walks and meet up both with their babies and socially as they met each other, and whilst initially they had felt so isolated and lonely they now had each other and so going to other groups as easier as they had each other.

Our walks also help those that feel a group setting is a little overwhelming and would prefer to be outside and be able to chat whilst they walk.

We continued the monthly family sessions at Ruby's Fund in Congleton for the families we support from across Cheshire East. The children are invited to play in the soft play area free of charge due to the funding that we received. They can then access refreshments from the onsite Café, supporting another local Charity. Our staff are on hand for chats and advice and parents can enjoy a hot drink and somewhere to sit whilst the children play.

#### 4. Promotion

Please send an electronic photograph of your project/activity. Is this attached? Yes ☐ No ☐

Do you give permission for these photographs to be used on the Council's web site and in newsletters? (Please ensure that you seek permission for anybody photographed). Yes ☐ No ☐

Was the grant funding from Congleton Town Council acknowledged in any way? Yes ☐ No ☐

Please state how (i.e. on your website, event programme, tickets, etc)  
We will acknowledge the funding in our end of year accounts

Your Logo was/is published on our website [Become a partner - Smile Group](#)

#### 5. Feedback

What is your experience of using the Town Council Grant Scheme? Are there any comments or suggestions for improvements that you would like to make?

Due to using other town council grant schemes we had presumed that we would get the funding and then spend against it and then report on this, however CTC you do the project first and have to spend out and then you can claim back at the end. This caused us some confusion but now we know we can be better prepared in order to improve ourselves for the future

How did you apply? Online ☒ Email ☐ Post ☐

Do you feel that you understood the process? Yes ☐ No ☐

Please rate the following elements:

	Excellent	Good	OK	Poor
Completing the application form		x		
Relevance of guidelines	x			
Length of the process from submitting an application to receiving notification			x	
Advice given from the Town Council Grants Team (if applicable)		x		