



Please read the Grant Criteria document before you start your application process.

<u>Application Reference (Office use only):</u> <u>GR09/2425</u>	
<u>1: CONTACT DETAILS</u>	
Name of Organisation:	Wild Salt CIC
Address of Organisation:	Sandbach CW11
Name of Applicant:	Esther Southern
Position:	Director
Telephone Number:	
Email address:	
Website:	NA
Registration Number (If relevant)	15586958
<u>2: ABOUT YOUR ORGANISATION</u>	
What type of organisation are you?	We are a community cooking school which is a community interest company
<p>Please tell us about your organisation, its aims and the work you undertake. (in less than 200 words)</p> <p>Wild Salt CIC has been open for a year providing free food education and cooking classes for people in Congleton. We work closely with social housing to identify and provide Free cooking classes for families, children 11-14, elderly people (above 65) to increase social inclusion, increase mental and physical health and ensure they have the skills to build a fun, flavour packed plate of food To enable them to cook with their families, to save money and prevent chronic illness.</p> <p>We have raised money through paid for supper clubs and masterclass cooking classes in the community. All of the money has gone towards buying the essential equipment to provide the community cooking classes and to provide 12 free cooking classes in Congleton.</p>	

3: COST DETAILS/ RESOURCES/ TIMETABLE	
Project Title:	Good mood food
Project Objectives:	To provide 12 free cooking classes for the residents of Congleton.
Brief Project Description:	8 free cooking sessions to be held at a community centre in Congleton to increase social inclusion, enhance understanding of flavour packed healthy, affordable food to ensure they can cook together as a family and meet others in the community. To learn how to use left over vegetables, know how to shop seasonally and know how to increase energy production throughout the day using food choices. There will be 24 people at each session, as we have seen at previous free cooking classes they then share this knowledge with at least 5 others impacting at least 700 people in the process.
Total Cost of Project	£2000
Total contribution sought:	£1000
Details of cost breakdown and budgets:	£500 per class £200 rental of the space £60 for ingredients £40 equipment and printing £200 for project management and chefs wages (however this will be paid for by other match funding through supper clubs and cooking master classes)
What will the money be spent on?/ Resources needed:	Rental space, ingredients and resources eg printing.
Any ongoing costs:	Replacement of equipment as needed.
Details of confirmed match funding, include source Cash/Grant: In kind:	Match funding will be received through our own fundraising through supper clubs and master class paid for cooking classes.
Estimated timescale of project from start to finish:	Time scale is from February 2025 - May 2025
4: POTENTIAL BENEFITS/ OUTPUTS	
What are the potential benefits/outputs to residents of Congleton	Reduce isolation, increase self esteem, mental and physical health. To come together as a group to learn basic cooking skills to increase knowledge of how to keep yourself well through cooking from scratch and on a budget. Over 700 people will be influenced by this project decreasing strain on the GP services and NHS through good nutrition and improved mental health.

Are there similar services/ projects provided in the area	No similar services are currently being completed in the area.
5: EVALUATION	
How will the project be evaluated and who will carry out the evaluation?	Each session an evaluation form will be completed by each participant graphs and charts of their physical and mental health will be assessed.
Describe how you will promote the Town Council in your project.	The social housing team will promote to their customers, through facebook community groups and through the cheshire east food alliance.
Please acknowledge you have read our Grant Application Criteria	Please see the Policy on our Grants page on our website: Grants - Congleton Town Council (congleton-tc.gov.uk) I/we have read the policy: YES
Will you be attending the meeting to support your application	Date will be provided by the RFO YES

Declaration

- I am authorised to make this application on behalf of the above organisation.
- I understand and agree that the application and supporting documents will be presented on a public agenda, and that any private information will be redacted.
- I certify that the information contained in this application is correct. If the information in the application changes, I will inform Congleton Town Council as soon as possible.
- I give permission for Congleton Town Council to retain this information electronically. The information in this form will be used for the administration of grant applications.
- I understand that Congleton Town Council will use any personal information I have provided for the purposes described under the Data Protection Statement which can be found [Constitution - Congleton Town Council \(congleton-tc.gov.uk\)](https://congleton-tc.gov.uk/constitution)
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Signed:	Esther Southern	Date:	27/08/2024
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Please return your form and supporting documents to info@congleton-tc.gov.uk or post to RFO, Congleton Town Hall , Congleton Town Council,. High Street, Congleton , CW12 1BN