



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

<b><u>Application Reference (Office use only):</u></b> GR01-2526	
<b><u>1: CONTACT DETAILS</u></b>	
Name of Organisation:	Wild Salt CIC
Address of Organisation:	[REDACTED]
Name of Applicant:	Esther Southern
Position:	Director
Telephone Number:	[REDACTED]
Email address:	<a href="mailto:wildsaltcic@gmail.com">wildsaltcic@gmail.com</a>
Website:	NA
Registration Number (If relevant)	
<b><u>2: ABOUT YOUR ORGANISATION</u></b>	
What type of organisation are you?	Registered CIC
<p>Please tell us about your organisation, its aims and the work you undertake. (in less than 200 words)</p> <p>We run free cooking classes for the clients mainly who live in plus Dane housing. We have run 6 cooking classes previously in the wellbeing hub increasing social inclusion, knowledge of flavour packed food and how to increase vegetables in their diets.</p>	

3: COST DETAILS/ RESOURCES/ TIMETABLE	
Project Title:	Good mood food cooking classes
Project Objectives:	To increase social inclusion, Increase knowledge of how to build a healthy plate, where to buy cheap ingredients that can keep you fuller for longer.
Brief Project Description:	6 sessions will be completed for clients who live in plus Dane housing Wednesdays 12-3 pm. Plant based meals that are cheap but flavour packed will be given as recipes. Mainly food that only take 10 minutes to cook because we have noticed that many who have attended struggle with concentration, have larger families and may not be able to read recipes.
Total Cost of Project	£2000
Total contribution sought:	£1000
Details of cost breakdown and budgets:	<p>We noticed last time that the clients did not have equipment (blender) to decrease labour of cooking and increase amounts of foods can make.</p> <p>10 blenders £69.99 each £699.90            Ingredients £100 per session £600            Printing £50            Project management £25 per session £150            Chef mileage and time £50 per session £300            Aprons, tea towels, x3 scales, equipment such as greaseproof paper etc £299.10</p>
What will the money be spent on?/ Resources needed:	As above
Any ongoing costs:	No
Details of <b>confirmed</b> match funding, include source Cash/Grant:  In kind:	Confirmed match funding from graham brown £1000 NHS
Estimated timescale of project from start to finish:	6 weeks
4: POTENTIAL BENEFITS/ OUTPUTS	
What are the potential benefits/outputs to residents of Congleton	Increased social inclusion Increased knowledge of vegetables and how to build a healthy plate Knowledge of how to buy cheaper ingredients to sustain family. Increased families and friends cooking together.

Are there similar services/ projects provided in the area	Not that I am aware of.
<b><u>5: EVALUATION</u></b>	
How will the project be evaluated and who will carry out the evaluation?	Evaluation questionnaire has been devised.
Describe how you will promote the Town Council in your project.	Through a poster on facebook and through the wellbeing centre facebook.
Please acknowledge you have read our Grant Application Criteria	Please see the Policy on our Grants page on our website: <a href="http://congleton-tc.gov.uk">Grants - Congleton Town Council (congleton-tc.gov.uk)</a> 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 \(congleton-tc.gov.uk\)](http://congleton-tc.gov.uk)
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<b>Signed:</b>	Esther Southern	<b>Date:</b>	1/4/25
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Please return your form and supporting documents to [info@congleton-tc.gov.uk](mailto:info@congleton-tc.gov.uk) or post to RFO, Congleton Town Hall , Congleton Town Council,. High Street, Congleton , CW12 1BN