



REQUEST FOR FUNDING FOR SPECIFIC PROJECT

FINANCIAL YEAR 2022 -2023

DATE: ...13.01.2023.....

TO: KENILWORTH TOWN COUNCIL / FINANCE & GENERAL SERVICES COMMITTEE.

Please read the Project Support Grant Criteria before completing this form

NAME / GROUP & MAIN CONTACT	The Omega Course Chantal Meystre – 07743376708 courses@omegacourse.co.uk
PROJECT TITLE	3 Omega Courses for 2023 and Website and social media support
TOTAL SUM REQUESTED	£1779.01

COSTING OF PROJECT WITH FULL DETAILED BREAKDOWN

Details of the Omega Course – developed in response to need of a Kenilworth citizen and aimed primarily at Kenilworth residents - **are outlined below in ‘Other Information’**. Financing of each course is decided locally; in some cases a donation will be requested to cover the unmet costs of a course, but wherever possible, thanks to appropriate grant-making bodies, open access to the course is offered. We do therefore rely on grants and donations to continue this work. We aim to keep our courses to around 10-14 people and hold 3 courses per year.

COSTS ESTIMATED FOR 10 PEOPLE ON EACH COURSE

The annual project costs are:

Venue hire: 14 hours per session split into 5 meetings - 3 sessions per year = 42 hours @ £18 per hour = **£756 per year** - based on the Kenilworth Centre community and charity irregular booking charge 2023

Refreshment costs: approx 10 persons x £2.50 per head = £25 x 3 sessions per year = **£75 per year**

Course material including printed course guides, Dying Matters leaflets & pens for each attendee @£4 per person = £40 per course = **£120 per year**

Printer cartridges for printing course material: Black and Tri-Colour = £54.95 Ink Experts on Amazon 2 sets per year = **£109.90 per year**. The Xerox Versalink printer was kindly supported by KTC in our previous application.

Paper & card for course material, course posters and signs and for advertising posters = **£45 per year**

Laminator (would be very useful for re-using posters, signs etc) Advice would be taken as to whether it would be more cost effective to buy a middle of the road machine for longevity or to purchase a cheaper model. Costs between **£103.11** or **£59.90** Amazon. Extra 100 pouches @ **£20 per year**

In addition to the above recurring costs relating to the Courses themselves, there are other associated costs, listed below:

Website update: We rely on our website - which is now in need of an update and cost will be in the region of **£300** if we can obtain charity rates to have ongoing support for a period of time (In 2017 Kenilworth Town Council generously awarded us £1,200 for the website construction and 12 months maintenance)

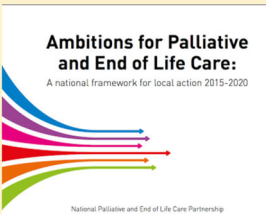
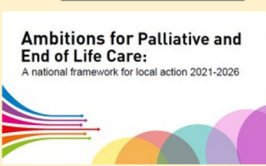
Social Media hours: We currently have a social media page but no effective presence and feel this would be invaluable in increasing awareness of the Omega Course to those in need. 10 hours x £15 per hour = **£250**

We are economic as we have no paid staff but running costs still accrue. Those for which we are requesting support equate to approximately **£1105.9** per year with one off costs amounting to approximately **£123.11**, and Website and social media costs of **£550**.

Total requested: £1743.01

We would be extremely grateful for any support you could offer.

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DETAILS OF OTHER SOURCES OF FUNDING APPLIED FOR AND NAMES OF PARTNER ORGANISATIONS IF PROJECT IS JOINT/ MULTI GROUPS AND DETAILS OF FUNDING SUPPORT REQUESTS MADE BY THEM	This is not a joint/multi group request. We have been supported previously by Warwickshire District Council, Kenilworth Town Council and local charities: The Kenilworth Lions, and Round Table. None of the items requested in this grant submission have been submitted for support elsewhere. Since 2021 our only grant award has been a conference fee of £404 from Kenilworth Lions to disseminate our results at a 2 day National meeting in Edinburgh by a peer review panel of professionals. We have requested travel costs from a second local charity The Kenilworth Rotary Club for that event, but not heard back.
PLEASE CONFIRM THAT YOU HAVE ENCLOSED YOUR MOST RECENT AUDITED BALANCE SHEET OR EQUIVALENT.	This is attached
TIMESCALE / DATE OF EVENT	Ongoing
NUMBER OF KENILWORTH RESIDENTS TO BENEFIT	Anyone over 18 years of age. Possibly up to circa 12,000 as 250 people died from Kenilworth in 2020-21. (See later in text.)
OTHER INFORMATION IN SUPPORT OF THE APPLICATION	Ambition 6 Every community ready to care  ‘Each community is prepared to help. I live in a community where everybody recognises that we all have a role to play in supporting each other in times of crisis and loss. People are ready, willing and confident to have conversations about living and dying well and to support each other in emotional and practical ways.’ This Ambition 6 from the following pair of documents, updated for 2021-2026 has been, and remains our motivation.    

Background information on The Omega Course

The Omega Course (Omega) has been developed to allow members of the community to gain confidence, both in thinking about their own end-of-life issues and to support friends, family and neighbours in doing the same. We are all aware of the tongue tie which develops when someone is sick or dying or when we see a recently bereaved friend or neighbour in the street and wonder if we should cross the road to avoid the conversation because we don't know what to say. The chances are, that bereaved person has already seen us and we have unintentionally added to their distress.

The courses are aimed at allowing people to come together in a safe and friendly atmosphere to discuss the, often-taboo, subject of death and dying and to become confident enough to talk freely about these subjects avoiding the silence that often occurs. It helps members of the community to develop confidence and in this way, become able to enjoy the life they have left to live with the freedom of knowing when, should illness come, they have a plan. There is a massive advantage in having the ability to talk compassionately and confidently with others who are ill or dying.

Omega was designed by a palliative medicine consultant and a probation officer/coach, outside of their professional spheres, to increase death literacy, dispel taboos and upskill members of their local Kenilworth community.

Structure of the course

Participants are offered the opportunity to talk freely about death and dying in a friendly and safe atmosphere. Healthy adults undertake 14 hours of experiential learning over 4 evenings and a full day, with follow-up social events for health and wellbeing. Utilising group discussions, presentations and scenario-based role play, the course acknowledges personal mortality and the opportunity to live life to the full meanwhile. Planning for the future, recording wishes, along with the technicalities of making them legally binding after one loses capacity, are explained. A day of communication skills training, by role play, aims to ensure attendees are not lost for words in the face of a dying friend or bereaved person. The course ends by looking at the pain of bereavement and how to help. Postcards with personally recorded intentions are sent back to participants 6 weeks later. The overall intention is to increase death literacy to support compassionate and caring communities. During the pandemic we designed and ran an online Omega Course.

Local partnerships

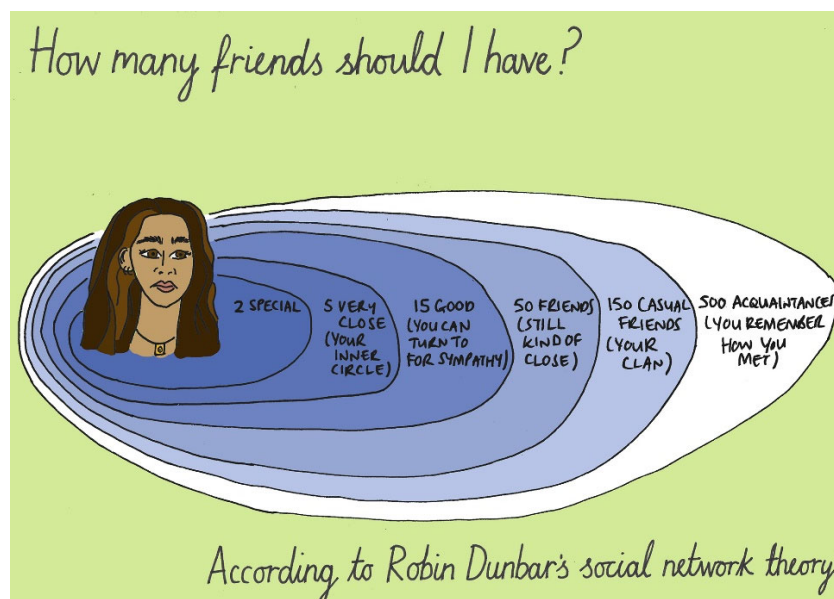
This last year, Omega partnered with University Hospital Coventry and Warwickshire (UHCW) to help deliver Death Café's across Warwickshire. We also ran our professional's course in the hospital as helping clinicians address their mortality enables better communication skills when looking after Kenilworth residents. Omega was invited to be a part of the inaugural Compassionate City bid across Coventry and Warwickshire. This has given Omega more credibility, no longer being an isolated venture, which could be seen as 'off the wall'.

Omega is unique in offering Death Literacy training to the healthy population. This is vital as >90% of the last year of a person's life is spent at home with family friends and neighbours. If these cannot cope the patient becomes very isolated.

Community networks

According to the renowned friendship researcher Robin Dunbar PhD, an evolutionary psychologist at Oxford University, each person has, on average, a social network of 150 friends some of whom are very close; they have 500 acquaintances that they recall where they met; and up to 5000 they may nod to in the street. Each death bereaves directly

between 8 and 9 people, but will impact in many ways quite a number of the dead person's social network. Of these it is likely one or a few will have attended a death café or be one of the 120 people who have attended an Omega Course and be the leavening in a bleak time of illness or bereavement, by using their new knowledge and skills.



To date the course has developed with grants from Warwickshire District Council, Kenilworth Town Council and local charities: The Kenilworth Lions, and Round Table. This generosity has paid off, as shown by:

Course feedback: A recent publication in a peer reviewed international journal, The American Journal of Hospice and Palliative Medicine on October 21st 2022 records the findings of the research evaluation of Omega undertaken by Warwick University Medical School (link <https://journals.sagepub.com/doi/10.1177/10499091221116794>). This showed that before attending the course people felt afraid, powerless, or lacking knowledge about how to talk about or make plans for their own death. The topic was taboo. The unthreatening group vibe and communication skills training helped people talk and plan for death. The course was well-received. Attendees gave it a rating of 9.1/10 for achieving its aims.

We also have unsolicited personal informal feedback from our Omega participant community:

- Friends made and anxieties quelled
- Long term family distress after a close bereavement resolved
- Arranging a Lasting Power of Attorney rekindled family links re-establishing relationships that had been lost
- Making a funeral plan eased worries for a participants only offspring
- Failure in life reframed by thinking about time, meaning and legacy and how to spend remaining life
- Realisation this mortality means me – It's practical not academic

It's still early days but the seeds of a social network within a caring community have been sown. These healthy people living in Kenilworth are part of a population that could fulfil the aims of extending care to the people around them with newfound confidence.

ENCLOSURE 5

Omega now needs to continue to deliver high quality meaningful death literacy education to the benefit of our community by having a programme of local marketing and delivery for 2023-24.

Data Protection Statement

The information which you give when completing your application form will be used in accordance with the Data Protection Act 1998 and for the following purposes: to enable the organisation to create an electronic and paper record of your application; to enable the application to be processed; to enable the organisation to compile statistics, or to assist other organisations to do so, provided that no statistical information that would identify you as an individual will be published. The information will be kept securely, and will be kept no longer than necessary.

PLEASE RETURN THE COMPLETED FORM AND ENCLOSURES TO

**THE TOWN CLERK
KENILWORTH TOWN COUNCIL**

VIA EMAIL TO kentc@kenilworth.org

On your covering email – please confirm the following

Name and contact email and daytime telephone number.

Bank details – name and address of payee, bank sort code and account number