



REQUEST FOR GRANT FUNDING FOR SPECIFIC PROJECT

FINANCIAL YEAR 2026 -2027

DATE:

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

Please read the Project Support Grant Criteria before completing this form. [Community Grants - Kenilworth Town Council](#)

NAME / GROUP	Empower and Rise CIC
MAIN CONTACT NAME	Lisa Cressy
EMAIL ADDRESS	lisa@super-being.co.uk
CONTACT PHONE NUMBER	07973 539759
PROJECT TITLE	Supporting Those Who Support Others: Volunteer Wellbeing and Resilience Sessions
TOTAL SUM REQUESTED	£490
COSTING OF PROJECT WITH FULL DETAILED BREAKDOWN	- A qualified wellbeing practitioner will deliver the sessions, providing practical tools and techniques to support stress management, emotional resilience, and nervous system regulation - Travel and delivery of 2 x 1.5 hour sessions by wellbeing practitioner at community centre - £300 - A co-facilitator will be present to provide participant support and ensure a safe, well-held environment. Travel and facilitation for 2 x 1.5 hour sessions by co-facilitator - £90 - Administration and Coordination: Project coordination will be managed by two directors, covering venue liaison, session scheduling, participant communication, and overall logistics to ensure smooth and effective delivery of the sessions. - £80 (4 hours). - Monitoring and evaluation - creation of feedback materials and the collection and review of participant responses to assess session impact and inform future delivery - £20
DETAILS OF OTHER SOURCES OF FUNDING APPLIED FOR AND NAMES OF PARTNER ORGANISATIONS IF PROJECT IS JOINT/ MULTI GROUPS AND DETAILS OF FUNDING	This is a small pilot project and part of a larger project with other funding. We had hoped to have agreements in place at this stage with 3 Kenilworth businesses (day centre, care home and another organisation with volunteers however the timing means we are likely to work with them over the next few months rather than June/July).

SUPPORT REQUESTS MADE BY THEM	So, what we have agreed is to offer and run these services for the volunteers at Kenilworth Community Centre and have been liaising with Becky. Outside of this funding request and project, we are running other pilot projects so that we obtain a good level of data and feedback on these services and the positive impact they can have on the community with the intention to then secure larger funding through the CIC for bigger projects supporting larger groups of the community in Kenilworth and Warwickshire. We have funding secured from a law firm in Leamington to run 2 sessions for a charity with volunteers supporting children in Leamington. We're also self funding (through SuperBeing coaching business) another project in Kenilworth to focus on mental wellbeing in the community. We are also expecting funding approval from a local Kenilworth Charity (Kenilworth Runners) for a larger pilot project to support carers and volunteers in Kenilworth and Warwick as well as supporting those they care for through interactive wellbeing sessions.															
PLEASE CONFIRM THAT YOU HAVE ENCLOSED YOUR MOST RECENT AUDITED BALANCE SHEET OR EQUIVALENT. Include the Organisation Bank Details on the covering email.	<table border="1"> <thead> <tr> <th colspan="2">l_AllAccounts(1)</th> <th>b_Current(1)</th> <th colspan="2">h_Savings(0)</th> </tr> <tr> <th>I_accountNickName</th> <th>I_sortCode</th> <th>I_AccountNumber</th> <th>I_AccountType</th> <th>I_Balance</th> </tr> </thead> <tbody> <tr> <td>EMPOWER AND RISE CIC</td> <td>08-92-99</td> <td>6744889600</td> <td>CHARITY AND COMMUNITY BANK ACCOUNT</td> <td>£ 420.00 £ 0.00 overdraft</td> </tr> </tbody> </table>	l_AllAccounts(1)		b_Current(1)	h_Savings(0)		I_accountNickName	I_sortCode	I_AccountNumber	I_AccountType	I_Balance	EMPOWER AND RISE CIC	08-92-99	6744889600	CHARITY AND COMMUNITY BANK ACCOUNT	£ 420.00 £ 0.00 overdraft
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TIMESCALE / DATE OF EVENT	We can run the wellbeing sessions soon after grant funding (July and August).															
NUMBER OF KENILWORTH RESIDENTS TO BENEFIT	Direct beneficiaries: 15-20 Kenilworth-based volunteers Indirect beneficiaries: Estimated 80–160+ local residents through the wider ripple effect of volunteers using the tools with the people they support, mentor or care for.															
OTHER INFORMATION IN SUPPORT OF THE APPLICATION																
This project forms part of a wider pilot to expand accessible mental wellbeing support across the local community, with further partnerships already in development across Kenilworth and Leamington Spa. Delivery is being offered at a reduced cost through established local partnerships and a commitment to reinvest expertise into community impact. Volunteers play a critical role in supporting others, yet research consistently shows that those in caring and support roles are at higher risk of stress, emotional fatigue and burnout, particularly when they lack access to practical tools and support for their own wellbeing. Without intervention, this can lead to reduced capacity, increased absenteeism, and in some cases volunteers stepping back from vital community roles. Evidence shows that even short, practical wellbeing interventions can lead to measurable reductions in stress, improved emotional regulation, increased confidence in managing																

challenging situations, and enhanced overall resilience. Techniques such as breath regulation, posture awareness and language shifts are proven to calm the nervous system, helping individuals move out of reactive stress states and into calmer, more resourceful responses. Crucially, the impact extends beyond the individual. When volunteers are better regulated and equipped, they are more able to de-escalate situations, communicate effectively, and create a calmer environment for those they support. This creates a significant ripple effect, improving experiences and outcomes for a much wider group within the community. This pilot will capture feedback and outcomes to demonstrate local impact, supporting future funding applications to scale delivery and provide ongoing wellbeing support to a broader network of volunteers and community groups.

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**