

HURSTPIERPOINT & SAYERS COMMON PARISH COUNCIL

GRANT APPLICATION

Please note that this application should be accompanied by a copy of the financial details of the requesting organisation. Where relevant we will need to see account details showing income, expenditure and the level of balances. If annual accounts are not available, copies of the bank statements or receipts for expenditure should be enclosed.

1.	Name of Organisation Time For The Mind – Coaching in Mindfulness Wellbeing & Grief to navigate change
2.	Name, Address and Status of Contact Georgie Payne (Founder/Director) [REDACTED]
3.	Telephone number of contact Email Address [REDACTED] info@timeforthemind.com
4.	Is the Organisation a Registered Charity? If yes, then please provide charity number No
5.	Amount of Grant Requested £500
6.	For what Purpose or project is the grant requested? To run FREE weekly or monthly mindfulness groups to help people cope with grief, low mood and stress (grief includes all kinds of loss and change that occurs in life, particularly relevant post COVID) I am a mindfulness teacher trained by the NHS and a CRUSE bereavement support. I submit this application because i have had conversations with the social prescribers working at the local surgeries . They have said they would direct people to this kind of skills based wellbeing teaching if it was available because it supports GP and counselling work and would actively help manage their patient lists.
7.	What will be the total cost of the project? £500
8.	If the total cost of the project is more than the grant, how will the residue be financed? I aim to keep within this budget

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9.	Have you applied for a grant for the same project to another organisation? If so, which organisation and how much? No
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10.	Who will benefit from the project? Local community – no age restrictions.
11.	Approximately how many of those who will benefit are parishioners? All

12. Have financial details been enclosed with the grant application?

You may use a separate sheet of paper to submit any other information which you feel will support this application.

Signed **G Payne**.....Date.....**26.10.23** Please return this completed form, together with all relevant accompanying information to:

Clerk to the Council

Hurstpierpoint & Sayers Comm on Parish Council

Trinity Road, Hurstpierpoint West Sussex, BN6 9UY

DATA PROTECTION

We take the protection of your personal data seriously. If you contact or communicate with us we may hold your contact and other details. We will only use this information for the purposes of carrying out our Council business with you. We will not pass your details to any other person or organisation without your express permission. We are registered with the ICO (Information Commissioners Office). For details of our full privacy notices please go to our website.



Georgie Payne

Time For The Mind - Mindfulness, Wellbeing &
Sole Trader

Feb-22 120

Apr-22 125

Apr-22 120

Private Client

Tour de Moon workforce

CRUSE volunteer hub

Apr-23 750

May-23 235

Jul-23 60

Aug-23 40

Oct-23 30

Private client

Hurst College Wellbeing Day - Staff

Local small group work

Local small group work

Hurst Festival

& Grief