



Grants – Application Form

Please specify which grant you are applying for:

Council Grant	
Loneliness Project Grant	✓
Christmas Lighting Grant	

Organisation Name	The Wyndham Rowles Community Centre
Organisation Type <i>Provide your registered charity number, if applicable</i>	Charity 1080032
Organisation Address <i>If your organisation is not based in one premises, please state which areas you cover</i>	Crown St Abertillery NP13 1PJ
Grant Amount Request	£ 1140

What would this funding be used for? <i>Please be as precise as possible</i> We would use funding to cover the cost of running a class to combat loneliness, getting people moving (via dance) then high refreshments and a chat after. The group class would be aimed at residents who are alone, fighting dementia and suffering with mental and physical health issues. Funding would cover costs for a 12 week block.

How does your project benefit the Abertillery and Llanhilleth area and its residents?

The Project would allow residents of all ages and abilities to socialise, learn something new and gain confidence meeting new people

How many residents of our wards do you believe will benefit from this project?

on average 30 residents per week

What is the total cost of your project?

£ 1140

Please detail any project costs which will be met by your group

Please include details of other grant funding bids you have applied for or received for this project

All costs would be covered by the proposed grant.

Exceptional Circumstances

If the amount requested is greater than £3,000, or if the grant request is for running costs, please explain what the exceptional circumstances are:



Grants – Application Form

Please specify which grant you are applying for:

Council Grant	
Loneliness Project Grant	X
Christmas Lighting Grant	

Organisation Name	Zala Wellbeing Support CIC
Organisation Type <i>Provide your registered charity number, if applicable</i>	CIC company number 15077318
Organisation Address <i>If your organisation is not based in one premises, please state which areas you cover</i>	Abertillery Gwent, NP13 1BL
Grant Amount Request	£1260 £1360

What would this funding be used for? <i>Please be as precise as possible</i>
To create a safe space for men to focus on health and wellbeing for 2 hours a week over an 8-week period at Kenny's Vinyl Vault. Week One - Welcome to the group, teas and coffee. This group will focus on shared narratives and difficulties faced in everyday life for each of the participants with awareness on breathwork and meditation which helps to calm the mind. This will allow some of the participants to learn new skills that support difficult experiences we face in life. This is done on a private and confidential environment. Week Two - Welcome, Tea and coffee

Recapping on what was learned in week one and if these strategies have helped.

Week two focuses on different mindfulness activities and how to help slow the mind in a busy life. This includes meditation, and using auditory, visual, touch, smell and taste experiences.

Week Three-

Welcome tea and coffee and open dialogue followed by a sound bath and sensory circle which helps us to expand on the mindfulness activity of experiencing calming sounds and sensory activities in a nurturing environment

Week Four -

Welcome tea and coffee and open dialogue followed by a drumming session which encourages us to add movement to the sound and produce unique music as a group In, a safe and nurturing environment.

Week Five -

Welcome tea and coffee and open dialogue followed by:

Cacao ceremony. This is a natural mood elevator session and helps with safe emotional release and stress reduction. This session can also aid with heightened creativity for participants, focusing on compassion, forgiveness and being kind to ourselves.

Week Six -

Welcome tea and coffee followed by open dialogue.

This session focuses on creativity and producing a vision board for our hopes and dreams going forward. It helps to encourage motivation, goal setting and staying on track for our future.

Week Seven

Welcome tea and coffee and open dialogue.

This session focuses on somatic and movement to support body and mind. This session includes participants to notice where stress is stored in the body, learning about flight, fight and freeze responses, trapped tension. Where pain, fatigue and anxiety are evident within the body and introducing slow movement to help retrain the brain to let go of the negative tensions stored in the body. This type of session is proven to lower stress, increase positive mood, calm the nervous system, process trauma and improve mindfulness.

Week Eight

Welcome, tea and coffee.

This is a celebration week where reflection on the past week's sessions is explored, and we each set SMART goals for our journey forward. This session involves sharing creative ideas, signposting

to other agencies, making stronger links with partner agencies and supporting the development of resilient communities, and inviting partner agencies to come along to this session to promote activities and opportunities in the local area.

This session will be run in Abertillery at Kenny's Vinyl vault, 21 Church St, Abertillery NP13 1DB and can support up to ten participants each week.

The sessions will be delivered by Zala Wellbeing staff members who have over 30 years of health and wellbeing and community work experience, including a teaching degree and a Post Grad Diploma in Youth and Community Studies. We have found since delivering our 7 steps of wellness programme within the community of Abertillery that there is a direct need for community men's groups that support wellbeing. Feedback from male participants has evidenced that they need and want more safe spaces that offer positive activities. We also have links with other organisations such as Gwent Police who have identified the value in safe and positive spaces for men who are engaging in rehabilitation programmes within the community. We have recently worked with Aneurin Bevan leisure, delivering the 7 steps of wellbeing programme where male participants have suggested the need for further sessions for men in Abertillery.

Please find attached the Zala Wellbeing webpage for all policies and procedures, directors of the CIC, mission statements and other sessions available.

www.zalawellbeing.uk

Zala Wellbeing can be found on Companies House as Zala Wellbeing Support CIC, Company number 15077318.

How does your project benefit the Abertillery and Llanhilleth area and its residents?

It will offer safe community space and support for anyone who identifies as an adult male in the area who feels socially isolated, who may belong to minority groups and the need for connection with others. We understand that isolation, and poor mental health is a significant problem in the local area and there is also a section of the community who are neurodivergent who struggle to make friends and meet new people. This 8-week course will allow for positive friendships, self-worth and community engagement for those who struggle and feel isolated in their own communities.

In previous evaluations from other wellbeing projects delivered in 2025 many of the male participants identified that more of this support with the focus on men's groups within the community is welcomed.

How many residents of our wards do you believe will benefit from this project?

Each group we can accommodate ten people per session. Some weeks we will have returning participants and others we may have new participants joining. The sessions are designed so that entry to the course can happen at any stage for residents of the surrounding area. We aim to work with other community organisations to raise awareness of the course such as The Youth Service, The Job Centre, adult education providers, community centres, the police, GAVO and the NHS, to name but a few.

What is the total cost of your project?

£640 staff delivery costs
£120 staff admin time
£280 refreshments
£200 resources, art and craft, printing costs
etc
£120 room hire

Total costs £1360

Please detail any project costs which will be met by your group

Please include details of other grant funding bids you have applied for or received for this project

There are no other project costs met by the group. This is a brand-new project idea that is not funded by anyone else.

ALCC ClerkMailbox

From: rob arnold <wyndhamvowles2003@gmail.com>
Sent: 07 August 2026 11:06
To: ALCC ClerkMailbox
Subject: Re: Loneliness Grant Application

Good morning, i can confirm we are a not for profit charity registered community centre. The grant would cover tutor fees @ £50 per 2 hr session, hall rent at £10 per hr and cover tea, coffee, cake etc at £15 per session. Total for 12 weeks £1140

The class would be free to access for 12 weeks and open to all members of the community

Regards

Rob

On Fri, 7 Aug 2026, 10:41 ALCC ClerkMailbox, <clerk@abertilleryandllanhilleth-wcc.gov.uk> wrote:

The Committee that deals with the Loneliness grants met on 10 July, they deferred a decision on the grant as they wanted some further information. They wanted to confirm that you are a not for profit organisation and they also wanted a detailed breakdown of the £1,140 you had requested for the dance classes.

The Committee is due to meet again on Friday 14th August, so if I can have your reply by next Thursday at the latest we can reconsider your application at that meeting.

Regards,

Steve Edwards

Clerk

01495 217323