

Project name:

Meet us at the Bench – the Halesworth Well-being Bench

Project summary:

Our project is to install a Well-being Community Bench in the centre of Halesworth. The Bench will be a safe space for people to come together to have a natter, learn about how to get help and support and promote healthy living and healthy minds. The bench will also include the Well-being Garden display, a joint project between Halesworth in Bloom and HVC's Wish Mental Health Project.

Costings breakdown:**Amount requested - £2,000**

We are currently exploring 2 options to build our bench. The first is to purchase a vandal-proof bench at a cost of approximately £600 including VAT. We have also approached Halesworth Men's Shed to see if it is viable for them to build our Community Bench. The likely cost of this is around £500 to pay for materials etc.

Sessions to support well-being will be held once a month and there will be drop-ins at the Bench during the other weeks. We will support each session with a trained and supervised Volunteer and staff from HVC will be involved in the planning and delivering of each 'session'. During the Winter months, we will 'move' our Bench into the Church or Church Hall which is very close by.

Costings

Purchase of Bench/Build of Bench	£600
Site preparation	£100
Planting for Bench area	£200
Signage for Bench	£100
Publicity for Bench events/sessions	£150
Volunteer recruitment costs inc DBS and training	£100
Staffing Costs and supervision for year	£750
Total	£,2000

How this project will address the Community Partnership priority:

Meet us at the Bench will not only create a community space, but will be used to hold informal drop in sessions focusing on health and well-being issues, from managing mental health to information about dementia and other health conditions. These services will be provided by local groups and include organisations like the Pear Tree Fund, the local Mental Health Well-being Team, Halesworth Dementia Carers Fund and our Alzheimer's Support

team. We will also use the space for community picnics with an emphasis on sharing information about healthy eating and preparing food together. St Mary's Church is at the heart of the Halesworth Conservation Area so the Bench can be used as the focal point for heritage walks or nature studies in the graveyard.

Location and land ownership:

We want to site our bench in the grounds of St Mary's Church, Halesworth. This is a central location, used as a pedestrian thoroughfare between the top and the bottom of the town. The placing of the Bench in the heart of the town is supported by the PCC of St Mary's Church and Waveney Norse who manage the Church grounds. It is also supported by Halesworth Town Council.

Accountable body:

Halesworth Volunteer Centre

Time scale (approx.) for delivery:

Planning the building of the bench, siting etc. will be as soon as possible with the first events happening within 2 months of the funding being provided.

Partner groups involved:

HVC, St Mary's Church Halesworth, Halesworth Men's Shed, Halesworth in Bloom. Other organisations Meeting us at the Bench will be: Pear Tree Fund, Halesworth Dementia Carers Fund, Alzheimer's Society, One Life, Mental Health Well-being Project.

