

APPLICATION FOR GRANT AID SUPPORT
GILSTRAP CHARITY

1. About Your Organisation			
Organisation Name:	[REDACTED]		
Contact Name:	[REDACTED]		
Address:	[REDACTED]		
Postcode:	[REDACTED]	Telephone No.	[REDACTED]
Email Address:	[REDACTED]		
2. Project Description			
Please describe the nature of your project and its objectives:			
Maternal Minds CIC works with mothers experiencing mild to moderate Perinatal Mental Health challenges.			
Nature of Project:			
"Transition to motherhood", a proposed 6 week Art Psychotherapy Community group for up to 8 participants, offering a therapeutic, creative space in which to explore and process challenges such as anxiety, depression, bonding difficulties and birth trauma.			
Objectives:			
Development of creative skills and emotional literacy, improved mental health and wellbeing, sense of community via group experience, autonomy over care, wider benefits to child(ren) of participant.			
Expected Start Date:	ASAP	Expected Finish Date:	6 weeks later
Where will your project/event take place?			
Group sessions to be held within Newark, groups can be adapted for use in any confidential meeting space with a table and chairs. Access to a sink would be a bonus. Spaces used previously have been community rooms in fire stations or libraries.			
3. People who will Benefit from this Project/Event			
Please provide details of who will benefit from this event and which area of Newark the project/event will cover.			
Up to 8 participants, I am open to running the group within any area of Newark dependant upon need and venue.			
How many people will participate in the project?			
Up to 8 people who will be eligible to engage for the 6 week duration of the group. Wider beneficiaries are the children and families of the group participants who will indirectly benefit from improvements in bonding and wellbeing.			
What links does the project have to existing arts or cultural related events and programmes both locally and nationally?			
Encouraging creative expression via Art Psychotherapy often increases desire to engage in local arts events.			
Why is the project needed?			
Individuals with mild to moderate perinatal mental health difficulties often face NHS waiting times of up to 18 months. The CIC provides funded community therapy groups, allowing self-referral from pregnancy up to two years postpartum.			
How will you promote and publicise your project?			
Details shared to local NHS community teams such as mental health nurses and midwife teams. Social media will allow the group be shared to local noticeboard pages. Local newspapers will be approached with a suggested article.			
What longer term benefits will be derived from the project?			
One of the greatest financial costs of Perinatal Mental Health is the impact not only on the mother, but on the child(ren) impacted by mother's mental health challenges. The group will indirectly reduce the burden in this regard.			

4. Project/Event Budget
Please provide details of the project/event budget, including the amount requested from the Gilstrap Charity. If the total cost is more than the grant requested, where will the rest of the funding come from? Total grant requested: £4000. Itemised as follows: Room hire £300, marketing £500, Art Psychotherapist salary £2100, Clinical Supervision £200, data recording and dissemination £350, art materials £240, sundries £200.
Is your organisation VAT registered? Yes/No If yes, please provide your VAT Registration Number: <u>N/A</u>
Will there be any income generated from the project/event? If yes, please provide estimates. Maternal Minds CIC is a not for profit, community interest company. The project would not generate income.
5. Have applications been made for other sources of third party funding?
Other grant applications have been submitted to support further phases of the 6 week groups. No funding has been secured at this point.
6. Other Supporting Comments and Information
Dr Amy Stanhope has worked with Perinatal Mental Health patients in the NHS since 2020, facilitating a series of community groups for perinatal loss and birth trauma. Amy's research experience will allow her to gather data from the group and disseminate findings and outcomes to local networks, advocating for further funding and ensuring that the voices of this sector of the community is heard by commissioners.
BANK ACCOUNT DETAILS (If your application is successful, we will pay the award through a BACS transfer). Account [REDACTED]
DECLARATION I confirm that I am authorised to sign this application on behalf of [REDACTED] I undertake that any grant awarded will be used solely for the purpose outlined in this application. I also understand that the Gilstrap Charity reserves the right to withhold the payment of the whole or any part of the grant or to require repayment if any information contained herein is false or misleading. [REDACTED] _____ Print Name [REDACTED] _____ Date 20th January 2026

CONDITIONS OF GRANT FUNDING

1. Approval must be sought for any subsequent changes to the submitted project outline.
2. If any grant awarded is surplus to requirements this should be returned to the Charity.
3. If funding is awarded the applicant will be required to provide progress reports to the Charity and a post event/project evaluation report.
4. The applicant will ensure that all necessary licences and consents are obtained.
5. The grant must be spent within 12 months of being awarded.
6. Proof of expenditure will be required.

7. Any publicity/marketing material associated with the grant funded event/initiative must acknowledge the Charity's grant funding contribution and include the Charity's logo and website address.

Please return this form to:

Clerk to the Gilstrap Charity
Castle House
Great North Road
Newark
Notts. NG24 1BY