

CASE STUDY: BREATHING SPACE

Background

Breathing Space is a health and wellbeing project based at St Michaels and All Angels Church in Witton Gilbert. It began when the vicar recognised issues in the local area including isolation, poor health and deprivation, and organised an event for partners including community organisations, teachers and the health service to come together to put forward suggestions on how they could help. The event was very well attended and as a result new groups and activities were established including a Men's Shed group, Get Active seated exercise, Tai Chi, Sensing the Seasons mindfulness walks, Colour Your Life creative sessions and a Woodland Wonders forest school programme.



Support from DCA on fundraising and volunteering

The group initially contacted DCA after a series of unsuccessful funding applications. DCA provided advice on where to access grants and vetted potential applications which the trustees felt gave them 'impetus'. This led to a number of successful applications and the Project Coordinator's role is now secured for another year. They have also received advice from DCA on volunteering policies and procedures and the Volunteering Kitemark and are hoping to develop this further now funding has been secured.



"Talking through some of the issues around establishing an effective volunteering strategy has been invaluable."

Gillie, Project Coordinator



"In my role as fundraiser, the support I've had from DCA has resulted in increased confidence, better presentation and expanded my knowledge of where to apply."

Brenda, Trustee



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