

COMMUNITY GRANTS NEWSLETTER

A monthly publication by Landau Limited

SUMMARY

ESF Community Grants, funded by the European Social Fund, is a programme that aims to support small and voluntary organisations with grants of £5,000 – £20,000 for local initiatives that will move unemployed people towards employment, training, or education.

We would like to congratulate all of our applicants from last year, going forward we are very excited to connect and work with current as well as potential partners.

COMMUNITY GRANTS FUNDING IS NOW IN SHORT SUPPLY!!!

Last submission date for 6-month projects

Thursday 31st March 2022

The deadline for applications is 31st March 2022 but please see monthly application dates on the following page; please contact us with any queries or complete your application as early as possible for us to review.

If you would like further information or to chat with someone about your ideas please contact our Community Grants Administrator Katie at landaugrants@landau.co.uk.

IMPORTANT NEWS AND UPDATES

NEWS

- Monthly Application Deadlines
- Partner Focus: Cryozone Health

CASE STUDIES

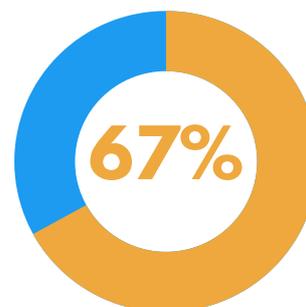
- Cheryl's Story - ANTA Education Ltd
- Heather's Story - Dulson Training Ltd

EVENTS

- Dry January
- Aims for 2022



Contact the team at:
landaugrants.co.uk



**of total grant
fund awarded**

£1,045,191

NEWS

APPLICATIONS

Do you have a good idea? Do you have experience in delivering a project? Community Grants Funding could be just what you are looking for!

Closing date for January applications:

Monday 31st January

Closing date for February applications:

Monday 28th February

Closing date for March applications:

Thursday 31st March



Click to apply



Click for details



PARTNER FOCUS

Cryozone Health



Cryozone Health opened its doors in 2017, to look into alternative therapies. Lee, the founder discovered how a lot of places in Japan and America use cryotherapy to help patients with chronic pain and diseases, it is this that inspired Lee to open up a local, affordable cryotherapy centre to help athletes and others in need.

Our goal and purpose is to improve the quality of life for the people of Shrewsbury (& Shropshire) through the power of cryotherapy. The benefits of cryotherapy include mood-boosting, improved energy, better sleep and reduced pain.

Over the past 3 years, we have helped many clients to improve their physical and mental wellbeing to get back to work and stay in education. Our aim as a business is to help people to help themselves, the treatments we provide improve physical and mental well-being from within. In turn, this allows them to gain back a quality of life, return to normal daily activities, and return to work.

We have seen fantastic improvements in our clients, from people who were taking large quantities of analgesia/medications who could hardly mobilise into the building, to people whose mental health was so low that it stopped them from completing day to day activities. The majority of these clients have now been able to return to their hobbies, and most importantly feel like they have purpose again.

For more information please contact:

✉ info@cryozonehealth.co.uk

☎ 01568 797 900



CASE STUDIES



CHERYL'S STORY - ANTA EDUCATION LTD

Michelle and Cheryl began speaking after Cheryl mentioned she was looking for work on our Facebook Telford Jobs page. Cheryl has five children, one is doing an apprenticeship and the others are in school. Her qualifications include Level 3 Food Safety, Supervisor and Management and Wedding Planning- but found these to be a barrier to work, with employers stating she was overqualified. Her goal in engaging with the project was to secure an interview and employment.

We set up a programme where learners were guaranteed an interview with Hadley Park Hotel in Telford, a 4-star hotel looking to recruit five new staff. Cheryl completed a Level 2 award in Customer Service qualification before being invited to an interview with the Hotel HR Manager. The Highfield accredited Customer Service qualification consists of a customer service workshop with an exam.

The course was run over a Zoom call and was interactive. Participants were asked to put themselves into a scenario where they were role-playing customers and staff. This helped to break the ice and build confidence.

"Personally it has shown me that despite being incredibly independent it's ok to have a little help along the way. I didn't think I needed the course originally but actually, after being away from work for a while taking care of my children it was good to brush up on my skills and take a little refresher. It helped give me the confidence to ask questions and to really get a feel for being back within a role that I love".

HEATHER'S STORY - DULSON TRAINING LTD

Heather learned about our projects through social media. While she had some prior relevant experience, she was also facing some medical barriers. However, this did not deter her from wanting to achieve her Fork Lift Truck (FLT) license. During her training, Heather undertook the 4-Day Novice Counter Balance FLT training.



In Heather's own words:

My words to anyone is, keep applying for jobs and don't be worried about the pushbacks you get. Just think to yourself, I didn't really want that. Make it your goal to apply for an additional 3 jobs and believe in yourself. Even when you get full-time employment keep on applying even if you aren't really interested. It keeps you in the loop and not sitting on your laurels also keep going for the interviews as practice makes perfect. There are full-time jobs out there, it may not be what you want or what you think you are worth but it's money going into the bank".

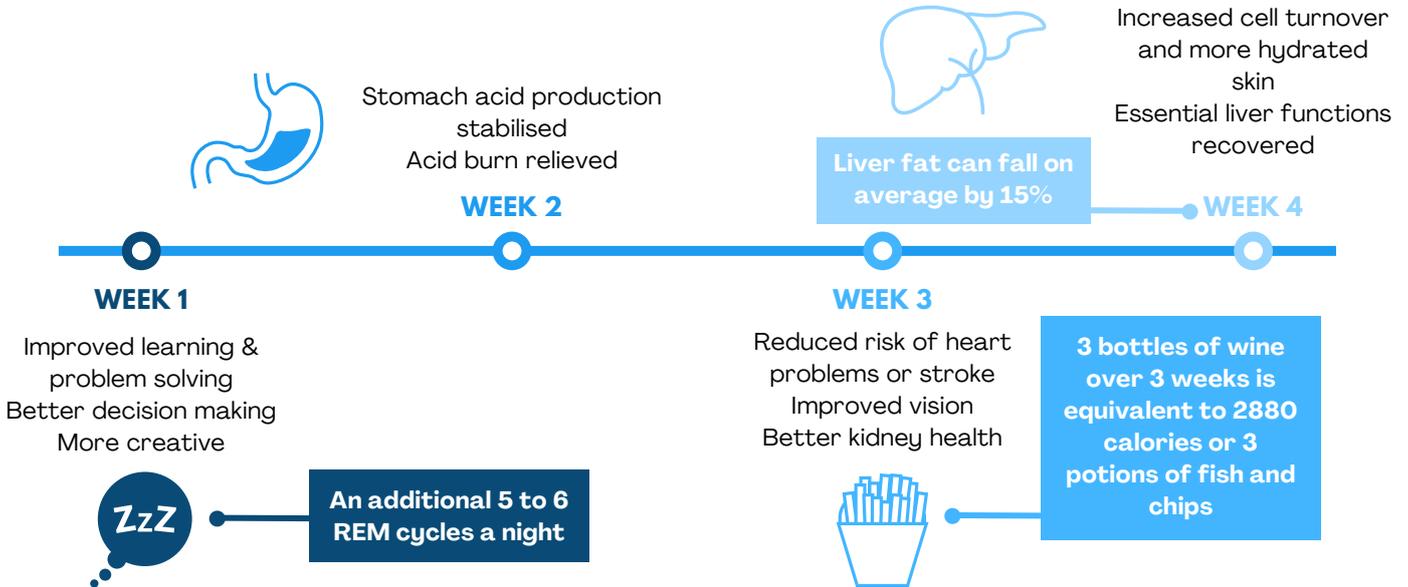
Following Heather's FLT licence acquisition she went on to secure a full-time role at Ellis, and has said she would consider further training from us in the future.



EVENTS

DRY JANUARY

Thought about giving up drinking for a month? Priory has outlined the positive changes you can expect to see over the weeks:



AIMS FOR 2022

This year, like every year, we are looking to continue our support and hard work in helping people towards employment, training or education. We also recognise the importance of taking time and not being too hard on ourselves when things do not go as planned.

Acceptance and Commitment Therapy (ACT) encourages people to embrace their thoughts and feelings rather than fighting or feeling guilty for them.

The six essential components to (ACT) are integrated together to help build psychological flexibility.

These six components are **acceptance, defusion, self-as-context, contact with the present moment, values and committed action.**

