

# **Skelton Trust Grant Awards 2023**

The Skelton Trust awarded 81 grants totalling £99,452.60 in July 2023.

Below are some case studies from some of the organisations awarded funding during this round.

## **The Opening Doors Project: Creative Club**



The Skelton grant was used to deliver craft sessions on Mondays and Tuesdays. It has enabled the project to increase the number of beneficiaries from 30 per week to 90. Monday night craft club is diamond art – this mindful activity is very popular as it helps people focus on the here and now and takes people

away from their worries – attendance averages 55-60 per week.

Tuesday craft sessions are made up of glass painting, jewelry making, flower arranging and button art – to name a few. Tuesday's craft club supports between 25 – 30 people per week.

These activities promote inclusion and togetherness; you can feel the community spirit in the room each week. People have made friends and created support networks through attending the sessions. The grant has enabled us to provide the activities to everyone, free of charge. This has promoted inclusion, regardless of people's income and has helped to improve the mental health of our service users.

## **Douglas Bader Foundation: Bader Braves Sailing Experiences**



The Skelton grant helped DBF provide opportunities to participate in water-based activities, including sailing, boating, and water sports, catering to the unique needs of SEND schools and participants with seen and unseen disabilities. The accessible facilities and specialised equipment provided through the grant have made it possible for children and young people with physical, social, or mental differences to engage in these experiences comfortably and safely - promoting inclusion, camaraderie, and fun.

“It is so lovely to see how the sailing-based experiences have not only contributed to physical fitness and recreation but have also served as therapeutic outlets, positively impacting mental well-being and emotional

resilience. Families and educators have noted remarkable improvements in the participants' self-esteem and social skills”.

## **Hooves for Healing: Hooves for Healing Hub**



The hub ensures connectivity for those who otherwise might be isolated, those who attend make new friends and learn to work as a small team, building confidence and self-esteem.

The Skelton grant was spent on providing 2 staff to manage the hub alongside 2 volunteers, over the course of 16 weeks. We purchased a new wheelbarrow and some compost to grow our seeds in.

The young people who participated embraced the activities they could get involved in and learnt about natural food sources for the horses and ponies, they worked in the pastures and picked nettles to dry out and add to the horse feeds, hops from the hedge rows, blackcurrants, and dandelions too. We also picked apples from the orchard to feed the animals.

Happy horses, happy hub. Thank you!