

Appendix 7: Respair Therapy

=Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	6047			
Name of Organisation	Respair Therapy			
Organisation Type	C.I.C (Community Interest Company)			
Ward	Covers the whole of Letchworth			
Project Type	Enhancing Mental and Emotional Health: Using dance and movement as a therapeutic approach to improve mental and emotional well-being within the community.			
Green option considered?	/			
NHC Councillor involvement that may constitute a conflict of interest	None that we are aware of.			
Previous financial support within six years	None			
Documentation reviewed and approved*	Safeguarding	Yes	Accounts	Yes
	Demonstrates clear governance	Yes		
Total applied for	£2,060	Total project cost	£2,060	
Officer Summary				
<p>The primary objectives of Respair Therapy C.I.C. involves using Dance Movement Psychotherapy and Psychoeducation to enhance the well-being of the community. Operating as a Community Interest Company, their focus is on delivering therapeutic services that promote wellness for individuals and the community.</p> <p>The project they're seeking funding for involves widening the participation in a movement-based support group for new parents, primarily mothers, trans men, and birthing fathers in North Herts. The project will run over 20 weeks. The group is called Babe Club, and it is the UK's only silent disco support group for new parents and their babies. So far, Babe Club has existed as a pay-as-you-go pilot group, but they would like to widen the participation in this group by setting up a new group in Letchworth. The facilitator at Babe Club is a fully qualified Dance Movement Psychotherapist, with experience of working in the NHS. Access to this kind of expertise at this rate of pay represents good value for money for participants. By using silent disco headsets, participants can dance and reconnect with themselves without compromising their baby's hearing. The sessions involve dancing freely in a way that fits with each individual's body. This innovative approach ensures accessibility as it requires no specific dance moves, allowing individuals to move at their own pace and in their own way. Following the movement session, participants have the opportunity to discuss their thoughts and feelings in a group setting facilitated by a qualified psychotherapist. Including the infants who will be attending with their parents, this initiative could help up to 30 residents.</p> <p>Through initiatives like Babe Club, we demonstrate our dedication to shaping a future where every baby receives the care and support necessary for optimal growth and development. By intertwining their project's objectives with the principles outlined in the 'First 1001 days' policy, they pave the way for North Herts to thrive, ensuring a brighter and more prosperous future for generations to come. It is hoped that by forming a support network of parents, this will reduce loneliness amongst new parents and contribute to an increased sense of mental wellbeing.</p>				

*Funding will only be released on receipt and approval of all supporting documentation