

Appendix 5: Respair Therapy

=Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	6060		
Name of Organisation	Respair Therapy		
Organisation Type	C.I.C (Community Interest Company)		
Ward	Covers the whole of Baldock & surrounding villages		
Project Type	Dance Movement Psychotherapy for adults living with profound multiple learning disabilities and/or adults living with autism with high support needs.		
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
	Demonstrates clear governance	Yes	
Total applied for	£1,200	Total project cost	£1,200
Officer Summary			
<p>Respair Therapy is a Community Interest Company. Their organisational structure includes four Directors, all of whom perform their duties as Directors in a voluntary capacity. The project they're seeking funding for involves providing Dance Movement Psychotherapy for adults living with profound multiple learning disabilities and/or adults living with autism with high support needs. The proposal is for weekly, one-hour group sessions for up to 10 participants (and their carers) for up to 24 weeks. This proposed service will be conducted in collaboration with existing day services catering to adults with PMLD, such as those provided at Greyslates Court in Baldock. Currently, there are no psychological therapies available as part of the current day service provision.</p> <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. Dance Movement Psychotherapy (DMP) for individuals with learning disabilities is remarkably cost-effective. It improves mental health, communication, and social inclusion, reducing the need for crisis interventions and hospitalisations. DMP's holistic, person-centred approach prevents acute issues and can therefore generate long-term savings for health and social care services. Facilitator fees for this kind of work are difficult to ascertain because of the uniqueness of the offering. However, a standard session fee for facilitators with expertise in this area can range from £25 - £100 per session. They have costed the facilitator fees at £50 per session. For a group of up to 10 individuals (and their one-to-one carers) this equates to £5 per person per session.</p> <p>People living with profound multiple learning disabilities and autistic people with high support needs will benefit from this activity. There will be up to 10 North Herts residents attending day services and the weekly sessions will take place at Greyslates Court. This is a day centre for people with PMLD and autistic people with high support needs.</p>			

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