Alan Lane Foundation

Example application

Your organisation details

* Organisation name
* Street address
* Town
* County
* Postcode
* Contact first name
* Contact surname
* Position in organisation
* Contact phone
* Contact email
* Website address
* Charity number (If you are a registered charity please put the charity number here)
* Company number (If you are an organisation registered with Companies House please put the  
  company number here)
* Have you applied to the Allen Lane Foundation before?
* Your organisation and governance
* Organisation governance (Please tell us when and why the organisation was set up, and what sort of organisation it is; also how many people are currently on the management committee and whatexperiencedotheybring?) Maximum150words
* Zine Swap Shop CIC is governed by a dedicated three-member management committee, bringing a unique blend of personalised experience and professional expertise to the organisation. Each committee member possesses both lived experience with mental health challenges and professional qualifications in their respective fields. This dual perspective enables them to deeply understand and effectively serve their target audience. The committee members are fully trained and qualified to work with vulnerable individuals, ensuring the highest standards of care and support in their creative services delivery. Their shared passion for using creative expression, particularly zine-making, as a tool for improving mental wellbeing drives the organisation's mission forward. The committee's combined experience and qualifications create a strong foundation for teaching zine creation while promoting mental health through artistic expression, aligning perfectly with the organisation's core
* Wellbeing and safety (Please tell us how you ensure the wellbeing and safety of the people involved with the organisation, and its beneficiaries; also how many staff/volunteers are DBS checked?) Maximum 100 words

The wellbeing and safety of participants and staff at Zine Swap Shop CIC is paramount to our operations. All three committee members and all staff and volunteers hold current DBS checks and are professionally qualified to work with vulnerable individuals. We maintain strict safeguarding protocols during our mobile workshops, community reintegration sessions, and online art activities. Our team's combined lived experience with mental health and professional training ensures a deep understanding of participant needs. We implement comprehensive riskassessments for all activities, whether delivered in Cornwall, Leeds, or through our digital platforms, ensuring safe and supportive environment

* Staff and volunteers (Please tell us about any paid workers you have, their roles/hours and rates of pay; and how many volunteers you have) Maximum 50 words

Employs one full-time project coordinator/facilitator and five sessional workers engaged on a per-session basis. The organization is supported by three unpaid volunteer directors and three additional volunteers who each contribute three hours weekly. This structure enables flexible delivery of workshops and services across various locations

* What are the organisation’s overall aims? Maximum 50 words

Aims to reduce mental health crises by providing free, long-term creative activities and support, bridging gaps during treatment waiting periods. Through group support and artistic expression, we empower individuals to develop practical skills and lifestyle changes that enhance their ability to manage their mental wellbeing independently.

* How does your work fit the Foundation’s three aims as below:  
  o Makingalastingdifferencetopeople’slivesratherthansimplyalleviatingthesymptomsor current problems;  
  o Reducingisolation,stigmaanddiscrimination;  
  o Encouragingorenablingunpopulargroupstoshareinthelifeofthewholecommunity. Maximum 200 words
* Creates lasting impact by empowering individuals with lifelong resilience skills rather than offering temporary solutions. Through our zine-making workshops and activities, participants learn sustainable techniques for self-expression and mental health management. These skills become permanent tools in their wellbeing toolkit, enabling long-term resilience and independent mental health management.
* We actively combat isolation and stigma through our inclusive community approach. Our workshops bring together diverse groups, creating safe spaces where mental health experiences are openly discussed through creative expression. The collaborative nature of zine-making naturally builds connections, while our mobile workshops, community sessions, and online platforms ensure accessibility across geographical and social barriers.
* Our program specifically enables marginalised individuals, particularly those experiencing mental health challenges, to actively participate in community life. We run specialist sessions with black patience who make up a disproportionally high number of psychosis patients. Our free, accessible services ensure that financial barriers don't prevent participation, while our presence in both urban (Leeds) and rural (Cornwall) settings reaches traditionally underserved populations.
* Please select the most relevant region you work in. (Please refer to our guidelines for details) (drop-down list)
* Please tell us a little about the area you work in, in terms of deprivation or local need. Maximum 100 words

Zine Swap Shop CIC operates in areas of significant deprivation, including rural Cornwall, particularly Camborne, which faces substantial socioeconomic challenges, and urban Leeds. Both regions experience high levels of social isolation and limited access to mental health support. Our national online presence specifically targets England's most deprived areas, partnering with homeless services and vulnerable community groups. This strategic approach ensures our creative mental health support reaches those most in need, bridging gaps in both rural and urban settings where traditional services are often overwhelmed or inaccessible.

* Please tell us how you operate – and when your organisation is open/available, and what it does. (It would be useful if you could tell us what takes place, say on a daily or weekly basis, what activities are run, and how many people these benefit) Maximum 200 words
* Our innovative mental health support operates through three main delivery channels. In Cornwall, we run free weekly zine-making workshops every Friday morning, primarily serving patients from the early intervention psychosis team and those GP refer. These sessions provide free materials and expert guidance in zine-making and a mental health support group supported by professionals.
* Our mobile workshop program delivers support across Cornwall, visiting homelessness shelters and mental health units. Our Leeds-based community reintegration sessions operate on a scheduled basis. Both locations offer hands-on creative activities using professional equipment combining the sessions with support services and resilience techniques.
* Online services are available 24/7 through our website (www.zineswap.shop), offering digital resources and workshop materials. Regular England-wide online art & wellbeing sessions provide accessible creative support for those unable to attend in person.
* Our full-time project coordinator manages daily operations, supported by five sessional workers for specific workshops. We aim to benefit 100 people annually across all services, with typical workshop sizes of 8-12 participants to ensure quality support.
* Activities include:
* - Weekly in-person workshops
* - Mobile mental health creative sessions
* - Digital resources
* -Online creative wellbeing session
* Your application

Funding programme (Please select the funding programme which you applying towards - drop- down list of the funding programmes)

* What is the purpose of the request for funding – please tell us in less than ten words. (For example: the title of a specific project; a contribution to a salary; general running costs; or start- upcosts.) Maximum10words

Provide extra sessional facilitators for x 20 extra workshops

* Please tell us here in more detail about what you are applying for and explain what you will do. (What will the grant help to achieve over the year? How many people will benefit from this work, and what difference will this make to their lives? How will you know if the work has been successful?) Maximum 350 words

We are seeking funding to deliver 20 additional specialised workshops, combining therapeutic art techniques with mental health support. The grant will enable us to hire professional sessional artists and mental health therapists to facilitate these sessions.

Beneficiaries and Impact:

Direct beneficiaries: 200 participants

Each participant will receive expert-led instruction in therapeutic art techniques

Focus on teaching sustainable, lifelong creative skills for mental wellbeing management

Expected Outcomes:

Participants will develop permanent creative tools for mental health management

Skills learned will enable long-term lifestyle changes

Increased capacity to self-manage mental wellbeing through artistic expression

Measurement and Evaluation: We will track success through a comprehensive 6-month monitoring system:

Mental health mood tracker to measure wellbeing improvements

Habit tracker to monitor continued use of learned art techniques

Data collection to demonstrate long-term impact and behavioral changes

The grant will significantly expand our capacity to deliver professional-level therapeutic art sessions, creating lasting positive change in participants' lives through sustainable creative practices. We will also ask NHS partner staff to feedback on long term benefits and differences. We will also track if they have self harmed or been re hospitalised since the intervention.

* Please tell us why you are planning to do this work, and how you know there is a need for it. Maximum 100 words

Mental health services across England face unprecedented waiting lists, leaving many vulnerable individuals without immediate support. In deprived areas of Cornwall and Leeds, we've identified critical gaps in early intervention services. Our experience running workshops has demonstrated that creative expression, particularly zine-making, provides immediate, accessible mental health support while people await clinical interventions. Local homeless services and mental health organisations have specifically requested our workshops, confirming the urgent need. Our mood tracker data shows participants experience improved wellbeing through our creative interventions, validating our approach

* Tell us why you are the best organisation/people to do it. Are there any other similar projects or services locally? Maximum 100 words

Our team uniquely combines lived mental health experience with professional qualifications in creative therapy and mental health support. While traditional art therapy services exist, Zine Swap Shop CIC's innovative approach of combining zine-making with mental health support fills a distinct gap in both Cornwall and Leeds. Our established presence in these communities, in person workshops, online and our mobile services, demonstrates our proven track record. Unlike conventional services, we offer free, accessible creative support with measurable long-term impact. Our digital platform extends our reach nationally, making us uniquely positioned to deliver.

* Please give two or three outcomes/outputs of the work you are applying for funds for. These need to be short, a few words/short sentences only. Maximum 50 words

Deliver 20 therapeutic art workshops reaching 200 vulnerable individuals across Cornwall and Leeds.

Demonstrate improved mental wellbeing in 70% of participants through 6-month mood tracker data.

Establish sustainable creative self-care practices, evidenced by 60% of participants maintaining positive hobby art habits after six months.

* Any other information. (If there is anything else you wish to add in support of the application, or any other relevant information, please note it here. If you wanted to add one or two short case studies of how you help people, please do so here. Alternatively you could add any supporting documents as an attachment at the end of this form.) Maximum 300 words
* Case Study 1 - Sarah's Story: "Before discovering Zine Swap Shop's workshops, I was at my lowest point, actively contemplating suicide. The weekly creative sessions became my lifeline. Through zine-making, I found a way to express the darkness I was feeling without having to verbalise it. The supportive environment and regular creative practice gave me a reason to keep going. Today, I not only attend workshops but help others discover the healing power of creative expression. As Sarah shared, 'These sessions didn't just save my life; they gave me a new purpose.'"
* Case Study 2 - Emma's Journey: "I've struggled with self-harm for years, with multiple hospital admissions. Learning to create zines gave me a powerful alternative coping mechanism. Instead of turning to self-harm during emotional crises, I now channel those feelings into creating zines. This shift has been so significant that, working with my healthcare team, I've been able to reduce my mental health medication. The skills I've learned aren't just art techniques – they're survival tools. Every time I feel the urge to self-harm, I reach for my art supplies instead."
* Additional Supporting Information: Our impact extends beyond individual success stories. We've developed strong partnerships with local mental health services who now actively refer clients to our workshops. Our unique combination of creative expression and mental health support fills a crucial gap in current services, particularly during long waiting periods for clinical interventions.
* The therapeutic value of our approach is evidenced by consistent positive feedback from healthcare professionals and participants' family members, who report significant improvements in their loved ones' wellbeing and coping strategies.
* Budgets and accounts
* How much money are you requesting from us in total? (Please note the maximum amount we award is £15,000)

£5000

* Period (drop-down list - please say whether this is a single grant, or spread over two, or three years)

Single Grant

* Please attach the overall organisation’s budget for the current financial year (Include all anticipated expenditure, and information about what income is secured, and how/where/when the remainder of income is likely to come from.) Attach document.
* See download
* Breakdown of costs (If your application is for a specific project or element, please attach a breakdown of the particular costs involved and tell us what other income you have secured or applied for towards this) Attach document

| Item | Cost | Breakdown |
| --- | --- | --- |
| X20 sessional facilitators to run the additional 20 workshops. (All are artists with mental health experience and training who will deliver holistic therapeutic creative sessions) | £5000 | £250 per sessional facilitator per session. Paid to them as a self employed sessional worker. X 20 sessions.  Will hire x5 different sessional facilitators |
|  |  |  |

* Please attach a copy of the accounts for the organisation’s last financial year. (If these are not yet finalised, please send a draft, or management accounts, or a summary of income and expenditure, to include a balance at the year-end) Attach document

See download

* If you produce one, please also attach your most recent annual report. Attach document
* If you are not a registered charity or company, please attach your constitution here. Attach  
  Document

See download example

* Please attach any supporting documentation here (eg a copy of the job description if the  
  application relates to a post) Attach document