



Grant Evaluation

- The Parish Council likes to hear how community groups have used the money awarded to them
- As the money awarded is public money, we also need to make sure that the money has been spent appropriately and as agreed

Name of Organisation	Holme Valley Crystal Nest
Amount of award	£ 1280
Purpose for which the grant was awarded (Maximum 20 words)	To enable a group of parents with children who have SEND or mental health issues to connect through therapeutic activities and feel more resilient and supported.

The Story of Your Project

- *Tell us what you did with the money awarded to you (Maximum 500 words)*
- *Attach a few photos*

We delivered an 8-week block of activities which ran each Monday morning starting in January 2026. The group was chosen with support from Lorraine Buckley and Claire Baldwin who work with the PECAN group.

Each parent was invited to attend and asked to commit to the whole 8 weeks. They were given the schedule in December, so they were able to plan ahead.

The activities were carefully planned to support emotional well-being,

reduce stress and anxiety, form friendships, and create a space and time for healing.

We incorporated relaxation techniques, therapeutic tools, meditation – all of which would help the parents feel more balanced, resilient, and supported.

In week 1 we – completed a questionnaire, introduced ourselves, made an individual vision board and made our own crystal bead bracelet.

In week 2, we took part in a sound bath experience with Kelly from The Sound Hub above Crystal Apothecary and discussed how everyone had been feeling so far.

In week 3, we reflected on the previous week and checked in with the group. Individual conversations and friendships began to develop, and participants chose a bag of gems from the gem pit to take home. Sarah and Alison then talked with the group about the meanings of the gems.

In week 4, we made our own aromatherapy candle in a littler pot – choosing our own scents and crystals.

In week 5, we had an introduction into Crystals and their healing properties and why we were attracted to certain ones. We looked at crystal grids and started to design our own.

In week 6, we had a very relaxing meditation session with Kelly at the Sound hub.

In week 7, we designed and made our own canvass – we chose crystals and stuck them on. We also added our own individual wooden heart which we had designed prior to half term.

In week 8, we felt sad the project was over – we discussed how to improve it and completed an evaluation.

Quotes from the evaluations -

"I appreciated the time to myself, learning new techniques in a supportive group and place"

"I love the routine. The course has given me so much advice. I have learnt to listen deeper to my body signals"

"Emotionally and mentally i feel happier but I'm really sad its ending. It's a lovely environment – a safe place. It has helped me socially as I'm quite isolated – I've loved spending time with SEN parents doing relaxing and calming experiences and activities."

"Mentally i have more strength and i am calmer"

"Week one – I was very much I'm too busy for this! But each week Ive looked

forward to it, I've felt supported and connected. Not felt that in years!"

Photo's: -

The rest of the photos I will email to Richard as there are too many to attach on here.



The Story of Your Project contd.

What you achieved

What were the benefits of your project? (Maximum 500 words)

The course provided a supportive and welcoming space for parents and carers to come together, share experiences and develop knowledge and confidence.

A key benefit was that parents felt less isolated and more able to speak with others who understood the challenges they were experiencing. The course provided opportunities for parents to share ideas, practical strategies, and other support that they could access.

Parents also benefited from increased confidence in communicating with schools and professionals. The course helped parents feel more informed and empowered to advocate for their children and to make informed decisions about their support and education.

Who benefited from the project? (Maximum 200 words)

The 9 parents who attended but also their children who hopefully benefitted from a more relaxed parent who had had time for themselves. The project was designed to be very inclusive and accessible to parents and carers with different experiences, backgrounds and knowledge of SEND. By pure chance we had parents with children who attended Honley High school, Holmfirth High School and Colne valley High school. We provided a supportive, non

	judgemental environment; parents were able to participate at their own pace and share what they wished openly. We had a parent join the group a little later in the plan who had recently been widowed with two children. We managed to catch her up, so she had not missed any activity, and she became very close to another lady in the group who had experience of bereavement.
How many people benefited? (Maximum 200 words)	We had 9 parents' who attended the sessions each week, or who caught up at different points.
Was the project inclusive? How were marginalised groups (elderly, disabled, young people etc) able to participate?	It was designed to be inclusive and accessible to parents and carers with different experiences. If parents could not make a certain week, we allowed them to call in at any point over the week to catch up. Therefore, no one missed out on any activity. Feedback and engagement throughout the course indicated that parents valued the opportunity the course gave them to meet others in a similar situation. The overall feedback suggests that the project met its key objectives and had a positive impact on participating families.
Reflecting on climate change, did the project address any aspects of the climate emergency? How?	
Did you achieve what you were trying to do? (Maximum 200 words)	Overall, the project did more than its intended aims. We wanted to reduce that feeling of isolation and create opportunities for peer connection. Some of the ladies still meet now weekly and two of the ladies are trying to set up a bereavement cafe which stemmed from discussions at the project.

--	--

Finance and Expenditure

We ask groups to retain their receipts and invoices, and to keep a record of what they've spent for auditing purposes

Grant awarded	£ 1280
---------------	--------

Date	Description of expenditure (use another sheet if necessary)	Amount
Prior to course	Resources for course – Canvases, glue gun, stickers for intention boards, paper and pens	£ 72.20
Week 1 activity	9 adults completing intention boards and making bracelets	£ 72.00
Week 2 activity	5 adults having a Sound bath experience 3 were offered it at another time cost £45.00	£ 75.00
Week 3 activity	9 adults completing the gem pit activity	£ 54.00
Week 4 activity	9 adults making their own aromatherapy candle with crystals in a glass pot	£ 120.00
Week 5 activity	Each adult was given 7 crystals to take home for the chakra and a paper grid	£ 84.00
Week 6 activity	8 adults had a meditation experience at The sound Hub.	£ 120.00
Week 7 activity	9 adults created crystal art with a canvas and crystals from the bead bar. Plus hearts from nellies engraved with personal messages	£ 135.00
Alison extra hours	5 hours	£ 75.00
		£
	Total expenditure	£ 852,20
	Amount of grant remaining (if any)	£ 427.80 waiting for a new group

		of parents' to run again.
--	--	---------------------------

Any amount of the award unspent may have to be returned to the Parish Council

Person completing this form		Date	Sept 2026
Position in organisation			

Send the completed application form, together with all supporting documentation, preferably in PDF format to: deputyclerk@holmevalleyparishcouncil.gov.uk

Alternatively, you can send the paperwork to: Holme Valley Parish Council, The Civic, Huddersfield Road, Holmfirth, HD9 3AS.

Have you considered inviting a Member of the Parish Council to come and see your project and how your grant money has been spent? Why not give the Parish Council a ring and arrange a visit 01484 687460?

Evidence of photographs taken from the course



















