

## CELCA Grant Application Form

**Application Reference:** GM 06/06/23.6

**Applicant/Organisation:**

Laura from Green Lotus Therapies is fully qualified massage therapist based in Chirnside offering a range of complementary therapies, from Indian Head Massage, to myofascial release and reflexology. Complementary therapies have become increasingly popular in the UK over the last 20 years and people are now using these therapies regularly as part of their self care routine. There are so many benefits to complementary treatments, for the mind, body and soul - and with so much to choose from there's something for everyone. Benefits include - help to eliminate toxins from the body, increase blood flow, strengthen the immune system, reduce tension, relieve stress, improve mood, help energise and revitalise, increase movement and flexibility, improves posture, promotes relaxation and improves sleep.

**Reason for Application:**

Applying for 25 x £20 vouchers for members of the community to use with Green Lotus Therapies and benefit from a treatment. I did a similar application to the ABPCC fund and the uptake and feedback has been excellent so I have been encouraged to apply for the CELCA residents to have the same opportunity.

**Benefit to the Community:**

As listed previously, the benefits of complementary therapies are endless and after a tough couple of years in regards to COVID restrictions and cost of living increases, a small gesture towards encouraging some self care will hopefully have some positive ripple effects.

**Disability Provisions:**

Laura can also be mobile and can assess and adjust to every individual and their needs.

**Details of Funding Requested:**

ITEM	QTY	COST
Green Lotus Treatment Voucher £20	25	£500.00
<b>TOTAL PROJECT COST</b>		<b>£500.00</b>

**Amount requested from CELCA: £500.00**

**Details of other sources of funding:**

**Contributions from Applicant/Organisation:**

**Dates of Project:**

To be used within the year