



Expression of Interest

Stage 1 Application Form to the Communities' Choice PB Fund

Introduction to the Communities' Choice Fund

Communities' Choice aims to empower local communities by giving them the opportunity to decide how public funds are allocated to the projects that matter most to them. Local **People Committees**, made up of residents from each community, will oversee the delivery of projects within their area.

The Process:

Upon submission of your Expression of Interest (EOI) form (Part 1), the People Committees will assess your application and **may** invite you to complete the Part 2 form, which will ask for more detailed information, including a budget breakdown. Both Part 1 and Part 2 must be submitted for your application to progress to the final assessment and public vote.

Guidance:

Please ensure all sections of this form are completed with clear and comprehensive information, as this will give you the best chance of being invited to complete Part 2 of the application for the **Communities' Choice Torfaen Participatory Budgeting (PB) Fund**. We strongly encourage you to read the **Our Priorities Report & Application Guidance** documents before completing your application. These will give you an overview of the types of initiatives we aim to fund, in line with the priorities identified by local community members.

Please note that if you are submitting a cross-area application, you may apply for a maximum of £10,000 across the three Communities' Choice areas.



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1. Communities' Choice Area:

Blaenavon	<input type="checkbox"/>	Thornhill & Upper Cwmbran	<input checked="" type="checkbox"/>	Trevethin, Penygarn & St. Cadocs	<input type="checkbox"/>
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Do you intend to apply for funding in more than one area? Yes ☐ No ☒

2. Applicant Information

Applicant Details		Registered Address	
Organisation Name:	Able	No. / Street:	Upper Cwmbran Road
Position / Job Title:	Managing Director	Local Area:	Upper Cwmbran
Contact Name:	Shaun O'Dwyer	Town / City:	Cwmbran
Email:	shaun@able.wales	County:	Torfaen
Phone Number:	01633 960627	Postcode:	NP44 1SN

3. Organisation Type

Part A:		
<input type="checkbox"/> Community Interest Company	<input type="checkbox"/> Charitable Incorporated Organisation	<input type="checkbox"/> Registered Charity
<input type="checkbox"/> Voluntary / Community Group	<input type="checkbox"/> Informal / Self-Help Group	<input type="checkbox"/> Private Business / Limited Company

Part B:	Non-profit social enterprise	Other (please describe)
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4. Priorities

4.1 Pick Your Main Project Theme:

Priority Theme: Health and wellbeing

Project types: - Please ensure that you have read the **‘Our Priorities’** Document thoroughly before submitting your application. This document outlines the priorities identified through the ‘Have Your Say!’ consultation and provides guidance on the types of initiatives that the community wishes to fund. You should refer to this document wherever possible in your application. While all applications will be considered, priority will be given to those that align with the project types listed.

4.2 Project Timeline

*Approximate dates and timings are fine at this stage; however, if you are successful in Part 1 and progress to Part 2, you will be required to provide more definitive start and end dates.

Start Date:	01-Sep-25	End Date:	1-Sep-26	Duration:	
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5. Project Details

Now tell us about your idea. You should consider how your project aligns with the identified priorities and contributes to the community's aspirations. Your submission should demonstrate a clear connection between your chosen theme, the proposed activities, and the anticipated impacts on health and wellbeing. It's essential to articulate the uniqueness of your project while addressing key aspects such as the timeline, expected outcomes, and how it fits within the funding criteria.

5.1 Project Title

Provide a concise and descriptive title for your project.

Able life my life





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5.2 Project Summary

In a few sentences, summarise the main idea and purpose of your project. Explain what you aim to achieve and why it is important for the community. Please be concise and focus on the main elements of your project (**maximum 250 words**). If you are successful at Part 1, you will be required to provide a more detailed project plan within Part 2.

Our project will focus on improving the health and wellbeing of individuals through a wide range of opporutnities such as, multisport sessions, healthy eating sessions and how to grow fruit and vegetables. To ensure the individuals needs are met we will carry out person centred planning to establish short, medium and long term goals. The project will focus on the following key themes.

Inclusion and equal opportunities
Support healthy lifestyles
Addressing social detriments to health
Improving communication and understanding
Empowering
Collaboration

5.3 Positive Outcomes

List at least one positive outcome or objective your project intends to achieve. You may refer to the Our Priorities & Application Guidance documentation for ideas and inspiration.

1:	improved health and wellbeing
2:	improved social enagement / oppotunities
3:	



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6. Budget

Please provide the total cost of your project and the amount of funding you are requesting from the Communities' Choice Torfaen PB Fund. If you do not plan to access any other funding, please enter '0' for the total project costs.

a) Total Project Costs

Total Project Cost:
£ 7800

Amount Applied for:
£ 7800

**Please note that if your application progresses to the next stage, you will be required to provide a more detailed budget breakdown.*

b) Other Funding Sources

Please list any additional funding sources for your project, including grants, donations, or in-kind contributions. Specify whether each source is confirmed or pending.

c) Break Down for Cross-Area Applications

If you are applying for funding across more than area, please provide specific details about the project logistics and costs for each area. If you are applying to only one area, please move on to question 7.

Blaenavon	Thornhill & Upper Cwmbran	Trevethin, Penygarn & St. Cadocs



7. Alignment with Priorities

Please refer to the **‘Our Priorities’** guidance document. Proposals should align with one or more priority themes and clearly highlight how your project fits with these theses and the types of initiatives considered for funding.

This project will support improving education, food projects, community fitness.

a) Alignment with the Marmot Principles

Torfaen is a Marmot region. Please consider how your project aligns with the Marmot principles and tick one or more that apply.

Reference: [Wales First Marmot Region](#)

<input type="checkbox"/> My project helps give every child the best start in life	<input checked="" type="checkbox"/> My project enables all people to maximise their capabilities and have control over their lives
<input type="checkbox"/> My project creates fair employment and good work for all	<input checked="" type="checkbox"/> My project ensures a healthy standard of living for all
<input checked="" type="checkbox"/> My project builds healthy and sustainable communities	<input checked="" type="checkbox"/> My project strengthens the role and impact of ill health prevention

b) Welsh Government’s Well-being of Future Generations Goals

Please indicate which of the seven National Well-Being Goals your project will contribute to and tick all that apply.

Reference: [Wellbeing of Future Generations indicators](#)

<input type="checkbox"/> A prosperous Wales	<input checked="" type="checkbox"/> A resilient Wales
<input checked="" type="checkbox"/> A healthier Wales	<input checked="" type="checkbox"/> A more equal Wales
<input type="checkbox"/> A Wales of cohesive communities	<input type="checkbox"/> A Wales of vibrant culture and thriving Welsh language.
<input type="checkbox"/> A globally responsible Wales	



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8. Declarations & Consent:

By ticking signing, I confirm that I have read, understood and consent to the [GDPR Policy](#)

I hereby declare that the information provided in this EOI form is true and correct to the best of my knowledge. I understand that any false information may result in the rejection of this application.

Name:		Signature:		Date:	
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Please ensure that all sections of this form are completed accurately before submission. Incomplete forms may not be considered for assessment.

Thank you for your commitment to improving your community through the Communities' Choice Torfaen PB Fund.

9. Submitting Your Application

Applications can be submitted to communities-choice@tvawales.org.uk or alternatively, you may choose to upload your application via the form found [here](#).

****The deadline for part 1 Expression of Interest forms to be received is midnight on Friday 1st August 2025.**

Applications received after the deadline stated above will not be considered for part 2 of the application process.

10. Contacts:

Dan Watkins

Communities' Choice Coordinator
dan@tvawales.org.uk

Bailey Richardson

Youth & Community Support Worker
bailey@tvawales.org.uk

