



**Macclesfield Town Council
Community grant feedback form
Interim project update**

THIS WAS A GRANT ABOVE £2,000

It is a condition of Macclesfield Town Council community grants that a report of how the grant was used is given to the council on request.

Therefore, when requested, you are asked to complete the below form and return to the Assistant Town Clerk. The form will be shared with the Finance Committee and in the committee reports which are put onto our website.

We are requesting an interim progress report.

Name of organisation	<i>Reach Out and Recover</i>
Contact name	<i>William Meek</i>
Date grant awarded	<i>July 2023</i>
Amount awarded	<i>£8308.00</i>

Have you made any progress on your project so far? If so, tell us about this below:

The project has shown great progress! Over the past year, a therapist named Rob Comer has delivered NLP (Neuro-Linguistic Programming) services to more than 40 residents in ROAR's "first step" and "next step" programs. This coincides with a noticeable rise in success rates, suggesting NLP is beneficial. NLP has been particularly helpful in changing residents' thinking patterns, setting goals, and creating positive behavioural changes. Additionally, Rob introduced practices like Reiki and Mindfulness alongside NLP sessions, and even helped several residents achieve Reiki certifications. To maximize the impact and reach more people, a collaborative 16-week NLP program was developed to reinforce these techniques. This program is designed to complement other therapies offered at ROAR for a more well-rounded approach.

What have you learned from so far from this project?

The project has shown clear benefits of NLP, with residents reporting lasting positive effects. Particularly in the "next step" program, residents mentioned NLP helped them return to education and improve their study skills. This highlights the value of offering diverse therapeutic approaches. The project also demonstrates the effectiveness of combining NLP with other practices like Reiki and Mindfulness. Furthermore, it underscores the importance of structured programs to maximize the impact of NLP techniques. Finally, the collaboration between therapists and the organization has proven successful in developing impactful programs.

When do you expect the project to be complete?

The NLP project at ROAR is ongoing because of its evident success. The positive outcomes have motivated us to actively seek additional funding to keep offering these valuable NLP services.

Please return this form to helena.gowler@macclesfield-tc.gov.uk