

**Inner North West Community Committee Meeting 13<sup>th</sup> December  
2023**

**Late Paper Addition to Finance Report – for Decision**

**Contents:**

**2 Wellbeing Applications**

**Wellbeing Application: Headingley & Ireland Wood Childrens  
Centre, Psychodynamic Counselling £5,000**

This funding will support 100 hours of counselling with a qualified psychodynamic counsellor for the most vulnerable parents. The counselling will focus on childhood trauma. This counselling is vital to stop the poor parenting cycle.

**Wellbeing Application: Headingley Onwards, Improving Wellbeing  
through Mindful Photography £600**

This funding will support four one hour workshops with up to 10 attendees per workshop. The location for the workshops will be All Hallows Church . The aim is for people with no experience of mindfulness or photography to attend and learn new techniques to improve their wellbeing.