

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	YVONNE GRIFFITHS
Organisation	
Address	THE GABLES, BATH ROAD, DEVIZES
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2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	£1,257
Over £5000 (please note – our grants will not normally exceed £5000)	

3. Are you applying on behalf of a Parish Council?

Yes	
No	/

4. If yes, please state why this project cannot be funded from the Parish Precept?

5. Project title?

6. Project summary: (100 words maximum)

7. Which Area Board are you applying to?

8. What is the Post Code of the place where your project is taking place?

9. Please tell us which themes best describe your project:

<input type="checkbox"/> Intergenerational projects	<input type="checkbox"/> Heritage, history and architecture
<input checked="" type="checkbox"/> Older People Support/Activities	<input checked="" type="checkbox"/> Inclusion, diversity and community spirit
<input type="checkbox"/> Carers Support/Activities	<input type="checkbox"/> Environment, recycling and green initiatives
<input checked="" type="checkbox"/> Promoting physical and mental wellbeing	<input type="checkbox"/> Sport, play and recreation
<input checked="" type="checkbox"/> Combating social isolation	<input type="checkbox"/> Transport
<input checked="" type="checkbox"/> Promoting cohesive/resilient communities	<input type="checkbox"/> Technology & Digital literacy
<input type="checkbox"/> Arts, crafts and culture	<input type="checkbox"/> Other
<input type="checkbox"/> Safer communities	

If Other (please specify)

10. About your project

Please tell us about your project (a strong application will address all of the following):

How does your project support local needs and priorities?

Until the end of March 2017 the exercise classes were funded by Public Health Wiltshire Council and have been for the past 8+ years.
The funds covered equipment, insurance, PPL licence, tea, coffee and hall hire. This enabled the fees to be kept well below the county average at £2.20 per class.
All the participants are from Ramsbury and surrounding villages and are all aged 65 - 89 years old.
The class consists of exercise to music from the 50's and 60's, with 20 minutes of standing exercise and 25 minutes of seated with therabands a part of the class. The class aims to be preventative i.e. to keep older people socialised, engaged in exercise and mobile. During the class they work through the whole body with balance and sit to stand etc and members do as much as they want/can, there is no pressure. After finishing with a fun track, tea and coffee is offered and members sit and

How many older people/carers do you expect to benefit from your project?

At present there are 29 on the register and an average of 20 attend each week.

How will you encourage volunteering and community involvement?

There is already a strong sense of community in the class. They share lifts and are very supportive to each other.

How will you ensure your project is accessible to everyone (for example: people living with a disability or on low incomes, or vulnerable, or socially isolated etc.)?

The aim is to try and keep fees low so as not to exclude anyone.
The class is quite an active class but can easily be adapted to seated exercise and in fact a couple of members do most of the class seated.
Carers are welcome to attend and join in and will not be expected to pay the class fee.

How will you work with other community partners?

During the transition period in the coming year we will work with community partners to obtain sponsorship for the classes. These partners will include local Parish Councils, Village Hall Committees, Shops, Public Houses, local businesses, individual donors and commercial agents.

11. Safeguarding

Please tell us about how you will protect and safeguard vulnerable people in your project (You must address all of the following):

- Please provide evidence of your commitment to safeguarding and promoting the welfare of older/vulnerable people and their carers.
- How do you make sure staff and volunteers understand their safeguarding responsibilities?
- Who in your organisation is ultimately responsible for safeguarding?

The instructor was trained by Extend an organisation for exercise for the 60+.
She holds a current DBS certificate, first aid certificate and insurance.
Participants fill in a medical questionnaire and any medication is noted on the form for paramedics/ambulance if needed.
The instructor [Yve Griffiths] is responsible for safeguarding.

12. Monitoring your project.

How will you know if your project has been successful? *required field

The project is already working successfully. It started in April 2008 with 5 members and now has 29 with many of the class attending for 8+ years. New members are always made very welcome and there is a lovely fun, friendly atmosphere.

13. If your project will continue after the Wiltshire Council funding runs out, how will you continue to fund it?

Unfortunately we are already in this position. Funding has been withdrawn with only 6 weeks notice. Every one is anxious the class should continue but without funding the worry is the fees would have to be at least double to cover instructor expenses and that may exclude some of the most vulnerable members. With funding for a year it gives the opportunity to find sponsors and funding to continue this worthwhile class.

14. If this application forms part of a larger project (eg a community navigation project), please state what this project is and approximately how much the overall project will cost

15. Finance:

15a. Your Organisation's Finance:

Your latest accounts:

Month Year

Total Income:

£

Total Expenditure:

£

Surplus/Deficit for the year:

£

Free reserves currently held:

(money not committed to other projects/operating costs)

£

Why can't you fund this project from your reserves:

The instructor is self employed with the difference between the class takings and her hourly rate being paid from funding. There is no reserve.

Quotes:

- I will make available on request 1 quote for individual project costs over £500 & 2 quotes for project costs over £1000 (Individual project costs are listed in the expenditure section above)

Project/Business Plan:

- For projects over £50,000: I will make available on request a **project or business plan** (including estimates) for projects where the **total project cost** (as declared in the financial section above) exceeds £50,000 (tick only when total project cost exceeds £50,000).

Accounts:

- I will make available on request the organisation's **latest accounts**

Constitution:

- I will make available on request the organisation's Constitution/Terms of Reference etc.

Policies and procedures:

- I will make available on request the necessary and relevant policies and procedures such as Child Protection, Safeguarding Adults, Public Liability Insurance, Access audit, Health & Safety and Environmental assessments.

Other supporting information (Tick where appropriate, for some project these will not be applicable):

- I will make available on request evidence of ownership of buildings/land
- I will make available on request the relevant planning permission for the project.
- I will make available on request any other form of licence or approval for this project has been received prior to submission of this grant application.

And finally...

- I confirm that the information on this form is correct, any award received will be spent on the activities specified.