

Health and Wellbeing projects and activities FUNDING APPLICATION

 Applicant 	Ċ
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Name	
Organisation	Happy Hearts Exercise & Support Group
Address	
Phone number	
Email address	

2. Amount of funding required from the Area Board:

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

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

Yes	
No	Х

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

N/A			

5. Project title?

Heart Health Awareness and Exercise Program

6. Project summary: (100 words maximum)

A project to support adults living within the community to have an increased awareness of the impact on their Heart Health and Wellbeing. Although there is no age restriction this program will generally be most applicable to the Sixty plus demographic. To provide a secondary, preventative and remedial care plan of education and exercise, with the intention of helping to save the high cost of health and care services to the NHS, as well as helping secondary heart health care. The group sessions will also help promote community cohesion and combat isolation and loneliness.

7. Which Area Board are you applying to?

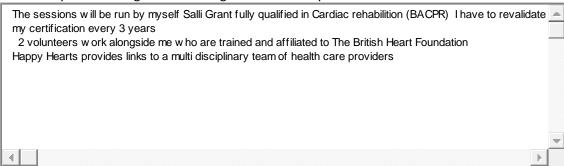
South West Wiltshire	•
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8. What is the Post Code of the place where your project is taking place?

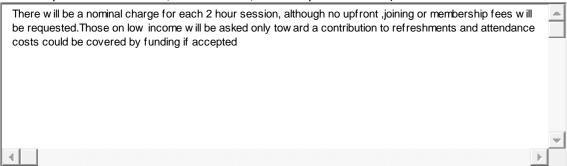
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 □ Intergenerational projects ☑ Older People Support/Activities ☑ Carers Support/Activities ☑ Promoting physical and mental wellbeing ☑ Combating social isolation ☑ Promoting cohesive/resilient communities □ Arts, crafts and culture □ Safer communities 	Heritage, history and architecture Inclusion, diversity and community spirit Environment, recycling and green initiatives Sport, play and recreation Transport Technology & Digital literacy Other
Exercise. Regular exercise and an understanding and regular adherence to low to moderate physic condition as well as those within a high risk categorial diabetes as well as non modifiable risk factors. A warmly welcomed in order to promote community carers have an understanding and supportive network and support independance at home. The project will also provide a means of support for	

How will you encourage volunteering and community involvement?



How will you ensure your project is accessible to everyone (for example: people living with a disability oron low incomes, orvulnerable, orsocially isolated etc.)?



How will you work with other community partners?

Happy Hearts have already established links with and will continue to nurture new communications with all local health workers, GP's, community management teams and advisory community partners so they are fully informed of the long term benefits of this project along with local and more regional advertising. We are also very aware of the power of 'word of mouth' and will use this to our advantage from within our existing exercise and support groups.

11. Safeguarding

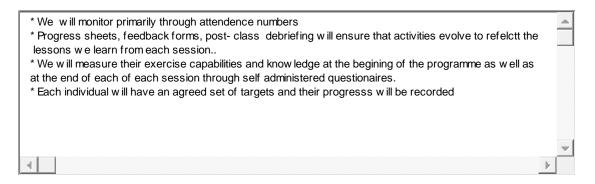
Please tell us about how you will protect and safeguard vulnerable people in your project (You must address all of the following):

- 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?

* Happy Hearts have a Charter and Constitution w hich includes safeguarding and promoting the the w elfare of older vulnerable people and their careers.	_
* All staff and volunteers are and will be required too take part in regular ongoing training programs provided by the BHF, BLF, BACPR, Diabetes UK as well as local educational providers.	
* I Salli Grant will be ultimately responsible for saftey, training and clients wellbeing (3 yearly revalidation)	
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12. Monitoring your project.

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



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

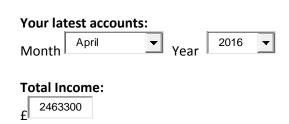
We are specifically requesting funding for advertising and educational literature only as a pilot project .This is in response to evidence of need in this community.	_
Happy Hearts aims to create a self funding safe and effective environment where interest and word of mouth will naturally inspire interest and therefore future courses. Reasonable attendance fees can ensure 2463300 future of	;
costs can be met by ourselves.	\forall

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



15.Finance:

15a. Your Organisation's Finance:



Total Expenditure:				
Surplus/Deficit for the 1783400 Free reserves current (money not committed 100)	tly held:	r projects/oper	rating costs)	
Why can't you fund t	this project	from your res	erves:	
This is a new education	nal project and	all reserves are a	accounted for busine	ss and living costs
4)
15b. Project Finance			ot have annual a	accounts or it is our first year:
Total Project cost		f 1547.00		
Total required from		_	•	
NB. If your organisat reclaims VAT you sho exclude VAT from th expenditure (Planned project cos	ould e	(Planned Inco	£ ime <u>help</u>)	Tick if income confirmed
Advertising in local p	35500			
printing costs for gen	13300	-		
information publicatio	45000	-		
hall hire (8 w eeks) m	14400 se	48000		
w ages	24000 se	24000		
travel costs 3 staff	7500			
low income subsidies	15000			
Total	1547.00	Total	720.00	

16. Have you or do you intend to apply for a grant for this project from another area board within this financial year? *required field

	Yes	
	No	
17	lease list which area boards you are intending to apply, including this one (You can apply to a aximum of 3 Area Boards for the same project in a financial year) *required field, if Yes to Q11	L .
	SWW	
18	ECLARATION	
	upporting information - Please confirm that the following documents will be available to inspe oon request (You DO NOT need to send these documents to us):	ct
	uotes:	
	I will make available on request 1 quote for individual project costs over £500 & 2 quotes for oject costs over £1000 (Individual project costs are listed in the expenditure section above)	
	oject/Business Plan:	
	For projects over £50,000: I will make available on request a project or business plan (includitimates) for projects where the total project cost (as declared in the financial section above) sceeds £50,000 (tick only when total project cost exceeds £50,000).	ing
	ccounts:	
	I will make available on request the organisation's latest accounts	
	onstitution:	
	I will make available on request the organisation's Constitution/Terms of Reference etc.	
	plicies and procedures:	
	I will make available on request the necessary and relevant policies and procedures such as Cotection, Safeguarding Adults, Public Liability Insurance, Access audit, Health & Safety and avironmental assessments.	Child
	ther supporting information (Tick where appropriate, for some project these will not be oplicable):	
	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 bee ceived prior to submission of this grant application.	n
	nd finally	
	I confirm that the information on this form is correct, any award received will be spent on the tivities specified.	е