

## Chippenham Area Board Youth Funding Application

### 1. What is the project?

Chippenham Girls Group 'Health & Well-Being' Project

We are the Chippenham Girls group and we meet up with the Youth Outreach Team once a week and participate in activities and healthy discussions. We would like to apply for some funding so we can enjoy the follow activities once a month as part of our Girls Group:

Health and Fitness Sessions with a Fitness Instructor/ reflection and discussion around health (mind and body) benefits.

Non-alcoholic cocktails/ trying new fruits and vegetables and learning about their health benefits, discussing effects and consequences of alcohol and designing an awareness poster.

Beauty Evening/ pampering session for young women including nail art and manicures and exploring the impact of famous Role Models in the media.

Reflexology and Aromatherapy / exploring alternative medicines/healing and learning more about our bodies.

Healthy Eating/ exploring cultural cooking.

Sexual Health/ discussing the benefits of Safe Sex, designing an awareness poster and exploring issues around STD's.

### 2. Where would the project take place?

Olympiad Leisure Centre

### 3. When would the project take place?

Every First Thursday of each month: January-December 2012

### 4. What are the:

- a. Community benefits?
- b. Evidence of need?
- c. Links to Community Plan?

**a) Community Benefits:**

- Young women on the streets will benefit from this project because it will give them something positive to become involved in.
- Our community will benefit because they will see young women getting involved in something positive.
- Young women who have nothing to do but get into trouble with the police will benefit by participating in the project.

**b) Evidence of Need:**

We would like to apply for funding to set up this project because we are interested in learning about how to take better care of ourselves, to have fun and to experience new activities we would normally have no access to. We are applying for this funding so that we can set up a 'Health and Well-Being' project, so we can participate in healthy and cultured activities, in order to increase our confidence, self-esteem, build new relationships, bring the community together, all within a safe environment.

**c) Link to Community Plan:**

3.2 Anti-social behaviour arising from: Large groups of young people gathering in the streets in the evenings.

*Young people need to be engaged by outreach workers to identify what would encourage them off the streets.*

8.5 There is a lack of facilities for teenagers and a lack of places for young people to meet.

*Consultation to be carried out with young people to identify their needs and aspirations.*

**5. What is the desired outcome of this project?**

Linked to the Every Child Matters 5 Outcomes:

**Be Healthy**

- Exercising our minds and bodies and channelling negative energy in a more positive way

**Stay Safe**

- The Olympiad provides a 'safe place' to go
- Safe from bullying
- An alternative place to go other than 'hanging around' on the streets
- Building relationships with 'safe', non-judgemental adults (youth worker's)
- Learning positive ways to channel negative energy

**Enjoy and Achieve**

- Participating in new activities
- Exploring new experiences
- Moving towards goals
- Building confidence and self-esteem
- Team work
- Exercising mind, body and soul
- Keeping fit
- Learning to love our bodies
- Respecting each other
- Trusting each other
- Having an opportunity to engage in something positive and worthwhile

### Make a Positive Contribution

- Allowing young women to be themselves, to have a voice and to make decisions.
- Building trust among the community and young people being seen in a positive light
- Making new friends

### Achieve Economic Well-Being

- Develop budgeting skills
- Completing a successful funding application

## **6. Costs / match funding? (Please provide quotes)**

<b>ITEM/ACTIVITY</b>	<b>COST</b>
Payment of Fitness Instructor at £21.012 (x 12 1 ½ hr sessions) =	£378.22
Purchase of 12 Yoga Mats at £15.50 per mat	£232.50
Purchase of 12 Aerobic Steps at £52 per step	£624.00
Payment of Beautician at £20 per hr (x2hr session) plus materials & travel expenses =	£60.00
Payment of Qualified Reflexologist/ Aroma therapist at £20 per hr (x2hr session) plus materials & travel expenses =	£60.00
Purchase of Juicer =	£50.00
Purchase of Fruit & Vegetables =	£35.00
Purchase of magazines to explore Role Models =	£20.00
Purchase of food (ingredients) & drink for cultural cooking session (for approx. 12 young people) =	£60.00
Purchase of a Wok =	£25.00
Purchase of a set of saucepans =	£25.00
Purchase of a set of plates, bowls, mugs (for approx. 12 young people) =	£40.00
Purchase of a set of cutlery (for approx. 12 young people) =	£30.00
	<b>TOTAL COST</b>
	<b>£1639.72</b>

### **Match Funding – Wiltshire Council Youth Development Service contribution:**

Payment of x2 Assistant Youth Worker x12 sessions plus time for planning, prep and evaluation =  
**£750**

## **7. Additional information**

### **Q. What I get out of the Girls Group is ...**

*'Letting my energy out without getting into trouble! I love coming. It's safe and friendly and it's also free!'*

*'Learning new things and new skills and coming somewhere fun and safe and meeting new people. Cooking new things that you have never cooked before boosts my confidence'*

*'Learning how to cook. Learning new skills and trying out different things'*

**8. Declaration (on behalf of organisation or group) – I confirm that....**

- The information on this form is correct, that any award received will be spent on the activities specified
- If an award is received, I will provide receipts and complete and return and evaluation sheet
- That any form of license or approval for this project has been received prior to the submission of this application
- That the necessary policies and procedures will be in place prior to the start of the project:
  - Child protection     Safeguarding adults     Equal opportunities
  - Public Liability Insurance
- I give permission for press and media coverage by Wiltshire Council
- That acknowledgement will be given to Wiltshire Council support in any publicity, printed or website material

**9. Name & contact details of applicant**

Girls Group