

## Health and Wellbeing projects and activities FUNDING APPLICATION

### 1. Applicant:

Name	Helen Shakespeare
Organisation	Wiltshire Health and Care(GWH Foundation Trust)
Address	Calne Community Team
Phone number	01249 810370
Email address	Helen.shakespeare@gwh.nhs.uk

### 2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	£1,038
Over £5000 (please note – our grants will not normally exceed £5000)	

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

Yes	
No	X

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

N/A

### 5. Project title?

Calne Fitness and Friendship Club

### 6. Project summary: (100 words maximum)

A weekly social club for over 50's with an emphasis on keeping active. Based at Beversbrook Sports and Community Facility on Thursday afternoons starting with an hour of instructor lead exercises with a break for refreshments then 'taster' sessions of various clubs and activities run in and around Calne to promote membership and encourage participation in different sports/activities.

### 7. Which Area Board are you applying to?

Calne

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

SN11 9FL

**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 checked="" type="checkbox"/> Carers Support/Activities	<input type="checkbox"/> Environment, recycling and green initiatives
<input checked="" type="checkbox"/> Promoting physical and mental wellbeing	<input checked="" 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 checked="" 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?

Although predominantly aimed at the over 50's and recently retired individuals this club will also be open to younger adults who are welcome to join the committee and expand their knowledge and skillset with the opportunity to volunteer for additional organisations. New groups could be started and doors could be opened to meaningful occupations for residents in and around Calne.

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

Initially issuing personal invitations from key individuals (including participants in already well attended exercise classes run by our named instructor in Calne) numbers will amount to approx.20 with room to accommodate an increase of up to 30 but potentially with others clubs benefitting from increased membership and the possibility of further groups/clubs being started when there is sufficient demand. After researching other similar clubs they have a high volume of demand and well received in their communities according to evaluation completed by Age UK (Wiltshire).

How will you encourage volunteering and community involvement?

Again personal invitations from individuals running existing clubs/groups plus approaching and distributing leaflets to community and Health centres, GP surgeries, Health trainers, libraries etc. plus advertising in local Calne magazines and parish mags. The opportunities will assist all those looking to enhance their CVs, inter-personal and social skills and training for further career development.

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.)?

Key personnel aware of individuals that potentially would benefit socially and be invited to attend. Centre has facilities eg. disabled access to toilets, hall etc. Charges to be kept low so non-profit making to just cover expenses accrued. LINK committee and drivers aware of project. Some taxi services will accept bus passes to support those on reduced income and additional disabilities to access the sessions.

How will you work with other community partners?

Word of mouth and attending regularly the Calne Health and Social Care Forum. Working in the NHS we have links to Adult Social Care and they have agreed to advertise on their website. Other groups attending post refreshments, invited to attend by committee, will promote our club after opportunities to 'guest speak' and promote their organisations.

## 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?

All trained instructors taking sessions and volunteers to have DBS clearance or work alongside staff who have clearance. Manager at Beversbrook has overall responsibility and is willing to take on this role. Free safeguarding training courses are available online and other information concerning 'safeguarding' is available.

**12. Monitoring your project.**

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

Participants will increase fitness levels and ongoing attendance will demonstrate goals achieved plus reduced isolation demonstrated by friendships formed. Individuals paying a small charge will enable the club to be self-supporting. The evaluation questionnaire used by Age UK (Wilts) will be used to monitor the club's success plus other clubs will benefit from increased membership. Further referrals from attendees can initiate other clubs to form if enough interest.

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

Charges for sessions at £3 will ensure the club is sustainable and self-funding once funding finishes. our break-even status is 23 participants.

**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**

N/A

**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:

We are a small community group and do not have annual accounts or it is our first year:

**15b. Project Finance:**

Total Project cost £ 1578.00

Total required from Area Board £ 1038.00

**Expenditure      £                      Income                      £                      Tick if income confirmed**

NB. If your organisation reclaims VAT you should exclude VAT from the expenditure (Planned project costs [help](#))  
 (Planned Income [help](#))

Hall hire (1st 6 w ks)	108.00	indiv. weekly payment	540.00	<input type="checkbox"/>
Hall hire (next 6 w ks)	135.00			<input type="checkbox"/>
Hall Hire (next 6 w ks)	135.00			<input type="checkbox"/>
refreshments	0.00			<input type="checkbox"/>
Qualified instructor	810.00			<input type="checkbox"/>
volunteer expenses	90.00			<input type="checkbox"/>
fliers/posters	100.00			<input type="checkbox"/>
equipment	100.00			<input type="checkbox"/>
w ebsite	100.00			<input type="checkbox"/>
				<input type="checkbox"/>
<b>Total</b>	<b>1578.00</b>	<b>Total</b>	<b>540.00</b>	

**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. Please list which area boards you are intending to apply, including this one (You can apply to a maximum of 3 Area Boards for the same project in a financial year) \*required field, if Yes to Q11.**

Calne

## 18. DECLARATION

**Supporting information - Please confirm that the following documents will be available to inspect upon request (You DO NOT need to send these documents to us):**

### 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.