

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

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

2. Amount of funding required from the Area Board:

£0 - £1000	x
£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	x

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

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

SP3

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 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?

The project can provide an essential evidence based programme of Heart Health Awareness Education and Exercise. Regular exercise and an understanding of heart health has shown (BHF 2017) that lifestyle changes and regular adherence to low to moderate physical activity, will impact those that have presented with a heart condition as well as those within a high risk category of developing CVD, for example hypertension and diabetes as well as non modifiable risk factors. Although anyone with an interest in heart health would be warmly welcomed in order to promote community cohesion. The program will also ensure partners and carers have an understanding and supportive network which in turn can help reduce admissions to hospitals and support independence at home.

The project will also provide a means of support for those that have previously presented with a heart condition or with a predisposed risk factor. Support can be provided within the peer group, as all will have similar health

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

As of yet Happy Hearts does not know how many older people, carers we expect to benefit, but we anticipate similar attendance figures to our existing exercise ONLY class, thus within 6 months in excess of 30 per session on a regular basis.

As stated the education aspect of this program is a pilot project there for we expect a wider audience than just for exercise only sessions.

How will you encourage volunteering and community involvement?

The sessions will be run by myself Salli Grant fully qualified in Cardiac rehabilitation (BACPR) I have to revalidate my certification every 3 years
2 volunteers work alongside me who are trained and affiliated to The British Heart Foundation
Happy Hearts provides links to a multi disciplinary team of health care providers

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.)?

There will be a nominal charge for each 2 hour session, although no upfront joining or membership fees will be requested. Those on low income will be asked only toward a contribution to refreshments and attendance costs could be covered by funding if accepted

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 which includes safeguarding and promoting the welfare of older vulnerable people and their careers.
* All staff and volunteers are and will be required to 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 safety, training and clients wellbeing (3 yearly revalidation)

12. Monitoring your project.

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

* We will monitor primarily through attendance numbers
* Progress sheets, feedback forms, post-class debriefing will ensure that activities evolve to reflect the lessons we learn from each session.
* We will measure their exercise capabilities and knowledge at the beginning of the programme as well as at the end of each of each session through self administered questionnaires.
* Each individual will have an agreed set of targets and their progress will be recorded

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 costs can be met by ourselves.

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:

£ 1679900

Surplus/Deficit for the year:

£ 783400

Free reserves currently held:

(money not committed to other projects/operating costs)

£ 00

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

This is a new educational project and all reserves are accounted for business and living costs

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

15b. Project Finance:

Total Project cost £ 1547.00

Total required from Area Board £ 827.00

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](#))

Advertising in local p	35500			<input type="checkbox"/>
printing costs for gen	13300			<input type="checkbox"/>
information publicatio	45000			<input type="checkbox"/>
hall hire (8 weeks) m	14400 se	48000		<input type="checkbox"/>
w ages	24000 se	24000		<input type="checkbox"/>
travel costs 3 staff	7500			<input type="checkbox"/>
low income subsidies	15000			<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
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. 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.

SWW

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.

