

## Health and Wellbeing projects and activities FUNDING APPLICATION

### 1. Applicant:

Name	Dawn Wilson
Organisation	PCAP Memory Cafe
Address	Giddings Cottage, Huish
Phone number	01672 563917
Email address	dawnwilson917@yahoo.com

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

£0 - £1000	£1,600
£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?

NA

### 5. Project title?

Armchair Exercise Pilot in Pewsey

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

These activities are designed to promote the health and well-being of the frail and vulnerable within our community. The sessions will run fortnightly and will be open to residents from across the Pewsey Vale. Attendees will be assessed for suitability on attendance of the first session by a suitably qualified person. The sessions are intended to be 20 mins of exercise to music seated, a break for tea and a second 20 workout seated. Attendees will be encouraged to repeat some exercises at home to help improve their fitness levels. Occasionally we might need to organise suitable transport for individuals to be able to attend. We need to cover the costs of a qualified session trainer, support worker, venue, insurance, advertising and printing activities for this pilot.

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

Pewsey

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

SN9 5ES

**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?

This pilot Amrchair Exercise Group will offer activities and a social event for the less mobile and vulnerable as well as respite for their carers to promote health and well being. It will help to combat loneliness and isolation. The biggest issue identified at the JSA planning events is always Transport/Travel. This is especially true for those with limited mobility. Although we expect many will attend from within Pewsey we will actively encourage those living in villages to participate by offering transport if needed. Initial sessions will be free, with a charge being introduced to make the group sustainable longer term.

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

For sustainability we are looking for a group of between 12 and 15.

How will you encourage volunteering and community involvement?

Whilst the initial health assessment needs a qualified person, once set up a volunteer could support this session opening up, collecting fees, setting up and serving teas etc  
This pilot by its very nature encourages isolated members of the community to participate.

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 whole premise of the project is to support people living with limited mobility or who are vulnerable, or socially isolated and their carers.  
By offering suitable transport and a support worker for the group we make this more accessible.  
Even when the sessions are charging fees we would not exclude anyone based on their ability to pay.

How will you work with other community partners?

Our partners the local health trainer and Alzheimers Support, will help to target those clients who would benefit from this activity.

## 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?

PCAP as the lead organisation has safeguarding policies and the internal policies and procedures required for the service they deliver.  
We would aim to have the trainer and at least a support worker/volunteer at every session.  
We would use professional transport services where possible.

**12. Monitoring your project.**

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

If the attendance reached and the fees charged make the sessions sustainable beyond the 12 session pilot.

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

By charging fees for attending.

**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**

NA

**15. Finance:**

**15a. Your Organisation's Finance:**

**Your latest accounts:**

Month  Year

**Total Income:**

£



- 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.

NA

## 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.