Health and Wellbeing projects and activities FUNDING APPLICATION

1. **Applicant:**

Name	Chrissie Williams, Practice Manager
Organisation	The Castle Practice
Address	Central Street, Ludgershall, Andover, SP11 9RA
Phone number	01264 790356
Email address	Nicky.scammell@nhs.net (managing the project) Christine.williams29@nhs.net (Practice Manager)

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

£0 - £1000	£500
£1001 - £5000	
Over £5000 (please note – our grants will not normally exceed £5000)	

3.

4. **Are you applying on behalf of a Parish Council?**

Yes	
No	✓

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

6. **Project title?**

> **"Now we are 75: Getting Older, Getting On"**

7. **Project summary: (100 words maximum)**

An opportunity to learn more about how aging affects our health, to have a long and healthy older age. This is based upon a year of data inputting from "birthday card" questionnaires we send to patients aged over 75. The findings are that the following are very common to our older patients
- Continence issues
- Feeling depressed or sad
- Weight loss
- Not being in excellent health

A half day with clinical talks on:
- what happens as we age, the need to increase calories, build muscle, risk of falls etc.
- Wiltshire Continence Service talk, Q&A
- And possibly about grief or how to use a pharmacy

Also we wish to have a related mini health fair with relevant groups such as our local dementia

café, Age Concern, Parkinson's, Alzheimer, Carer Support etc.
To invite those self-identified patients and thos turning 75 within the year.
We would like to provide refreshments and, funds permitting a folder for their hand outs and any leaflets or information they wish to collect from the stalls.

8. **Which Area Board are you applying to?**

   Tidworth ▾

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

   SP11 9RA (the local hall)

10. **Please tell us which themes best describe your project:**

☐ Intergenerational projects	☐ Heritage, history and architecture
☑ Older People Support/Activities	☐ Inclusion, diversity and community spirit
☐ Carers Support/Activities	☐ Environment, recycling and green initiatives
☑ Promoting physical and mental wellbeing	☐ Sport, play and recreation
☑ Combating social isolation	☐ Transport
☐ Promoting cohesive/resilient communities	☐ Technology & Digital literacy
☐ Arts, crafts and culture	☐ Other
☑ Safer communities	

If Other (please specify)

I think it embraces aspects of more themes too

10. **About your project**
   Please tell us about your project (a strong application will address all of the following):
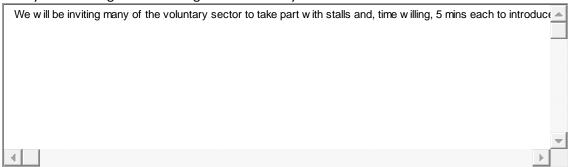   How does your project support local needs and priorities?

   This will help older local people to
   - stay well and maintain fitness
   - understand what is happening to their bodies and how to maintain health
   - avoid falls
   - Have an opportunity to ask questions and seek reassurance over common health issues
   - Know where they can look for support; what is available locally
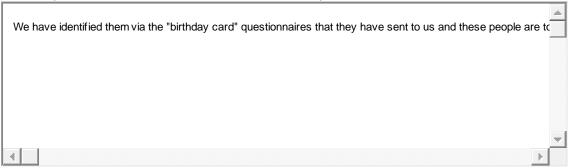   - have an opportunity to meet and socialise with others

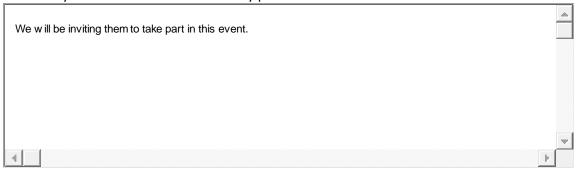   How many people do you expect to benefit from your project?

We are aiming for 75

How will you encourage volunteering and community involvement?

We will be inviting many of the voluntary sector to take part with stalls and, time willing, 5 mins each to introduce

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.)?
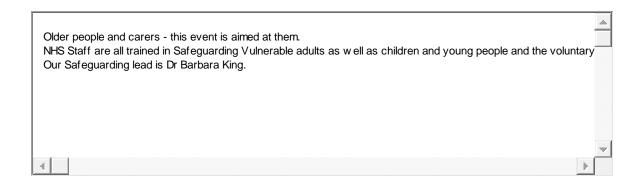
We have identified them via the "birthday card" questionnaires that they have sent to us and these people are to

How will you work with other community partners?

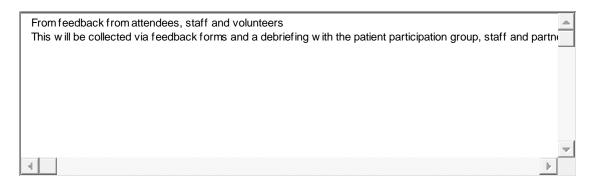We will be inviting them to take part in this event.

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?
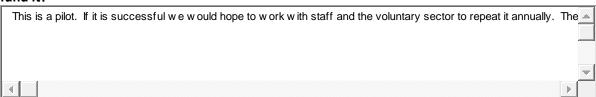- Who in your organisation is ultimately responsible for safeguarding?

Older people and carers - this event is aimed at them.
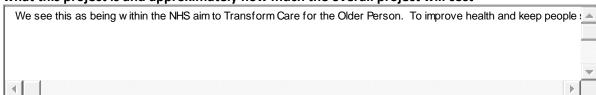NHS Staff are all trained in Safeguarding Vulnerable adults as well as children and young people and the voluntary
Our Safeguarding lead is Dr Barbara King.

12.Monitoring your project.

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

From feedback from attendees, staff and volunteers
This will be collected via feedback forms and a debriefing with the patient participation group, staff and partne

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

This is a pilot. If it is successful we would hope to work with staff and the voluntary sector to repeat it annually. The

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**

We see this as being within the NHS aim to Transform Care for the Older Person. To improve health and keep people

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:

This is a pilot performed as an extra to the w ork w e already undertake to keep people w ell. We are an NHS surgery a

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

15b. Project Finance:

Total Project cost   £ [731.92]

Total required from Area Board   £ [500.00]

Expenditure	£700.00	Income	£nil	Tick if income confirmed
NB. If your organisation reclaims VAT you should exclude VAT from the expenditure (Planned project costs help)		(Planned Income help)		
				☐
				☐
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Total		Total		

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.

> Tidworth

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.