



Area Board Projects and Councillor Led Initiatives Application Form 2013/2014

To be completed by the Wiltshire Councillor leading on the project
Please ensure that you have read the Funding Criteria before completing this form
**PLEASE COMPLETE ALL SECTIONS TO ENSURE THAT YOUR APPLICATION CAN BE
CONSIDERED**

1. Contact Details

Area Board Name	Royal Wootton Bassett & Cricklade Area Board		
Your Name	Andrew Jack		
Contact number	01793 278367	e-mail	gandrewjack@talktalk.net

2. The project

Project Title/Name	"Couch to 5k" Beginners' Running sessions
Please tell us about the project /activity you want to organise/deliver and why?	<p><i>RWB Hounds Running Club (RWBHRC) is a small friendly club. About 150 members represent the club at all levels of competition such as the recent London Marathon & the RWB Mayor's Race (3.1 mi). The club runs a beginners' course, which aims to take new runners who might have no experience of running or a lower fitness level and coach them through a 10 week programme until they are able to run 5km at a reasonable pace. Many beginners go on to become full members of the club and compete in races of much greater length. The health benefits of running are well documented and it is seen as a very accessible sport, needing only a pair of trainers to get out. Yet there are still occasions when there are barriers to participating particularly around cost. RWBHRC wants to offer free places on the beginners' course to people referred to the club by local GPs specifically to help improve their health and fitness. This application is for 20 new runners @ £10 and 4 trainers @ £140 = £560, totalling £760.</i></p>

Where is this project taking place?

Gerard Buxton Sports Ground, Ballards Ash, Royal Wootton Bassett

When will the project take place?

June 2016

What evidence is there that this project/activity needs to take place/be funded by the area board?	GPs from both of Royal Wootton Bassett's surgeries want to refer patients to the club for health benefits. There is evidence that cost can prevent people taking part. Funding will let people take part		
How will the local community benefit?	More people in Royal Wootton Bassett will improve their health and fitness. Prevention is better than the cure - improved health and fitness will decrease the drain on local health resources The profile of RWBHRC will increase and attract more to the course and into healthier lifestyles.		
Does this project link to a current Community Issue? (if so, please give reference number as well as a brief description)	No		
Does this project link to the Community Plan or local priorities? (if so, please provide details)	Improving residents' health and wellbeing is a key		
What is the desired outcome/s of this project? That 20 local residents (5 places per course, 4 courses per year) are able to join RWBHRC's beginners' course and improve their health and fitness. Normal price - £10 per person for 10 week course Four more RWBHRC members are trained in the Run England Leader in Running Fitness qualification to allow them to coach new runners on the beginners' course. Normal price - £140 per person			
Who will be responsible for managing this project? RWBHRC's Committee			
3. Funding			
What will be the total cost of the project?	£ 760.00		
How much funding are you applying for?	£ 760.00		
If you are expecting to receive any other funding for your project, please give details	Source of Funding	Amount Applied For	Amount Received
Please give the name of the organisation and bank account name (but not the number) your grant will be paid in to. (N.B. We cannot pay money into an individual's bank account)			
4. Declaration – I confirm that...			

The information on this form is correct and that any grant received will be spent on the activities specified

Any form of licence, insurance or other approval for this project will be in place before the start of the project outlined in this application

Name: Andrew Jack

Date: 06/05/2016

Position in organisation:

Please return your completed application to the appropriate Area Board Locality Team ([see section 3](#))