

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	EXTEND CLASS - YVONNE GRIFFITHS, BOB MONTGOMERY
Organisation	

2. Amount of funding required from the Area Board:

£0 - £1000	£1000
£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	/

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

5. Project title?

6. Project summary: (100 words maximum)

7. Which Area Board are you applying to?

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

9. Please tell us which themes best describe your project:

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

Until the end of March 2017 the exercise classes were funded by Public Health Wiltshire Council and have been for the past 8+ years. The funds covered equipment, insurance, PPL licence, tea, coffee and hall hire. This kept well below the county average at £2.20 per class. All the participants are from Rushall and surrounding areas. The class consists of exercise to music from the 50's and 60's, with 20 minutes of standing exercise and 25 minutes of seated with therabands a part of the class. The class aims to be preventative i.e. to keep older people socialised, engaged in exercise and mobile. During the class they work through the whole body with balance and sit to stand etc and members do as much as they want/can, there is no pressure. After finishing with a fun track, tea and coffee is offered and members sit and chat for about 30-45 minutes, a very important part of the class and promotes social inclusion. For some members it is the only time they have a chance to meet other people and interact.

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

At present there are 29 on the register and an average of 16 attend each week.

How will you encourage volunteering and community involvement?

There is already a strong sense of community in the class. They share lifts and are very supportive to each other.
Announcements are made to the class about coffee morning and other hall events. Many of the class do attend these functions supporting the hall and local community and widening their social circle.

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 aim is to try and keep fees low so as not to exclude anyone.
The class is quite an active class but can easily be adapted to seated exercise and in fact a couple of members do most of the class seated.
Carers are welcome to attend and join in and will not be expected to pay the class fee.

How will you work with other community partners?

During the transition period in the coming year we will work with community partners to obtain sponsorship for the classes. These partners will include local Parish Councils, Village Hall Committees, Shops, Public Houses, local businesses, individual donors and commercial agents.

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?

The instructor was trained by Extend an organisation for exercise for the 60+.
She holds a current DBS certificate, first aid certificate and insurance.
Participants fill in a medical questionnaire and any medication is noted on the form for paramedics/ambulance if needed.
The instructor [Yve Griffiths] is responsible for safeguarding.

12. Monitoring your project.

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

The project is already working successfully. It started in April 2008 with 5 members and now has 29 with many of the class attending for 6+ years.
New members are always made very welcome and there is a lovely fun atmosphere.
The whole class goes out for a Christmas Lunch and for some that is the only social event of the season.

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

Unfortunately we are already in this position. Funding has been withdrawn with only 6 weeks notice.
Every one is anxious the class should continue but without funding the worry is the fees would have to be at least double to cover instructor expenses and that may exclude some of the most vulnerable members.
With funding for a year it gives the opportunity to find sponsors and funding to continue this worthwhile class.

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

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:

The instructor is self employed with the difference between the class takings and her hourly rate being paid from funding. There is no reserve.

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

15b. Project Finance:

Total Project cost £ 3102

Total required from Area Board £ 1000

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](#))

960miles per annum@	£384	£3 person per sessio	£2304	<input type="checkbox"/>
Stationary	£10			<input type="checkbox"/>
Insurance / 3	£17			<input type="checkbox"/>
PPL / 3	£103			<input type="checkbox"/>
tea/coffee etc	£90			<input type="checkbox"/>
Hall Hire £11 per sess	£528			<input type="checkbox"/>
Instructor fees £40 p	£1920			<input type="checkbox"/>
Equipment	£50			<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
Total	£3102	Total	£2304	

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

The instructor holds classes in Ramsbury and Tidworth and will be applying to the appropriate area boards

- 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.

Marlborough, Devizes and Pew sey

