

## Health and Wellbeing projects and activities FUNDING APPLICATION

**1. Applicant:**

Name	Amanda Brookes
Organisation	BOA and Melksham Health Partnership
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**2. Amount of funding required from the Area Board:**

£0 - £1000	
£1001 - £5000	X
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?**

**5. Project title?**

Balance Exercise Class for Older People

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

The Melksham Leg Club offers accommodation at the Spencer’s Social Club to a number of additional clubs which support social isolation Wound Care Leg Club Carers Cafe Falls Clinic Health Trainers and a Foot Care Practitioner. To support self-care and increase the options for older people to keep well exercise and socialise we have been approached by Active Health - who currently run a Balance and Exercise Class at Christie Miller. These classes are very popular however many of our members who have had leg ulcers and other medical conditions have suggested that we have this trainer to run a class in the Leg Club on a Thursday afternoon. This will also assist the medical Falls Clinic as they will be able to refer people once they are more stable and need to keep flexible and exercise. We have contacted Wiltshire Council who is unable to

offer any further funds to cover this second class. Members are prepared to pay towards the class c.£2.50 - but we need to fund the trainer - for the first year so that we can build the interest and by year 2 this should be self funding.

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

Melksham

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

SN12 8AG

**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 type="checkbox"/> Inclusion, diversity and community spirit    |
| <input type="checkbox"/> Carers Support/Activities                          | <input type="checkbox"/> Environment, recycling and green initiatives |
| <input checked="" type="checkbox"/> Promoting physical and mental wellbeing | <input checked="" type="checkbox"/> Sport, play and recreation        |
| <input checked="" type="checkbox"/> Combating social isolation              | <input type="checkbox"/> Transport                                    |
| <input 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 Melksham Leg Club is providing free space and encouraging its members to join an Active Health Specialist Health Class in the afternoons on a Thursday.

The Strength and Balance Class has been running in the BoA Leg Club for two years and provides two classes, supporting over 45 people with expert advice on gentle exercise, offering a social outlet for making friends and building on the need for proactive self care.

We aim to set up a class in Melksham in the afternoon, after the morning leg club. The funds will pay for the instructor - £45 per session (2 hours) until there are enough members and the class will become self funding, this is likely to take 12 months.

The Strength and Balance classes are most suitable for individuals who are frail, elderly, de-conditioned or functionally impaired. The classes are mostly chair based and provide functional exercise sessions designed to encourage participants to exercise safely and progressively. The trainer is a specialist postural stability instructor and is fully accredited by Active Health (Salisbury).

After the class of 45 minutes, the members are encouraged to stay for refreshments and chat – thus making friends and combatting social isolation. Other types of conditions suitable for the classes are:

Elderly  
MS  
Osteoporosis  
Parkinson's Disease  
Stroke  
COPD

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

We expect to eventually offer two classes on a Thursday afternoon – 25 in each class = so 50 people per week. Over the year this will equate to several hundred. Assessments are carried out on the person as they join and 6 weeks later to monitor their improved mobility. People are welcome to continue to come to class for as long as they wish to.

The Classes are open to anyone and not just people from the Leg Club and Falls Clinic.

How will you encourage volunteering and community involvement?

The classes will be widely advertised through Age UK, Melksham News, GP Practices, and any other media where older people are likely to read about the new classes.

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 will ensure that information about the classes are shared through the GP Practice Care Coordinators, Doctors and Nurses – leaflets about the classes will be widely available in the local libraries, café's (The Art House) and other local offices, such as Older People's Forum, local newsletters and MIND.

How will you work with other community partners?

We will work with local community Partners through the Health & Wellbeing Board, Community Engagement Officer, MIND, Age UK and other local charities.

### **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?

Overall safeguarding training for Leg Club staff has already been undertaken. The responsibility lies with BoAMHP who hold the contract for the Leg Club and all the activities held within the space.

All people attending the Class will be under the responsibility of the specialist trainer who works for Active Health and will abide by their safeguarding policies.

There will be a member of the Leg Club staff in the hall during the classes and the local GP policies on safeguarding will be in place.

The Active Health trainer is DBS checked and has all the relevant insurance and personal liability certificates available to view.

### **12. Monitoring your project.**

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

The trainer will keep a record of the number of attendees and each member will receive an initial assessment as to their mobility ability – this will be checked again at the 6 week point.

An evaluation report will be submitted at the 6 and 12 month point.

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

At the end of the 12 months, it is expected that the classes will be self funding. Attendees pay a small fee of £2.50 and this includes refreshments and advice sheets.

**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?**

This is a stand-alone project and will use the Leg Club space at Spencer's Social Club.

We have approached WCC who have advised that there is no funding available to subsidise an Active Health trainer.

The finance section below is left blank as there are no funds available. The Leg Club is offering free space in the afternoon, which is currently funded through the Better Care Fund.

The Leg Club has no funds to help with this project and is supporting the project by putting through this application and endorsing it as a positive way to help older 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:**

**15b. Project Finance:**

Total Project cost £

Total required from Area Board £

**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](#))

Cost of trainer	1980	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Project management	400	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Refreshments	150	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Publicity/signage	100	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Admin	400	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
<b>Total</b>	<b>3,030</b>	<b>Total</b>	<input type="text"/>	

**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**

**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.

## 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.