

Health and Wellbeing projects and activities FUNDING APPLICATION

1. Applicant:

Name	Sarah Nichols
Organisation	Marlborough Tennis
Address	Port Hill, Marlborough, Wilts
Phone number	07785 273066
Email address	sarahnichols@hotmail.co.uk

2. Amount of funding required from the Area Board:

£0 - £1000	
£1001 - £5000	2915
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?

6. Project summary: (100 words maximum)

Marlborough Tennis's project offers a healthy and social environment for the over 60s to stay fit and active longer. It aims to provide the tennis equivalent of walking football, using the new courts set in our Outstanding Area of Natural Beauty with its fantastic views. A social element will be included at the Marlborough Golf Club where people can relax and chat about their tennis session with one of our coaches, all within a comfortable and safe setting. It will provide a positive activity for older people encouraging physical fitness, a healthy lifestyle and mental well-being. If successful we would hope to extend this to other groups such as mental health sufferers and disabled adults.

7. Which Area Board are you applying to?

Marlborough ▼

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

SN8 1DU

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

<ul style="list-style-type: none"><input checked="" type="checkbox"/> Intergenerational projects<input checked="" type="checkbox"/> Older People Support/Activities<input checked="" 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	<ul style="list-style-type: none"><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 checked="" 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?

It is well known that the UK is facing a huge challenge supporting an aging population and the resultant impact on already stretched health services, social care and local government and community resources. One in five of us are already over 60 and numbers are set to increase. 75% of 75 years olds have more than one long term condition.

The Health minister recently launched their latest long term strategy which encourages people to take more responsibility for their own health.

Its objective, "Prevention is better than cure" argues for a shift towards primary and community care services, which help people stay well for longer.

The aim is to live independently for for an extra 5 years easing the strain on health, social and local community resources.

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

As at the 2011 census there were 4824 people over 60 in the Marlborough area.

MT proposes to start with a pilot of 12-16 This can grow to 32 depending on the ability and support required by the individuals.

The number of people benefitting from Walking Tennis is therefore dependent on the level of interest in the area But it is clear that the Marlborough demographic supports this type of activity.

How will you encourage volunteering and community involvement?

Direct Marketing through:

The U3A and potentially a separate U3A interest group.
GP surgeries - making them aware of the benefits and Marketing.
Age UK
Leisure centre
Marlborough Area Board via the Health and Well Being sub group
Marlborough sports forum
We will also look to the members to help with the volunteering side of the project.

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.)?

MT will use the subsidy to make Walking Tennis affordable to all. A pilot trial will be free of charge and the subsidy used to:

Pay coaches,
Buy equipment - smaller rackets, larger balls, nets
Improve access for the less able
pay for tea/ coffee and biscuits

How will you work with other community partners?

MT already works with WASP, the Marlborough Sports forum and schools.
It will extend this to include the Kennet U3A, Care homes, GP surgery and local churches and agencies for the elderly

We will also support the MAB Health and Well being sub group as it launches and moves forward with this new

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?

As MT already has an extensive junior and adult programme, our coaches are all required to undergo DBS checking. They all have safeguarding qualifications to qualify for their LTA licences. We will ensure our volunteers are all DBS checked and understand the requirements of safeguarding vulnerable adults.

Anne Carroll is our committee member responsible for safeguarding.

12. Monitoring your project.

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

Continuous demand from Marlborough residents for involvement in Walking Tennis and hopefully the need to provide more than one session / week.

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

Membership and Participation fees. Specific fundraising and sponsorship may be considered

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

MT aims to expand their facility to all groups of the community - ABLED AND DISABLED. The latter requires improvement to the path accessing the courts and pavilion along with lighting. We are currently developing our landscaping plan to include developments for this. We continually upgrade our equipment and facilities to provide an open access. The current costings for landscaping is in the region of £7K

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:

MT has recently undertaken a massive investment to create the tennis environment of 6 courts. We have completely used up our resources to open the facility. Any additional programmes are funded with applications such as this. In time we hope to create a successful, thriving facility where more events can be facilitated. Any current surpluses are used to repay the loans we have needed to take out to complete the original capital project.

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

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 Income [help](#))

(Planned project costs [help](#))

rackets x 20	250	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
mini red balls	95	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
mini orange	60	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
4 mini nets	150	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
professional hours	560	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
pathway developer	1200	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
assistants	400	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>
Refreshments	200	<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"/>
Total	£2,915	Total	<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

- 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.