

Started on: 21/02/2016 23:17:51
ID 279

Applicant Mr Charlie Shotton-Gale
Swindon Barbell Weightlifting Club
Charity Number: NA
Princess place
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Lyneham
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Current Status: Application Submitted

1. Project title? (Max. 8 words Eg. Tinkleton Village Youth Transport Project)
***required field**

Lyneham Power Lifting and Weightlifting Club

2. Project summary: (100 words) *required field

Our Clubs constituted goals are to develop the sports of weightlifting and Power Lifting in Wiltshire. We are the only NGB accredited club in the county. Club Founder Charlie Shotton-Gale is the Great Britain Youth Power Lifting Head Coach. With help from Wiltshires county sports partnership the club has a dedicated and fast growing youth development programme. This project will link into that programme by assisting the completion of a young persons Power Lifting and Weightlifting centre in Lyneham. The funding would allow us to double the amount of equipment we can purchase for the centre doubling its usage

3. Amount of funding required: *required field

- £0 - £1000
 £1001 - £5000
 Over £5000 (Please note - our grants will not normally exceed £5,000)

4. Which Area Board are you applying to? Not sure? [-check on a map](#) *required field

Royal Wootton Bassett & Cricklade

5. What is the Post Code of where the project is taking place?(If the application is for something that will move around to different locations please insert the post code for where it will be based for the majority of the time.) *required field

SN15 4DL

6. Please tell us which theme(s) your project supports: *required field

- Informal education
 Youth work/development
 Sport/Leisure
 Residential
 Arts/Culture
 Employment or training
 1:1/group work

- Community Project
- Community Safety
- Volunteering
- Environment
- Health
- Other

If Other (please specify)

7. About your project

Please tell us about your project (a strong application will address all of the following):

***required field**

- How does your project support local needs and priorities?
- How have young people been involved in your project so far?
- How many young people do you expect to benefit?
- How will your project be accessible and affordable?
- How will you encourage volunteering and community involvement?
- How will you ensure your project is accessible to everyone (Disabled, low incomes, vulnerable, etc.)
- How will ensure your project is inclusive?
- How will you work with other community partners?

This project will offer young people in Wootton Bassett Cricklade and Lyneham the chance to be involved in constructive and health improving activities that will benefit them for the rest of their lives. This area is currently a part of Wiltshire we are currently unable to engage with due to travel issues for young people. We know there's interest from young people in the area. We have run a number of taster sessions and recruitment events at local Colleges and had over 30 young people register interest. We have also already worked with other sports clubs in Wootton Bassett such as Wootton Bassett RFC to ensure young people are keeping fit and healthy and learning to use their gym and free weights correctly. We received great feedback from the club for our programme. Powerlifting and weightlifting are alternative sports and young people not previously considered sporty surprise themselves and their friends when working with Charlie in just the first couple of sessions. We encourage healthy eating and offer structured group training sessions for young people. We teach young people how to train in the gym with correct technique which gives them the confidence to maintain a health life and stay active. We have a coach development programme and we encourage young participants to be engaged in both coaching and decision making within the club. We expect to engage over 80 young people in Wootton Bassett Lyneham and Cricklade. We expect approximately 20 will continue to take part in regular instructor led sessions over a 12 month period. The venue is owned by the Shotton-Gale family and is already almost complete. This means over-heads are very low which will keep the cost to a minimum for young people. We will run taster sessions at community venues and schools in the area with our portable weightlifting equipment and matting. We will encourage our young participants to plan fund raising events developing their planning and management abilities while at the same time keeping the cost down for those with low incomes by generating club income. The project is suitable for both boys and girls with girls currently excelling at the weightlifting in our other projects.

8. Safeguarding

Please tell us about how you will protect and safeguard young people in your project (You must address all of the following): *required field

- Please evidence your commitment to safeguarding and promoting the welfare of children and young people.
- How do you make sure staff and volunteers understand their safeguarding responsibilities?
- Are staff and volunteers Disclosure and Barring Service (DBS) checked and do you hold a central record of this as well as details of staff references.
- Who in your organisation is ultimately responsible for safeguarding?
- How do you ensure that young people are kept safe online when accessing your services?

We have a robust constituted child Safeguarding policy. This policy demands that all members of staff complete an enhanced DBS check on joining the club and 3 yearly intervals and also complete a Sport England registered child safeguarding workshop every 3 years. All members of staff read and sign the safeguarding policy. We hold scanned copies of DBS checks and safeguarding certificates. The club welfare officer is Chairman Steven bennett and he is registered with British Weightlifting BWL the only Sport England registered NGB in the UK for weightlifting. Our safeguarding policy makes reference to the contact of under 18s and under 16s using digital media and social media. We ensure that 2 DBS checked members of the club are always involved in conversations. We also require all members of the club who have contact with under 18s have separate social media Coach accounts where they keep a strict separation of personal and coaching life. A pass-worded spreadsheet of social media coach logins and passwords are kept and are available for auditing by the club welfare officer or any other body at all times.

9. Monitoring your project

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

Recorded Outcomes All members complete a club registration form. Participants complete an attendee form each session. This is used for our accounting purposes and monitoring participation trend. It is also a reliable method to record our outcomes. Accredited outcomes We keep a record of all qualifications for insurance purposes. This will be an ideal method to record our accredited outcomes

10. Finance: *required field, if you are a new organisation and don't have accounts leave blank and tick box below

10a. Your Organisation's Finance:

Your latest accounts:

Month Year

Total Income:

£ Please enter in money format **with pence** but no pound sign or comma or p. Eg 15000.00

Total Expenditure:

£

Surplus/Deficit for the year:

£

Free reserves currently held:

£

Why can't you fund this project from your reserves:

We are a newly formed group and do not yet have published accounts:

10b. Project Finance:

Part One: *required

Total Project cost Please enter in money format **with pence** but no pound sign or comma or p. Eg 15000.00
[help](#)

Total required from Area Board

Part Two: Please itemise your project expenditure and project income *required

Quick tips:

- List **ALL** expenditure in a general format eg. Materials 10.00, Tools 5.00
- List **ALL** income **except the amount required from the Area Board** eg. Donations 20.00 [help](#)
- Please enter in money format **with pence** but no pound sign or comma or p. Eg 15000.00
- If your organisation reclaims VAT you should exclude VAT from the expenditure
- Please ensure you **TOTAL** both columns correctly.
 - Expenditure column should equal Total project cost in Part One.
 - Income column should equal Total project cost **minus** Total required from the Area Board.
- Here is an example layout, including how to display in kind contributions [help](#)

Itemised Expenditure eg Materials help	£	Itemised Income eg Our reserves	£	Tick if income confirmed
Gym flooring	<input type="text" value="960.00"/>	Club Funds	<input type="text" value="960.00"/>	<input type="checkbox"/>
2 powerlifting racks	<input type="text" value="900.00"/>	Club Funds	<input type="text" value="450.00"/>	<input type="checkbox"/>
2 powerlifting Benches	<input type="text" value="1100.00"/>	Club funds	<input type="text" value="550.00"/>	<input type="checkbox"/>
4 sets of Olympic Weig	<input type="text" value="1590.00"/>	Club funds	<input type="text" value="795.00"/>	<input type="checkbox"/>
Advertising	<input type="text" value="200.00"/>	Club funds	<input type="text" value="100.00"/>	<input type="checkbox"/>
coaches travel expens	<input type="text" value="300.00"/>	Club funds	<input type="text" value="150.00"/>	<input type="checkbox"/>
2 Olympic Weightlifting	<input type="text" value="500.00"/>	Club Funds	<input type="text" value="250.00"/>	<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"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>

Total £ Total £
(please ensure you total these columns even if values are 0.00)

11. 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
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