

# Health and Wellbeing projects and activities FUNDING APPLICATION

	TONDING AFFEICATION				
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 no	rmally exceed £5000)			
<ol> <li>4.</li> <li>5.</li> </ol>	Are you applying on behalf of a Parish Council?  Yes No /  If yes, please state why this project cannot be full  Project title?  OVER 60'S EXERCISE CLASSES	nded from the Parish Precept?			
6.	Project summary: (100 words maximum)				
	TO CONTINUE TO PROVIDE AN EXERCISE CLASS IN A SOCIAL ENVIRONMENT FOR OLDER PEOPLE IN THE COMMUNITY AT A REASONABLE COST TO THEM.				
7.	Which Area Board are you applying to?  Pewsey				
8.	What is the Post Code of the place where your posts SN9 6EN	roject is taking place?			

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

	Intergenerational projects Older People Support/Activities Carers Support/Activities Promoting physical and mental wellbeing Combating social isolation Promoting cohesive/resilient communities Arts, crafts and culture Safer communities	Heritage, history and architecture Inclusion, diversity and community spirit Environment, recycling and green initiatives Sport, play and recreation Transport Technology & Digital literacy Other
If C	other (please specify)	

#### 10. About your project

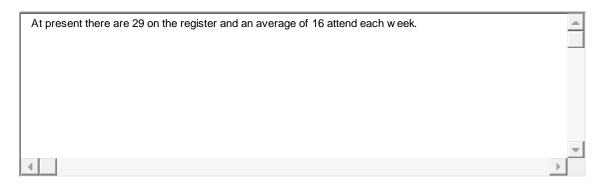
### Please tell us about your project (a strong application will address all of the following):

How does your project support local needs and priorities?

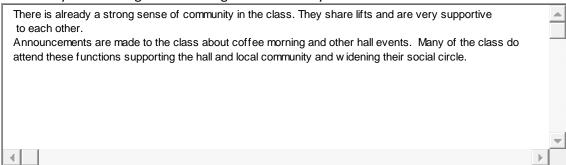
Until the end of March 2017 the exercise classes were funded by Public Health Wiltshire Council and have been for the past 8+ years. The funds covered equipment, insurance, PPL licence,tea, coffee and hall hire. This kept well below the county average at £2.20 per class. All the participants are from Rushall and surrounding of 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.

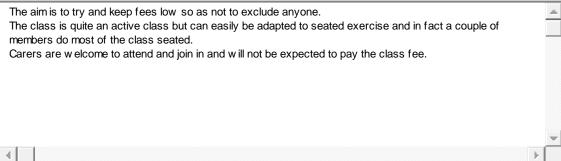
How many older people/carers to do you expect to benefit from your project?



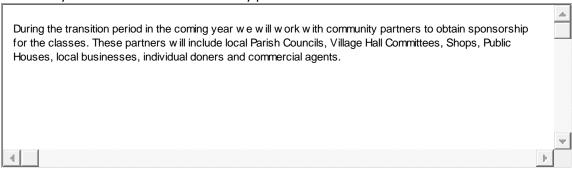
How will you encourage volunteering and community involvement?



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.)?



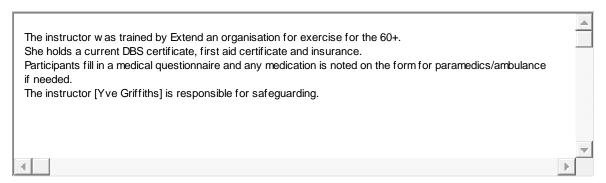
How will you work with other community partners?



#### 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?



## 12. Monitoring your project.

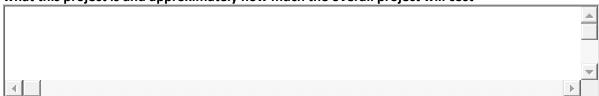
How will you know if your project has been successful? \*required field

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.	
	$\overline{}$
1	F.

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

14114 161		
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.		
		F

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.	Fi	na	nc	e:
-----	----	----	----	----

15a. Your Organisation's Finance: Your latest accounts:
Month Year Year
Total Income:
f
Total Expenditure:
f
Surplus/Deficit for the year:
£
Free reserves currently held:
(money not committed to other projects/operating costs)
f

		the difference between the funding. There is no reser		JS
4				Þ
we are a small con	nmunity g	roup and do not na	e annuai	accounts or it is our first year:
.5b. Project Finance	<b>:</b> :			
otal Project cost		£ 3102		
otal required from	Area Board	f 1000		
xpenditure	£	Income	£	Tick if income confirmed
NB. If your organisat				
eclaims VAT you sho exclude VAT from th		(Planned Income h	اماد	
expenditure	е	(Planned income <u>in</u>	<u>:ip)</u>	
Planned project cos	ts <u>help</u> )			
960miles per annum@	£384	£3 person per session	£2304	
Stationary	£10			
Insurance / 3	£17			
PPL/3	£103			
tea/coffee etc	£90			
Hall Hire £11 per sess	£528			
Instructor fees £40 p	£1920			
Equipment	£50			
	£3102	Total	£2304	
Γotal	4			

Marlborough, Devizes and Pewsey