

Essex Local Delivery Pilot Micro Grant

Please refer to the guidance notes before completing this application.

If you would like any support with your application, please get in touch with one of the team.

1. Delivery Lead information

Full name of delivery lead:	Kelly Smith & Mark Smith
Address, including postcode:	222 The Chase, Harlow, Essex, CM17 7TG
Full name of Contact Person:	Kelly Smith
Contact Person Address, including postcode: (if different from above)	Same as above
Contact Phone Number:	07879116367
Email Address:	Kelly.smith@gmail.co.uk
Social media handles: (website, Facebook, Twitter, Instagram)	@KLSmith, @MyGym on Facebook

2. Your Organisation/Group history and status

Date established:	N/A
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3. Please tick status of organisation:

Voluntary or Community group (<i>constituted</i>)	<input type="checkbox"/>	Social Enterprise	<input type="checkbox"/>
Business/sole trader	<input type="checkbox"/>	Community Interest Company	<input type="checkbox"/>
Faith Centre	<input type="checkbox"/>	Statutory Body (<i>NHS, Local Authority</i>)	<input type="checkbox"/>
Registered Charity (<i>please provide Charity number</i>)	<input type="checkbox"/>	School, College, Preschool, Playgroup	<input type="checkbox"/>

If the delivery organisation / individual does not fall in to any of the above, then please provide full name and contact details for the Constituted Group you are linked with including their legal status:

Registered Office: Rainbow Services, 2 Wych Elm, Harlow, Essex CM20 1QP Charity Registration No. 1077228 Company Limited by Guarantee No. 3826440 Registered with Companies House Cardiff 16/08/99

4. About your Activities

This is where you tell us about your activities and what you plan to do.

Activity name (if any):

MyGym

Planned start and end dates (please remember you will not receive the money for at least 30 days if you are successful):

January 2020 – no end date

In a few sentences please tell us what the activities are:

Newhall is rich in green open space and the residents would like to have outdoor fitness sessions taking place. The fitness sessions will cater for all ages, all abilities and children will be welcome to attend with their parents. Each week there will be a variety of activities, including cardio (walking/running, skipping), strength (body weight and weighted exercises) and balance work, but focusing on the activities being fun. Sessions will take place come sun or rain and take place on a Saturday morning.

Please provide the location address/es of the activities:

Open space next to New Ground Coffee Shop, CM17 9FG

What (apart from money) will help make it happen, and do you have this already? *E.g. volunteers, donated professional time, free use of space, donated equipment or materials.*

We have been given free use of the open space. Flyers and posters have been designed free of charge. We will be using the Nextdoor Neighbour App to promote the sessions along with using other social media platforms to promote the sessions.

What will be different or change as a result of the activities? *E.g. people might develop skills, volunteer, more physically active, less lonely/isolated, feel healthier or meet up together.*

The sessions will focus on increasing physical activity levels and strengthen community cohesion, reducing loneliness and isolation. The sessions are taking place on a open space next to a coffee shop which will allow participants to socialise after the sessions.

Are there any other groups or people helping to make these activities happen? If yes, please provide brief details.

New Ground Coffee Shop are fully supporting the sessions and helping to promote through their social media handles.
Newhall Primary Academy School and Nursery are promoting the sessions to parents through their newsletter and website.

5. Budget and Financial Information (please continue on separate sheet if required)

Item or Activity (e.g. venue hire, equipment, materials, sessional staff, volunteer expenses)	Cost breakdown (e.g. @ £15 x 2 hrs x 5 sessions = £150)	Total cost	Amount required from Essex Local Delivery Fund
Sessional staff x 2	£10 x 2 hrs x 16 sessions	£320	£320
Fitness equipment (mats, skipping ropes, weights, cones)	£100	£100	£100
Printing of flyers and posters	500 flyers 50 posters	£50 £30	£80
Insurance for 1 year	£10 per month	£120	£120
			£620

Please tell us what will happen to the activities when funding finishes, i.e. participants will be charged, further funding will be required, activity will stop, linked to other activities.

Participants will be charged £3 per person, or £5 per family from the start to enable to sessions to continue after the initial 16 weeks funded period.

6. Supporting documentation

Please tick the box if your organisation/group has these documents. You may be required to show the documents.

Governing Document (if relevant)	<input type="checkbox"/>
Safeguarding policy (if relevant)	<input checked="" type="checkbox"/>
Equal opportunities policy (if relevant)	<input type="checkbox"/>

If explanation is required, please specify here:

Rainbow Services are the accountable body for MyGym.

Declaration and Signatures (this section must be completed for all proposals)

Full name	Kelly Smith
Position in Organisation/Group	Director of MyGym
Date	05/11/19
Signature	K.Harman

Essex Local Delivery Pilot (ELDP) will only use the information contained in this development plan to monitor progress of the activity/event/project over the funding and necessary reporting period. The information will be kept for three years following the end of the funding scheme, after which it will be destroyed/deleted (as appropriate). The data will not be shared wider than ELDP network. If any information in this document changes, please inform ELDP Team as soon as possible to ensure all data is accurate and up to date. The information will be kept securely in accordance with GDPR.

Further information

If your activity is successful in receiving funding, the Essex Local Delivery Pilot will expect you to share with us real life stories, learnings and challenges. This can be in the form of photographs, video, press coverage, social media or a visit. You will also be required to collect some participant data; further details can be found within the guidance notes.

Please tick this box to confirm you are happy to provide



If you are successful, we will make payment via bank transfer. *Please note this process can take 30 working days.* You will be required to sign a simple agreement with us prior to funding being sent which includes giving your bank details. The agreement can be found within the pack.

Contact us

Basildon

- Main contact: Gurnam Kasbia, Email: Gurnam.Kasbia4@ActiveEssex.org
- Other contacts:
Grant Taylor, Email: Grant.Taylor@basildon.gov.uk
Rhiannon Vigor, Email: Rhiannon.vigor@basildon.gov.uk
Jason Fergus, Email: Jason.fergus@activeessex.org

Colchester

- Main contact: Sarah Stokes, Email: Sarah.stokes@ActiveEssex.org
- Other contacts:
Rory Doyle, Email: Rory.doyle@colchester.gov.uk
Emma Regan, Email: Emma.regan@colchester.gov.uk
Rob Hayne, Email: Rob.hayne@activeessex.org

Tendring

- Main contact: Cheryl Lomas, Email: Cheryl.lomas@ActiveEssex.org
- Other contacts:
John Fox, Email: Jfox@tendringdc.gov.uk
Kerry McDonald, Email: Kerry.mcdonald@activeessex.org

County, Regional and National enquires

- Main contacts: Neil Coggins, Email: Neil.coggins@essex.gov.uk and
Kelly Harman, Email: Kelly.harman@activeessex.org

Website and Social Media

www.activeessex.org/essex-local-delivery-pilot

Follow our story and engage with #EssexLDP on Active Essex Social Media