

# Community Chest Application Summary 2017/2018

Local Authority	St Edmundsbury Borough Council
Organisation	<b>ActivLives</b>
Amount Requested	<i>A total of £30,022 made up of £15,529 for year 1, £14,493 for year 2</i>
Total Project Cost	£38,582 total over 2 years
Match Funding	Income will be raised from charging people an attendance fee at the Bury St Edmunds ActivHub, plus general donations from community sessions: Yr1 - £4,120; Yr2 - £4,440
Partnerships	There will be no formal partnerships within this project, however we will work alongside local residents, Bury St Edmunds and Suffolk based organisations.
West Suffolk Bid?	Yes

## Key Points

- The Town & Bridge Project was established in 2006. In 2012 the project became a Charity called ActivLives to support and motivate people aged 45 plus, across Ipswich and Suffolk to improve their own health and well-being.
- ActivLives would like to develop and establish a hub in Bury St Edmunds in the heart of the community. From the hub we will offer a 2 hour weekly session to deliver a wide range of activities such as Boccia, New Age Kurling and New Age Bowls. These activities are very accessible and can be enjoyed by everyone, regardless of their mobility.
- Project start: **April 2017**
- Project end: **March 2019, but hopefully will continue if can be made sustainable**

**St Edmundsbury Borough Council**  
**Community Chest Grant Application Form**  
**Part A**



Community Chest funding supports voluntary and community groups who make a contribution to improving the quality of life for people in West Suffolk. The information you provide will help us consider your application. If you have any questions, please give us a call on 01638 719763. Before completing this form, we ask you to please read the guidelines, which are available on:

<http://www.westsuffolk.gov.uk/community/community-grants.cfm>

Please return your completed, signed form and supplementary documents to:

[richard.baldwin@westsuffolk.gov.uk](mailto:richard.baldwin@westsuffolk.gov.uk)

1. Name of your organisation(s):

ActivLives

2. Organisation address details

Address Ln1	Brightspace		
Address Ln2	160 Hadleigh Road		
Address Ln3			
City/Town	Ipswich	Postcode	IP2 0HH
Main phone	01473 345350	E-mail	
Website	www.activlives.org.uk		

Main Contact Person		Second Contact Person	
Title	Ms	Title	Ms
Forename	Kim	Forename	Julie
Surname	Bilner	Surname	Stokes
Role	ActivSuffolk Development Officer	Role	CEO
Daytime Tel No.	01473 345350	Daytime Tel No.	01473 345350
Mobile No.	██████████	Mobile No.	██████████
Email	<a href="mailto:kim@activlives.org.uk">kim@activlives.org.uk</a>	Email	<a href="mailto:julie@activlives.org.uk">julie@activlives.org.uk</a>
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1		Ln1	
Ln2		Ln2	
Town		Town	
Post Code		Post Code	

## About your organisation

3. What local authority area(s) does your organisation work in?

St Edmundsbury Borough Council and across Suffolk

\*Community Chest funding is offered by both Forest Heath and St Edmundsbury councils. As the decision making process is different any projects applying for funding across West Suffolk, must apply separately.

4. What is the status of your organisation?

Registered charity	X	Charity number: 1147615
Applying for charitable status		
Company limited by guarantee	X	Company number: 7672809
Community Interest Company		
Part of a larger regional or national charity (Please state which one)		
Constituted Community Group		
Social Enterprise		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	6	Service users	1621
Full Time staff / workers	2	Volunteers and helpers (non-management)	60
Part Time staff / workers	9		

6. What is the purpose of your organisation?

Please briefly describe why your organisation was set up, its aims and objectives and who primarily benefits from your organisation.

The Town & Bridge Project was established in 2006 to deliver community-led services in response to a Public Health Annual Report for Ipswich 2001/2, which showed people aged 45 years – 74 years, living in two of the most deprived areas - town centre / Bridge ward – had significantly reduced life expectancy than other areas of Ipswich owing to conditions associated with obesity, smoking and poor diet. Deeper analysis and investigation showed greater incidence of a number of diseases such as heart disease, diabetes and circulatory disease and pointing to an older population, which was inactive owing to ill health and/or an inability to access services.

In 2012 the project became a Charity called ActivLives to support and motivate people aged 45 plus, across Ipswich and Suffolk to improve their own health and well-being; keep people connected with their communities to reduce social isolation and loneliness and provide access to learning, training and volunteering opportunities to enable people to gain skills and employment.

ActivLives also works with children and young people, people with mental ill health / Dementia, the long-term unemployed and people with learning disability

at our garden projects and inclusive sport sessions.

ActivLives provides a wide range of opportunities for people to get involved, including, community gardening, Men in Shed projects, singing and physical / sport activities such as walking football, Boccia, Kurling, seated and standing exercise, health walks and social activity. These activities bring people together to enable them to meet and make new friends, build support networks in the community and learn and share skills. Our activities help to build confidence and self-esteem, maintain good physical and mental health, reducing stress and preventing the onset of depression and anxiety. Our members value the support, social contact, fun activities and information about other projects and leisure facilities.

*Maximum of 300 words*

7. What was your organisation's total income for last financial year? £417066
8. What was your organisation's total expenditure for last financial year? £382571
9. Does your organisation have more than six months running costs? Yes (currently)
10. What are your organisation's current unrestricted reserves or savings? £74603
11. West Suffolk prioritises building resilient families and communities that are healthy and active. Please indicate which of the following areas your project contributes towards:
- A thriving voluntary sector and active communities who take the initiative to help the most vulnerable.
  - People playing a greater role in determining the future of their communities.
  - Improved wellbeing, physical and mental health.
  - Accessible countryside and green spaces.

### **About your project – why are you applying for this funding?**

12. What do you want the funding for? Please be specific. Please note that 'project' is meant to describe the project for which you are seeking funding, and not your organisation.

ActivLives has established 7 activity hubs in urban and rural areas of Suffolk aimed at older people to improve physical health and reduce loneliness and social isolation.

ActivLives would like to develop and establish a hub in Bury St Edmunds in the heart of the community. The project will target communities where people feel there are too many barriers for them to exercise and typically do not participate in any activities.

From the hub we will offer a 2 hour weekly session to deliver a wide range of activities such as Boccia, New Age Kurling and New Age Bowls. These activities

are very accessible and can be enjoyed by everyone, regardless of their mobility. With every session there will time for people to socialise and make new friendships.

We will recruit and train volunteers to support people to participate and build confidence.

We will work closely with individuals, community champions, GP surgeries, Housing/Community organisations, support groups, statutory organisations etc. to ensure that local people are involved and the project is community led.

Recognising that there is a greater need in specific areas of the town we would like to link with local housing organisations and residential care homes to identify where we could offer a short term intervention. We will offer to deliver 6 week activity programmes for the residents and offer training to in house Activity Co-ordinators or volunteers within a housing scheme/care home. This would enable them to deliver future in house sessions ensuring sustainability.

We will hold Health and Wellbeing events for members and the general public.

These events will offer tasters sessions for adapted sports. To support these events we will invite other organisations such as OneLife Suffolk, Citizens Advice Bureau and Age UK Suffolk etc.

Maximum of 300 words

13. How has the project been developed out of the community's desire to improve the lives of local people? What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation.

In 2015 ActivLives was commissioned by Suffolk Public Health to develop an ActivHub in the Forest Heath area and the Lakenheath ActivHub was established on the 23/10/15. This has been a very successful Hub with 51 registered members, 36 sessions, 866 attendances and an average attendance of 25 people attending each week.

Over recent months the ActivSuffolk team have been attending local events to promote the new ActivHub in Lakenheath and to consult local residents and organisations in the Bury area to see if there was a desire to develop an ActivHub in Bury St Edmunds.

ActivSuffolk ran two taster sessions with people who had experienced a stroke and presented to a pain management and hospital group, they attended meetings at the local Hospice and health events and have spoken to a number of health professionals working with older people, people with long-term health conditions and people with a disability. The overwhelming response from local residents and health professionals was that there was a need for an ActivHub in Bury St Edmunds to bring local people together to partake in a low impact adapted sport session and improve their health and well-being through physical activity and social interaction. The community sessions in sheltered housing and care homes will reach the target audience, providing opportunities for independent groups to be developed, as well as the weekly session. Members will be encouraged to become a community champion, to promote the new sessions and engage more local people.

The health profiles provided by West Suffolk Council highlights the wards in Bury St Edmunds that have a higher death rate from coronary heart disease under 75 years, bad health, long term illness or disability. There is a high Vintage Value in a number of wards: Elderly people reliant on support to meet financial or practical needs.

Maximum of 300 words

14. How will the project help local people to support one another?

The project will help local people to support one another in the following ways; By encouraging people to participate and help in the development and running of the hub by building on their skills and interests. This will develop a sense of ownership and belonging to the group and their community. It also gives people a sense of purpose and self-worth. This will assist in overcoming barriers that often prevent people from assessing physical activities and recreational and social activities.

Local people will come together to socialise and develop their own social and support networks in the community. This will help build social capital, strengthen social cohesion and community connections and reduce the risk of loneliness, depression and anxiety. This will also give incomers and long term residents the opportunity to socialise and integrate which is often difficult urban areas. Members of the group can support each other during times of transition such as retirement. This is can be particularly difficult time for men; the group enables people to re-engage with former friends.

By improving physical and mental wellbeing it enables people to take charge of their health which will motivate them to encourage others to build physical activity into their daily lives; improving their life expectancy, mental and emotional well-being and resistance and resilience to chronic diseases such as cardio vascular disease.

There will be opportunities for people to volunteer with the project and/or upskill to and lead their own sustainable community group. This will benefit the individual and the wider community.

As people become aware of the project they will gain access to a wide range of information to improve their health and wellbeing, local events, facilities and activities. These can be shared with friends, family and other local people.

Maximum of 300 words

15. Are you working with any other organisations on this project? Yes

If yes, please state the names of these groups and the nature of the relationship.

There will be no formal partnerships within this project, however we will work alongside local residents, Bury St Edmunds and Suffolk based organisations. To succeed in a project of this nature it is vital to work with people and organisations within the local community. It is important to be respectful and inclusive of local residents that have been working within the communities, in a voluntary capacity, for many years. Their wealth of knowledge and wiliness to participate and assist is critical to our success.

We would like to work with the local housing authority to identify sheltered schemes that could benefit from ActivLives running adapted sports programme within their facilities.

We would also like to offer an adapted sports programme to residential care homes and train in-house staff.

As part of the health and wellbeing events that we plan to run, health

screening will be offered. This will be carried out by One Life Suffolk. They will be offering health advice regarding weight loss, smoking cessation and health screening checks to those who are eligible.

Other organisations such as Age UK Suffolk, Citizens Advice Bureau, Mind, WI, and Alzheimer's Society etc. will be invited to attend events we run.

ActivLives has highly qualified staff with a back ground in health and fitness.

This enables us to recognise when there is a need to sign post or direct people into other services. Typical referrals would be to Allied Health Professionals, Community Health, Suffolk Family Careers and Age UK Suffolk or local service such as Lunch Clubs or social groups.

Maximum of 300 words

16. When will the project start?

April 2017

17. When will the project finish?  
ongoing?

March 2019, but hopefully will continue if can  
be made sustainable

or is the project

If this is an ongoing project, how will it be funded and continue going when the funding ends?

This is an on-going project and is part of the ActivLives Strategy 2016 – 2019 to roll out our successful adapted sport and falls prevention Everyday Activ programme, to improve the health & well-being of people 45 years and over living in urban and rural areas of Suffolk.

Increased participation and members fees will help with the sustainability of individual sessions.

ActivLives will also seek Public Health / West Suffolk Clinical Commissioning Group commissions / tenders to enable the project to develop existing and new sessions, to create a Hub and Spoke model that will link people with other physical, leisure and social activities and opportunities.

Local Councillors will be approached regarding locality funding and local grants and applications will be made to regional/national funders e.g. the Big Lottery.

ActivLives also has a fundraising strategy that includes grant applications, local business links / social corporate responsibility and fundraising activities. All these can bring in people power, volunteering, sponsorship, donors and access to unrestricted funds.

Maximum of 300 words

18. Which years funding are you applying for?

2017-18 and 2018-19

19. How many people do you expect to benefit directly from the project on either a weekly, monthly or annual basis?

235 – 325 people on an annual basis

20. What results (including targets/numbers) do you expect to see as a result of the funding and how do these relate to the Community Chest funding criteria? If your project is health related how does it improve health outcomes for residents within community networks and beyond?

### **Health Outcomes**

As a health and wellbeing project we will provide evidence to show that the funding has helped to improve the health and wellbeing of residents in Bury St Edmunds. To maximise the health benefits of exercise it is vital that individuals adhere/comply to regular exercise/physical activity. For that reason ActivLives focuses on retention figures rather than throughput of people. We wish to reach as many people as possible but irregular attendance does not bring about behaviour change. Without behaviour change and compliance there will not be improved health outcomes.

### **Projected Figures**

2 x Health & Wellbeing Events: – 100 people attending  
2 x Volunteers/ Leaders at ActivHub  
6 x Volunteers – to upskill Sheltered Housing tenants to facilitate sessions  
2 x Upskilled Activity Coordinators

Member **retention** of all groups: - 80%

6 x Taster sessions; 10-20 people attending each session = 60 – 120 attendances  
Participants @ ActivHub (adapted sports): 15-20 per week x 44 weeks = 660 – 880 attendances

3 x 6 week programmes in sheltered accommodation: 10-15 people attending each week \*

2 x 6 week programmes in residential care homes: 10-15 people attending each week

\*This could be rolled out to more schemes if funding is secured.

### **Development**

Develop a flexible sports programme to be used in care homes at cost.  
Hold a Showcase event to launch the sports programme to Care Homes.

### **Data Collection**

From the data collected on the registration forms and health screening declarations, we will record and collate long term health conditions such as Cardiac, Diabetes, COPD and Cancer.

### **Health Information Programme**

A 6 - week health information programme will be developed to help people self-care e.g.

- Incontinence – Incontinence Nurse
- Sight/Hearing – Local Business / Sensing Change

Maximum of 300 words

21. What is the total cost of the project?

£38,582 total over 2 years

Please provide a full breakdown of the total cost of this project, including VAT if applicable along with any in-kind contributions such as volunteer hours.



Item or activity	Cost (£)
<b>Year 1</b>	12835
Staff costs	5878
Project costs	936
ActivLives overheads	<u>19649</u>
<b>Year 2</b>	
Staff costs	12835
Project costs	5196
ActivLives overheads	<u>902</u>
	<u>18933</u>
<i>See attached spreadsheets for further breakdown of costs</i>	
A total of £30,022 made up of £15,529 for year 1, £14,493 for year 2	

22. How much funding are you applying to us for?

23. What funds have you raised so far for this project?

Source	Amount (£)
Income will be raised from charging people an attendance fee at the Bury St Edmunds ActivHub, plus general donations from community sessions	
<b>Year 1</b>	4120
<b>Year 2</b>	4440
<b>Total fundraising:</b>	8560

24. What other funders have you applied to for further funding for the project?

Funder	Amount (£)	Timescale for decision
<b>Total:</b>		

Funder	Amount (£)	Reason for funding

Forest Heath District Council	684	Lakenheath ActivHub Kurling Kit
<b>Total:</b>	684	

25. What other grants and contracts has your organisation received over the past year from either Forest Heath District Council or St Edmundsbury Borough Council?