

Community Chest Application Summary 2017/2018

| | |
|--------------------|---|
| Local Authority | St Edmundsbury Borough Council |
| Organisation | Suffolk Academy |
| Amount Requested | <i>£14,000</i> |
| Total Project Cost | <i>£15,000</i> |
| Match Funding | None |
| Partnerships | The Playground Assault Course, Aries Fitness, and others. |
| West Suffolk Bid? | No |

Key Points

- Suffolk Academy is a social enterprise that provides Barrow and the surrounding communities with low cost, accessible, and family friendly wellness and fitness programmes.
- Funding is needed to support our Healthy Family Wellness Camp project
- We aim to provide at a reasonable cost for area families who need support and would benefit from quality, active, old-fashioned bonding in the countryside.
- Project start: **first camp planned for April 2017.**
- Project end: **Ongoing.**

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

1. Name of your organisation(s):

| |
|-----------------|
| Suffolk Academy |
|-----------------|

2. Organisation address details

| | | | |
|-------------|--|----------|--|
| Address Ln1 | Suffolk Academy | | |
| Address Ln2 | Church Farm, Church Road | | |
| Address Ln3 | Barrow | | |
| City/Town | Bury St. Edmunds | Postcode | IP29 5AX |
| Main phone | 01284 810446 | E-mail | info@suffolkacademy.com |
| Website | www.SuffolkAcademy.com | | |

| Main Contact Person | | Second Contact Person | |
|---|--|---|--|
| Title | Mr | Title | Ms |
| Forename | Glen | Forename | Sara |
| Surname | Moulds | Surname | Nunn |
| Role | Director | Role | Secretary |
| Daytime Tel No. | 01284 810446 | Daytime Tel No. | 01284 810446 |
| | | | |
| Mobile No. | 07415 886805 | Mobile No. | 07557 957356 |
| Email | info@suffolkacademy.com | Email | sara@suffolkacademy.com |
| 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

*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 | | Charity number: |
| Applying for charitable status | | |
| Company limited by guarantee | | Company number: |
| Community Interest Company | | |
| Part of a larger regional or national charity (Please state which one) | | |
| Constituted Community Group | | |
| Social Enterprise | X | CIC# 10357269 (Community Interest Company) |
| Other (Please specify) | | |

5. How many people are involved in your organisation?

| | | | |
|---------------------------|---|---|------|
| Management committee | 0 | Service users | 500+ |
| Full Time staff / workers | 1 | Volunteers and helpers (non-management) | 5 |
| Part Time staff / workers | 1 | | |

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.

Suffolk Academy is a social enterprise that provides Barrow and the surrounding communities with low cost, accessible, and family friendly wellness and fitness programs, and provides a venue for other organisations with this same ethos. We began in 2005 as a karate dojo for one of the oldest karate clubs in England, and over the years we have expanded our services to include activities and events that support even greater all around wellbeing. We now are host to activities and clubs such as archery, an assault course, yoga, pilates, a fitness gym, a mental health charity, camping, karate residential camps, family festivals, music nights, and marathon events. In September 2016 we were granted CIC status, and with that comes greater opportunities to serve the community. As our services are varied and inclusive, we have programs to benefit the whole community. We provide our services on our relaxed and friendly 8-acre site in the beautiful Suffolk countryside. We keep our core values at the front of everything we do, with our focus on improved wellbeing, family and community building, fitness, and supporting overall mental health and wellness.

7. What was your organisation's total income for last financial year? £n/a see cover sheet

8. What was your organisation's total expenditure for last financial year? £n/a see cover sheet

9. Does your organisation have more than six months running costs? Yes /No

10. What are your organisation's current unrestricted reserves or savings? £none

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.

Support is needed to fund our Healthy Family Wellness Camp project, which will provide health and wellness education, physical activity, and support to local families through week long residential camps. Our Director Glen Moulds is Chief Instructor for the Kenshinkai Shatokan Karate club on site, and for the last 10 years he and his volunteers have already hosted incredibly popular residential karate camps on site every school break. Now that Suffolk Academy has developed the site with such a broad range of activities, we have become a CIC in order to take these camps as inspiration for a more accessible version for the wider community. These camps will bring all of our activities together in one package to serve a need that isn't being met anywhere else. We will be working with the council and other organisations to identify ideal families for the course, working in partnership with many local organisations and instructors to provide the services, and coming together as a community to provide this support. At the camps, families will take part in structured activities such as yoga, meditation, first aid training, archery, boot camp, art classes, group games, and old fashioned family building activities such as charades, scavenger hunts, and campfire sing-a-longs. Our families will leave here knowing about local clubs they can then join to continue their activities. They will be exposed to and learn about meditation, art therapy, healthy eating, and other fitness activities, all designed to empower them to manage their own mental health and overall well-being. Through a daily roster of local guest speakers, they will learn about ways they can volunteer for the community once they leave the camp, continuing to spread the goodwill they earn here. We aim to provide at a reasonable cost for area families who need support and would benefit from quality, active, old-fashioned bonding with each other on our countryside site.

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.

As described above, we have already been host to residential camps for our karate classes here on site. Families who have attended these camps, which take place many times throughout the year during school holidays, have often said it is a shame the camps aren't available to a wider membership, and that we only do them for karate. We consulted with them at the summer 2016 camps about extending the model to include, and the positive feedback was overwhelming. Our campers and their families rave about the quality for money they get, the low-tech principles we honour such as turning phones off for the day and sharing meals together, and of course the fitness aspect. Some of our service users who take part in more than one activity on site, often comment that we should have organised camps on site that make the most of all our wonderful services. People who visit our festivals ask if there are other reasons to come back to the site during the year, looking for other opportunities to bring their families back. Once we started looking into it, we realised there was a real need for low cost, family friendly holiday camps with a purpose. There is nothing in the area that provides the kind facilities we have, the programs we can offer, or the community minded ethos behind it all.

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

Our camps are about community and family building. Once the camps are over, everyone will be able to continue contact through private Facebook and other online groups, to continue encouraging each others progress and involvement. Our camps will be featuring instructors from clubs in which campers can continue working with outside the camp. For instance our yoga instructor, meditation leader, personal trainer, archery instructor all offer services privately which campers will now be aware of and have access to. Instructors must also adhere to our ethos of affordability and accessibility, so we are providing them with possibilities of moving forward that they can afford. A key part of our camps is also presenting campers with volunteer opportunities. Different speakers will come in each day to speak about their organisation and how individuals and families can help them achieve their charitable aims. We intend for our campers to leave site feeling happy, connected, and full of ideas on how to continue their path towards personal wellness, fitness, and community involvement.

15. Are you working with any other organisations on this project? Yes / No

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

The Playground Assault Course providing obstacle course for team building
Aries Fitness providing guided PT sessions in our gym and advice on how to do home workouts without injury
Angel Rose Therapy providing guided group meditation
Carole Baker Self Centre providing morning yoga and a teaching course on how to do yoga safely at home
Blackbird Inkwork providing art courses
Specialist Physiotherapy providing a pilates course and daily nutrition guidance at our community meals, and a course of easy healthy cooking/eating at home
We will be approaching Bury St Edmunds based volunteer organisations to present our campers with opportunities on how they can volunteer once they leave site. We will be working with the Council on identifying families who could benefit, for instance running a camp for single parents only, or for families who are bereaved, or autism friendly family camps. We will be working with local chefs for our catering, local musicians for our guided campfire singing and live music.

16. When will the project start?

First camp is planned for August 2017

17. When will the project finish?
project ongoing?

Ongoing

or is the

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

We will be running the August family camp and gauging the response, and creating more camps depending on what needs are presented. For instance, if we can help more families by having these camps more often and only on the weekends, we will start those up. If the week long model works really well, we will set one up for every term break so they are spread across the whole year as our facilities and activities work in all seasons. Our initial plan is to run a week's session in August and weekend camps each season to start with. We will fund them through grant money and admission fees, and with our normal Suffolk Academy income, as we are able.

18. Which years funding are you applying for? 2017

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

After our first camp, we will measure the effectiveness of what we've done by monitoring uptake into the various clubs they've been made aware of, monitoring uptake into the volunteering programs, experience surveys before they leave the site, and monitoring their participation in the long term support we will provide via their camp's private online community to ensure we are providing the best possible service at the best price, with the most impact. We will then seek further grant funding depending on the scope of future camps, and begin fundraising on site for future camps as well.

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?

Our first camp is aimed at serving roughly 10 families that have been identified as having a need for the services, with the aim of having 50 heads at the first week long camp. Our goal is to run two of these camps each summer holiday break, and then again in at least 2 weeks half term sessions, so 200 people in the first year is our goal but this is flexible, and we have the facilities to have far more than that on site if we have the staffing. Our entire site can hold roughly 6,000 people, and we have the space to be very creative with how big our groups and camps are. Our initial goal of 200 is flexible, and we will adapt to what the community needs.

21. What is the total cost of the project? £ 15,000

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 (all prices are a total assuming 50 people) | Cost (£) |
|--|------------------------------|
| Archery course daily for 1 week | 750 |
| Morning yoga sessions daily for 1 week | 250 |
| Food (£18 per head per day, 3 full meals, snacks, coffees, drinks) | 4,500 |
| One archery tag tournament over 2 days for all 50 people | 1500 |
| 3 full day staff (£10 an hour over 5 days at 11 hours a day) | 1650 |
| 1 overnight staff (12hour night shifts at £15 an hour) | 900 |
| First aid on site all week for campers and a first aid training course | 500 |
| Chef for the week | 500 |
| Bootcamp instructor for the week | 500 |
| Yoga & Meditation instructor for the week | 500 |
| Use of Obstacle Course for everyone for a day | 1000 |
| Art course including staff and materials for the week | 700 |
| Musician for evening music at campfire & sound tech for private gig | 500 |
| Guest speakers and demonstrations through the week | 250 |
| Tents, sport equipment, sleeping bags, small camping equipment | 1000 (seeking other funding) |
| Total cost of items listed above: | 15,000 |

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

£14,000

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

| Source | Amount (£) |
|--|-------------------|
| We are holding a fundraiser in the Spring, an open day on site for taster sessions on all our facilities and local charities and volunteer organisations setting up to raise awareness for their programs. We will have musicians booked from Homegrown Music festival (in June) to play free as promotion for their upcoming festival gig, and we will hold raffles, as well as have food and drink on site for purchase. We are also looking at applying for other grants, and seeing more volunteers to help – particularly from the karate club and fitness gym members on site. | |
| Total fundraising: | 0 |

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

| Funder | Amount (£) | Timescale for decision |
|---|------------|------------------------|
| We are applying to the Suffolk Community Foundation and the Henry Smith Charity, grants applications are currently being drafted. We are also approaching camping shops to either sponsor or donate the camping supplies. | | |
| Total: | | |

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?

| Funder | Amount (£) | Reason for funding |
|---|------------|------------------------------|
| We have applied to RIGS to get the floor of our dojo replaced and are awaiting a decision | 4,000 | Specialist karate dojo floor |
| Total: | | |