

# Community Chest Application Summary 2017/2018

Local Authority	St Edmundsbury Borough Council
Organisation	<b>Upbeat Heart Support</b>
Amount Requested	<i>Yr1 - £7,875; Yr2 - £7,875. £15,750 over two years in total</i>
Total Project Cost	Yr1 - £15,750; Yr2 - £15,750. £31,500 over two years in total
Match Funding	None
Partnerships	West Suffolk Hospital Cardiac Unit, Hardwick House Patient Participation group
West Suffolk Bid?	No

## Key Points

- The purpose of Upbeat is the relief of sickness among people who have Coronary Heart Disease or related illnesses. Upbeat is the only heart support group in Suffolk that combines exercise with professional support and social activities.

We are applying for funding for 50% of the services of a Cardiac Nurse to attend the sessions at Newbury Community Centre for two years.

The Cardiac Nurse service provides vital access to confidential, clinical and professional medical advice for Upbeat members. Within their role, each nurse:

- provides a specialist medical professional that members can discuss their health with. There is no other access to specialist help and advice for members except infrequent hospital check ups.
- assesses members' health and wellbeing on an ongoing basis, including blood pressure checks. Each member's record is regularly updated and monitored, enabling improvements and issues to be highlighted, acted on or celebrated.
- makes referrals for additional support where needed. As well as medical assistance, this also covers wider support such as DWP and Housing Benefit.
- Project start: **01 April 2017**
- Project end: **31 March 2019**

**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)

- Name of your organisation(s):
- Organisation address details

Address Ln1	c/o 33 Maltings Garth <i>(Trustee's address)</i>		
Address Ln2	Thurston		
Address Ln3			
City/Town	Bury St Edmunds	Postcode	IP31 3PP
Main phone	01359 232678	E-mail	<input type="text" value="REDACTED"/>
Website	Upbeatheartsupport.org.uk		

Main Contact Person		Second Contact Person	
Title	Mrs	Title	Mrs
Forename	Hilary	Forename	Valerie
Surname	Neeves	Surname	Axton
Role	Hon. Secretary/Fundraiser	Role	Hon. Treasurer
Daytime Tel No.	01359 232678	Daytime Tel No.	<input type="text" value="REDACTED"/>
Mobile No.		Mobile No.	
Email		Email	<input type="text" value="REDACTED"/>
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1	As org's	Ln1	<input type="text" value="REDACTED"/>
Ln2		Ln2	<input type="text" value="REDACTED"/>
Town		Town	<input type="text" value="REDACTED"/>
Post Code		Post Code	<input type="text" value="REDACTED"/>

## 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	Y	Charity number: 1087415
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		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	12	Service users	640
Full Time staff / workers	0	Volunteers and helpers (non-management)	25
Part Time staff / workers	10		

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 purpose of Upbeat is the relief of sickness among people who have Coronary Heart Disease or related illnesses. Upbeat is the only heart support group in Suffolk that combines exercise with professional support and social activities.

Upbeat was set up 21yrs ago by a group of nine heart surgery patients who wanted to continue the exercise regime recommended by the hospital to remain well but found nowhere to support this.

The aim of Upbeat is to provide a volunteer-led, supportive, relaxed and expertly-run group where heart patients can undertake recommended physical activity that fits their level of mobility and receive expert advice from Cardiac Nurses.

Upbeat provides 10 exercise classes per week at the Newbury Community Centre (9) and Sexton's Manor School (1) on the Howard Estate in Bury St Edmunds. These sessions provide:

- three different exercise levels which members can access according to their mobility and preferences:
  - aerobic exercise sessions
  - circuit training exercise sessions
  - seated exercise sessionsSessions are delivered by British Association of Cardio Pulmonary Rehabilitation (BACPR) instructors.
- an on-site Cardiac Nurse who provides a confidential medical assessments and advice to improve members' health and wellbeing, including referrals to additional support.
- social activities and opportunities, offered at each session, ranging from 'tea and a chat' to the chance to plan and take part in outings and events. The social element provides interaction with peers who understand their situation and can offer mutual support and encouragement, reducing loneliness, fear and isolation.

Upbeat is affiliated to the British Heart Foundation and the Arrhythmia Association, through these keeping up with best practice and innovations in heart patient support.

Upbeat has assisted over 1700 members since its inception and currently has over 600 registered and attending members at Newbury. The classes and social opportunities are open to carers as well as patients. Membership is free and the service receives no statutory funding.

*Maximum 300 words*

7. What was your organisation's total income for last financial year?
8. What was your organisation's total expenditure for last financial year?
9. Does your organisation have more than six months running costs? Yes
10. What are your organisation's current unrestricted reserves or savings?
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.

We are applying for funding for 50% of the services of a Cardiac Nurse to attend the sessions at Newbury Community Centre for two years.

The Cardiac Nurse service provides vital access to confidential, clinical and professional medical advice for Upbeat members. Within their role, each nurse:

- provides a specialist medical professional that members can discuss their health with. There is no other access to specialist help and advice for members except infrequent hospital check ups.
- assesses members' health and wellbeing on an ongoing basis, including blood pressure checks. Each member's record is regularly updated and monitored, enabling improvements and issues to be highlighted, acted on or celebrated.
- advises on which Upbeat exercise class would be of most benefit.
- makes referrals for additional support where needed. As well as medical assistance, this also covers wider support such as DWP and Housing Benefit.
- advises the Upbeat volunteers on clinical advances and feedback from members to improve the service.

Each Cardiac Nurse we engage on a self-employed basis has current or previous experience of working in the West Suffolk Hospital Cardiac Unit. This often provides continuity of care for members through existing established trusting relationships.

The presence of the nurse has, according to our members, cut down considerably their need to make GP appointments.

We have been working very hard on fundraising over the last years, seeking to make Upbeat a reliable and sustainable service. All fundraising is undertaken by volunteers and we are keen to move our efforts away from relentless and time

consuming fundraising to developing the service over the coming 24 months.

As per members' wishes, we are keen to develop more social activities, expand our exercise offer, and also focus on building partnerships with key organisations including Age UK, the Bury Dementia Action Alliance, Suffolk Family Carers and GP surgeries. We have calculated that this funding and a proportion of our reserves will enable us to do this. *Maximum 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.

Upbeat was formed by a group of heart patients who set up a self-help group to enable them and other patients to receive, and give, support and continue a beneficial recommended exercise regime to keep well.

Over the last 21 years, this group has grown from one class per week on an evening to providing twelve classes per week, including a recent expansion to Sudbury due to demand. The demand for the service is increasing exponentially, with over 10,000 sessions being delivered over the last two years and overall membership reaching over 600.

The St Olaves Ward, where the St Edmundsbury service is based, ranks second highest in deaths from Coronary Heart Disease (CHD) in those under 75, and third in those over 75, averaging higher than Suffolk as a whole across these categories.

CHD is the UK's single biggest killer, with nearly one in six men and one in 10 women dying from CHD. It is responsible for around 73,000 deaths in the UK each year, an average of 200 people each day, or one every seven minutes. Around 23,000 people under the age of 75 die of CHD each year. There are over 1.4 million men and around 85,000 women with CHD in the UK. (source: British Heart Foundation)

Most deaths from coronary heart disease are caused by a heart attack. There are c175,000 heart attacks each year, one every three minutes. The total cost of premature death, lost productivity, hospital treatment and prescriptions relating to CHD is estimated at £19 billion. (source: British Heart Foundation). The State of Suffolk Report 2015 found that CHD is one of the top 5 long term conditions experienced by the West Suffolk Clinical Commissioning Group (CCG) population at 3.7%. (source: PHE 2015). The report also found:

- Heart disease and stroke account for about 25% of early deaths in Suffolk. Although premature mortality has fallen in Suffolk by more than 50% in the last fifteen years mirroring the national and regional trend

there are indications that the rate of decline is beginning to slow.

- 74% of people with a limiting disability in Suffolk do not undertake any sport or active recreation
- The estimated annual costs of physical inactivity in Suffolk are more than £7.6 million for CHD (*source: Pakravan (2014)*)

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

To this day, Upbeat is organised and run solely by volunteers, all of whom have become volunteers through being members of the group. Everyone involved in running Upbeat have either CHD or related illnesses or cares for someone who has. This makes for a unique group who share a high level of empathy between themselves and the members.

When first attending a session, new members are allocated a volunteer 'Buddy' who has been attending the group for some time. Buddies welcome new members and support them until they are integrated into the group.

Each member is offered the opportunity to join in with an element of developing and running the Upbeat sessions and activities once they have settled in and are feeling stronger. We have a group for setting up and clearing up, a refreshments group, 'meeters and greeters' at the door, 'Buddies' and volunteers to handle the nominal session charge of £3.00.

There are also volunteers to sell our fundraising games and raffle, a Social Committee and a Fundraising Committee, something for every taste and ability! Around 50% of all members become volunteers at some stage, enabling them to grow in confidence and become more positive about their ability to make a contribution and make decisions in their own lives after what is a life changing experience.

The social element of the sessions is hugely valuable, enabling members to make social connections and give and receive support in equal measures. A vital component of Upbeat's strategy and support aim is to embed peer support in all activities through group work, which our experience has found most beneficial as everyone helps to motivate each other to keep going.

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.

Upbeat works closely with West Suffolk Hospital Cardiac Unit, meeting cardiac patients due to be discharged and introducing them to the Upbeat group. The Cardiac Nurses we engage are also employed at WSH and through them we have access to emerging good practice in the field of CHD.

Upbeat are also members of Hardwick House Patient Participation group, attend British Heart Foundation bi-annual meetings and a board member attends and contributes to the West Suffolk CCG Cardiology Forum.

We wish to make expanding our partnerships over the coming months a key focus so we can benefit even more people with cardiac illness and their carers and ensure Upbeat's service continuously improves.

When will the project start?

1 April 2017

16. When will the project finish?  
ongoing?

31 March 2019

or is the project

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

Upbeat is an ongoing project. The above dates relate to the element of our service that we are seeking funding for through Community Chest.

Upbeat will continue through ongoing volunteer fundraising efforts and we are hopeful that, with the new relationships we will be building, the opportunities for statutory and grant funding through partnerships will increase.

17. Which years funding are you applying for?

2017/18 & 2018/19

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

The project will have the potential to directly benefit over 600 people each year



19. 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?

We would expect to see average weekly attendance at sessions of 120, an annual attendance of 5,987 exercise places and 4,200 Cardiac Nurse consultations delivered each year.

Health outcomes:

According to the National Audit of Cardiac Rehabilitation, patients who take part in rehabilitation have a 26% relative reduction in cardiac mortality over the following five years.

Upbeat recognises that as members age, they develop other conditions such as diabetes, cancer, stroke and fall injuries. Keeping people active in older age helps prevention and recovery. Falls prevention through improved strength and balance is factored into all exercise sessions.

According to the British Heart Foundation, The main risk factors for CHD are smoking, lack of physical exercise, obesity and diet. Our Cardiac Nurse gives advice on decreasing risks across all these areas.

In addition to supporting patients, carers are also encouraged to join in and benefit from the professional and peer support on offer. This provide empathy, encouragement and an element of respite.

Wellbeing and resilience outcomes:

Within a few weeks: Members feel reassured and more confident in taking part in the exercise classes.

12 months: Members are happier, making friends, are much more confident and feeling less isolated and alone with their problems. Continued improvement in psychological well-being, physical activity and, if required, to their life style and diet. Members feel more in control of their condition and lives.

24 months: Members are fully integrated into the group and really enjoying their classes, helping newer members settle in and supporting and encouraging them. Many members will be helping with functions and fundraising activities, working together and supporting each other.

48 months:-Many members will be on one of our committees. They will be fully confident in helping to run the group. Many have spread their wings and gone

out into the community, volunteering at other groups, hospice, charity shops etc. Often after a life threatening illness, the wish to 'give something back to society' is very common.

The above outcomes will be recorded and measured through each member's Record Card and feedback.

20. What is the total cost of the project?

£15,750 per year - £31,500 over 2 yrs

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 (£)
Cardiac Nurse for one morning per week (3 sessions) @£35 per session = £105	
Cost for two years @ 3 mornings per week = 300 mornings	<b>£31,500</b>
<b>Total cost of items listed above:</b>	£31,500

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

£7,875 per year, £15,750 total over 2 yrs – 50% of costs

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

Source	Amount (£)
We will meet the balance of this project costs through fundraising and targeted use of a proportion of our reserves.	
<b>Total fundraising:</b>	

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

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

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

<b>Funder</b>	<b>Amount (£)</b>	<b>Reason for funding</b>
We have received nothing over the last year, but have in the past received a few hundred pounds in locality budget funding for specific purchases of equipment and publicity		
<b>Total:</b>		