



NORTH HERTFORDSHIRE DISTRICT COUNCIL

AREA COMMITTEE DEVELOPMENT GRANT APPROVAL FORM

1. Committee: **Southern Rural Committee**

2. Date: **29 Nov 2012**

3. Summary of application: **Exercise for older adults**

Name of organisation: **Active Together Breachwood Green**

Sum requested: **£700**

Total project cost: **£1,400**

Brief details:

Active Together Breachwood Green is a small constituted community group set up in March 2010 that coordinates sports & fitness activities for older adults within the local area of Breachwood Green and surrounding parishes.

The group is seeking support funding to help provide a 14 week programme of activities commencing in January 2013 providing two hour sessions on Friday mornings at Breachwood Green Village Hall. The sessions will be led by a qualified fitness instructor and include exercise circuits, stretches, resistance and seated exercises, badminton, table tennis, boules, indoor curling, rounders, hockey and quick cricket. The qualified fitness instructor will monitor and record the fitness levels of all those attending and ensure the sessions are safely delivered.

The scheme caters for all abilities and will assist in the promotion of well being, independent living and generally help improve the health of those attending. It is also expected that the sessions will provide a welcoming social environment thus, helping to combat both social exclusion & rural isolation that can often exist in the lives of older adults living in small villages throughout the district.

Matched / linked funding: **£0**

Funder:

Matched /linked funding : **£0**
or DRR

Funder:

Comments from Development Officer:

An eligible project which Members may wish consider making an award from existing funds within the Southern Rural Area Committee's Budget currently allocated to ' Parish & Community Projects Uncommitted ' that has a current available balance of £1,000. The grant award will help cover half of the Hall Hire fees and Instructor costs. The group has indicated that the £700 balance will be covered by the collection of session fees each week, local fundraising and the sale of refreshments.

Amount recommended: **£700**

4. Comments from Ward Members:

I support / do not support this application

Name:

Signed:

Date:

I support / do not support this application

Name:

Signed:

Date: