

Appendix 4 – Christchurch Baldock- Body & Soul

=Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference				
Name of Organisation	Christchurch Baldock – Body & Soul			
Organisation Type	Faith Group			
Ward	All Baldock and District Wards			
Project Type	Body & Soul, weekly 1.5-hour meeting, all year targeting senior citizens and providing singing, chair exercises and brain games.			
Green option considered?	Yes, where possible			
NHC Councillor involvement that may constitute a conflict of interest	No			
Previous financial support within six years	£200 in 2017 for the summer holiday club			
Documentation reviewed and approved*	Safeguarding	Yes	Accounts	Yes
	Demonstrates clear governance	Yes		
Total applied for	£375	Total project cost	£750	
Officer Summary				

Body & Soul is a group providing total fitness for retired people including chair exercises for the body, singing for the lungs, exercise games for the brain and a time to chat and have a coffee, with a final thought for the day for the soul.

The group meets at Baldock Community Centre providing, weekly 1.5-hour meeting, all year round.

Participants take part in singing, chair exercises and brain games. Chair exercises help with mobility and fitness and help to prevent falls in older people.

The funding is requested towards the cost of more equipment for chair exercises – stretchy bands, massage balls and weights.

Christchurch subsidise cost of 3 formal meals during the year, one each term, and cakes on special occasions, e.g., outside meeting, coronation, birthdays.

The group has become very popular, and numbers are increasing as it provides an important social gathering, for some it may be the only event of the week.

Body and Soul is open to all retired people in the area.

The remainder of the cost is provided by member contributions throughout the year.