

## Appendix 8: The Sadie Centre

### =Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	6041		
Name of Organisation	The Sadie Centre		
Organisation Type	Registered charity – charity number 295219		
Ward	Covers the whole of Letchworth		
Project Type	Ten-day training programme for trainers in the award-winning Positive Movement technique.		
Green option considered?	/		
NHC Councillor involvement that may constitute a conflict of interest	None that we are aware of.		
Previous financial support within six years	Yes - The Sadie Centre has received grants totalling £1,700 to help fund the cost of a defibrillator and a cabinet to house it. Two grants of £850 were awarded by the Hitchin Area Forum and the Letchworth Area Forum.		
Documentation reviewed and approved*	Safeguarding	Yes	Accounts
	Demonstrates clear governance	Yes	Yes
Total applied for	£1,500	Total project cost	£6,100
<b>Officer Summary</b>			
<p>The Sadie Centre offer a range of flexible, low-cost and effective therapeutic options to help residents move through emotional and psychological challenges. This funding would cover the cost of the design and delivery of a ten-day training programme for trainers, in the award-winning <i>Positive Movement</i> technique.</p> <p>The <i>Positive Movement</i> technique is an amalgam of techniques drawn from the Alexander Technique, Adaptive Yoga and Mindfulness. It is for older people with mobility problems or who are living with long-term conditions.</p> <p>The Train the Trainer programme would be delivered in weekly sessions in one of their on-site classrooms. Then the Positive Movement programmes themselves would be delivered in accessible community facilities in Letchworth and Hitchin. This would create a team of teachers equipped to train new tutors, to deliver the programme widely amongst the local community.</p> <p>Initially funded by a small Lottery grant and then by two Herts County Council <i>Innovations</i> grants, the programme has been delivered throughout Hertfordshire in 31 venues. Robust before-and-after evaluations of 140 participants demonstrated that 80-90% experienced reduced anxiety, stress and fear of falling, improved self-confidence, increased energy, and a greater ability to look after themselves in their own homes.</p> <p>The Sadie Centre estimates that during year one, they would be able to deliver in Letchworth five venues hosting their 20-week programmes, each delivered twice throughout the year - amounting to a total of 10 programmes, each with 15 participants i.e. a total of 150 participants. Their ultimate aim is to have <i>Positive Movement</i> established as a local free, preventative service. They are also approaching Hitchin Community Forum for £1,500, the room hire of £2,100 is an in-kind contribution and £1,000 is from Health Inequalities Funding.</p>			

\*Funding will only be released on receipt and approval of all supporting documentation