

Appendix 2. Christchurch Baldock

=Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	6101			
Name of Organisation	Christchurch Baldock			
Organisation Type	Faith Group			
Ward	All Baldock and District Wards			
Project Type	Movement and exercise sessions for retired residents			
Green option considered?	/			
NHC Councillor involvement that may constitute a conflict of interest	None known.			
Previous financial support within six years	Received three grants in July 2023 from Baldock & District community grant: <ul style="list-style-type: none"> <li>• Body &amp; Soul towards additional equipment and meals (£375)</li> <li>• Tea &amp; Tots towards hall hirer costs (£250)</li> <li>• Holiday Club towards craft resources and props for the event (£700)</li> </ul>			
Documentation reviewed and approved*	Safeguarding	Yes	Accounts	Yes
	Demonstrates clear governance	Yes		
Total applied for	£1,560	Total project cost	£1,560	
<b>Officer Summary</b>				
<p>Body &amp; Soul is a group providing total fitness for retired people. The group meets weekly, holding 1.5 hour sessions at Baldock Community Centre, with 30-35 attendees participating.</p> <p>The sessions include chair exercises for the body, singing for the lungs, exercise games for the brain and social opportunities to chat and have a coffee. Chair exercises are included to help with mobility and fitness and help to prevent falls. In addition, Christchurch invite speakers to Body &amp; Soul to give advice on relevant topics, including the Fire Service, Police, Citizens Advice and the library.</p> <p>Currently, Body &amp; Soul have a fully qualified instructor that has been commissioned by the North Herts Wellbeing Team. This covers the instructor carrying out sessions until the end of 2024.</p> <p>The funding requested is to cover the cost of the current instructor over the 2025 period, for a total of 39 weeks, at £40 per session.</p> <p>The group are looking into alternative long-term options, including training a volunteer to carry out the sessions or to increase the cost per user.</p>				

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