

## Appendix 2: Saracens Sport Foundation

### =Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	6119			
Name of Organisation	Saracens Sport Foundation			
Organisation Type	Registered Charity			
Ward	Letchworth South East			
Project Type	Active			
Green option considered?	N/A			
NHC Councillor involvement that may constitute a conflict of interest	None known			
Previous financial support within six years	No			
Documentation reviewed and approved*	Safeguarding	Yes	Accounts	Yes
	Demonstrates clear governance	Yes		
Total applied for	£1,508	Total project cost		£4,556

### Officer Summary

Saracens Sport Foundation deliver community projects in response to specific needs and are seeking funding for their dance project 'Love to Dance' which is held at Jackmans Community Centre. Love to dance offers a 90-minute dance class specifically designed for women over 50.

The sessions include warm-up exercises, learning new dance routines, and a cool-down period. There is also opportunity to socialise, to foster connections and camaraderie. The sessions take place every Monday from 10:00 - 11:30 am. The project will run for a total of 42 sessions in a year for up to 10 participants per session.

The class cost for participants is £5.60 for 1.5 hours. They have conducted price comparisons with similar community dance programs to ensure their costs are competitive, with their budgeted costs being lower than the average cost per session in similar programs. Regular impact assessments on participants' physical health, social interaction, and mental well-being help justify the costs involved.

The need for this program was identified through research, which revealed that the over-50 community is one of the most likely to be inactive. This inactivity increases their vulnerability to long-term health conditions and illnesses such as obesity, diabetes, and cardiovascular diseases. Additionally, inactivity contributes to social isolation, which can lead to depression and other mental health issues.

The funding will cover essential running costs, including the hall hire, dance teacher's fees, administrative staff salaries, the booking platform, the music license, refreshments and new music speaker. They are contributing £3,048 towards these costs, which will be raised through the ticket sales and unrestricted funding.

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