

West Swindon Parish Council
 Unit 25 Westmead Industrial Est
 Bridge Mead Cl
 Swindon
 SN5 7YT
Email: enquiries@westswindon-pc.gov.uk
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Grant Application Form

About You:

Date:	10/01/2022
Name of Organisation	BEST: Be a Better You
Name of contact person	Craig Hiscock
Contact Address and contact number	Unit B Pigeon House Lane Stratton St Margaret Swindon Post Code: SN3 4QH Tel No: 01793 200124
E-mail for organisation	craig.hiscock@besttrust.co.uk
How long has your organisation has been active?	2 years
Please tick the boxes to confirm you are submitting all of the following with your completed application:	Governing Document e.g. Constitution/Terms of Reference <input type="checkbox"/>
	Management Group or Committee Membership details <input type="checkbox"/>
Annual Turnover of your organisation	£100,000

Your Grant Project:

Name of project or activity?	BEST School Holiday Activities
Who is it for? and where is it happening? <i>(500 words max.)</i>	Children and young people 9 – 16 years of age. We would like to use Freshbrook community centre to be in walking distance for the children and families
How will residents in West Swindon benefit from this? <i>(500 words max.)</i>	<p>BEST would like to provide sports taster sessions for 11- 16-year-old children and young people in west Swindon. We have had a successful summer programme in Haydon Wick and have just had funding granted from Stratton Parish to provide holiday sessions throughout the next year.</p> <p>The global Covid19 pandemic has seen the UK have severe lockdowns which has forced young people to have to stay home, be away from school and their friends. This has severely impacted on their mental health, their physical health and their emotional well-being. We are seeing more and more young people socially isolated, disengaged from society and becoming unhealthy due to lack of exercise.</p>

	<p>BEST would like to put on a 2-hour group taster session once a week over the school holidays, for up to 25 young people to attend each week. Dates to be confirmed.</p> <p>The sessions will provide positive interventions for young people during the school summer holidays.</p> <p>The weekly sessions will be broken down into 3 different activities. Non – Contact Boxing Drills and Skills, Non – Contact Freestyle Martial Arts and Group Games and Team Building Exercises.</p> <p>Some of the benefits of taking part will include;</p> <ul style="list-style-type: none"> • Basic Boxing Skills • Basic Freestyle Martial Arts Skills • Exercise to increase Health and Mental Well-Being • Leadership skills • Team building skills • Increase communication skills • Build community spirit/cohesion • Decrease post- Covid19 Lockdown Social isolation • Make new friends and have fun. <p>BEST have highly skilled coaches/instructors with decades of experience that will make the activities fun & engaging and accessible to all who want to join in.</p> <p>The group sessions will be specifically for 9-16-year-old young people of the West Swindon Parish.</p>
<p>When you aim to start and finish?</p>	<p>Start - Easter holidays – Week commencing 18/04/2022 Finish – February half term – Week commencing 20/02/2023</p>
<p>What funding are you requesting from the Parish Council?</p>	<p><i>List of items and amounts:</i></p> <ul style="list-style-type: none"> • 11 x 2 hour sessions • Hourly rate £100 x 22hrs = £2200 (reduced rate for West Swindon Parish, would normally be £120ph. This is based on the need for 4 x Coaches for up to 40 students. All first aid trained and Enhanced DBS checked). • Equipment Hire £0.00 (BEST will provide all sports equipment) • Facilities Hire = £15 an hour, £30 per week, 30 x 11 = £330 • Admin 1 hrs per week @ £10.00ph = £110pw • BEST will provide PPE for Covid19 control (staff will test weekly and wear appropriate PPE in line with current guidance). = £0.00

	Total: £2640
Please detail any match funding you will bring to the project <i>e.g. donations, in kind funding, volunteer hours.</i>	

Thank you. Please return your form in person, post or email to: Grants, West Swindon Parish Council, to the contact details at the top of the form.