

# ROCHDALE TOWNSHIP FUND 2019/20 APPLICATION FORM



**ROCHDALE**  
BOROUGH COUNCIL

**REF**  
RP/10/19

Please read the **Terms & Conditions** and **Guidance for Applicants**. If you need advice or support to complete your application form, please contact Rochdale Township Office.

## SECTION 1 – NAME OF PROJECT

**Name of project**

OverCome

## SECTION 2 - APPLICANT DETAILS

**a) Name of organisation**

Get Fit Society

**b) Type of organisation**

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Voluntary/ community	Registered charity	Sports/ leisure club	Limited company	Private company	Social enterprise	Other type

**c) Aims and objectives of your organisation and activities or services it provides**

The 'OverCome' is a volunteer led project delivered Inner Rochdale which is in the top 10% as most deprived LA areas/wards in England (IMD 2015). According to IMD 2016 Rochdale is ranked 16/326 most deprived LA area in the country with high levels of drug-crime, anti-social behaviour, mental/physical health inequality, high unemployment rates, poor education attainment, poor literacy/numeracy skills and increased hate crime.

We are seeking funding to support 100-120 young people (8 -24) to improve their

- Mental Wellbeing
- Personal health
- Social resilience
- Confidence
- Reducing obesity and ill health.

We are open to work with all communities including non - bme and Refugee/Asylum Seeker (RAS).

Through fortnightly/weekly user-led group/121 activities; co-designed/planned by beneficiaries, we will bring service users together to reduce social isolation, improve, confidence, assertiveness; build positive relationships and reduce depression and stress related illness including obesity and poor diet.

In June 2019 the Get Fit Society group (volunteer led) held a consultation with existing and new service users using face to face and questionnaires. Over 70% RAS Service users (new) expressed a desire to get involved in sporting activity to get them active and improve confidence building/language skills so they can build positive/active relationships with non BME neighbours and their own families i.e. young children.

Of the 85 beneficiaries consulted, 85% of users reported wanting to take part in light boxing activities, 74% RAS service users reported lacking basic ESOL skills, 69% reported feeling lonely due to language barriers /or lack of appropriate advice and 74% cited reducing obesity and poor health/wellbeing.

We have looked at Rochdale Community Strategy 2016-2021/JSNA 2017/18 and found promoting physical health, including diet/healthy cooking; mental health awareness such as stress, anxiety and depression are common within BME/RAS communities specifically.

The Locality Strategy cites RAS communities and young people are struggling to cope due to lack of cultural services and express mental health /post traumatic stress as part of integration into British society.

Project OverCome will aim to hold sessions on a weekly basis, focusing on different aspects of the aims and objectives of the Project throughout the Project Period.

E.g, physical activities will be held to enhance physical wellbeing via engaging in carrying out activities specially built to engage with different individuals and interact and confidence building activities within the group exercise.

d) Contact name	Misbah Akhtar
e) Contact telephone	██████████
f) Contact address and postcode	████████████████████
g) Email address	████████████████████
h) Web address	-

### SECTION 3 – ORGANISATION FINANCES

a) Have you applied for or received a Township grant before?  Yes  No

b) If you have answered yes to question a), please give details below

c) Does more than 50% of your annual base budget/income come from Rochdale Council?  Yes  No

If yes, detail below the amounts received and Council Services providing budget/income to your organisation (a copy of your application will be forwarded to your relevant Link Officer for their comments)

## SECTION 4 – ABOUT THE PROJECT AND JUSTIFICATION

### Details of the proposed project and what benefits will this project bring for participants, organisation, group or wider community?

We will aim to work with Link4Life, Rochdale Connections Trust, Rochdale Mind, Group, Rochdale CAB, police and local schools to promote project and signpost service users for specialist support (where needed) i.e mental health.

The project will also link in with Local Authority, social housing providers, GP surgeries and further more to be fully inclusive/diverse. 1-2-1 and group activities such as light boxing, walks and talks, cooking on low budget/ health talks, confidence building, planned and will be delivered by bi-lingual sessional workers for greater impact.

By bringing diverse beneficiaries/people/groups together, service users will build stronger-healthy relationships with other communities i.e. RAS and non BME groups and reduce isolation, improve positive mental health, reduce obesity, anti-social and related criminal activity and encourage community cohesion.

Therefore, this project will aim to prevent (long term) ill health caused by depression, poor mental health, promote friendships, and isolation which is common within the Rochdale community, more so within the young people living in the Modern day of age with such a high influence on Social Media.

<b>Project start date</b>	October 1 <sup>st</sup>	<b>Project completion date</b>	TBA
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## SECTION 5 – PROJECT FINANCES

<b>a) Cost of project</b>	£4,980	
<b>b) Amount of grant required</b>	£4,980	
<b>c) Amount from other sources</b>	£0	
<b>d) Details of other funding</b>		
<b>Funder</b>	<b>What they may fund</b>	<b>Dates of funding decisions</b>
NONE	NONE	NONE

e) Breakdown of proposed expenditure relating to the amount of grant required (Enclose quotations, cost estimates or extracts from catalogues. At least two quotations will be required for any items to be funded that will cost £1,000 or more to demonstrate value for money. Costs for items to include VAT only if your organisation cannot claim VAT back from HM Revenue and Customs).

Expenditure item	Cost
<p>7 Month Project / 28 Weeks 2 Sessions Per Week</p> <p><b><u>Venue Hire</u></b> £30 x 2 = £60 Hall Hire x 32 = £60 PW</p> <p><b><u>Instructors/Coaches</u></b> £25 x 2 = £100 for 2 Coaches</p> <p><b><u>Project Launch, Including Publicity</u></b> £300</p> <p><b><u>Project Management and Monitoring External Evaluation</u></b> £200</p>	<p>£1,680</p> <p>£2,800</p> <p>£300</p> <p>£200</p>
<b>TOTAL</b>	£4,980

## SECTION 6 – SUPPORTING DOCUMENTATION



Please supply the following documents when you submit your application. IF YOU DO NOT SUPPLY THESE DOCUMENTS, WE WILL NOT BE ABLE TO PROCESS YOUR APPLICATION. Please tick the boxes to confirm which documents you have attached to this application.

a) Annual accounts and bank statement(s)	<input checked="" type="checkbox"/>
b) Constitution/governing document	<input checked="" type="checkbox"/>
c) If your project works with children and young people under 18 years old or vulnerable adults, please confirm your organisation has the following in place:	
Child protection policies and procedures	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> N/A
Disclosure and Barring Service (DBS) checked staff and volunteers	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> N/A
d) Quotes/estimates/extracts from catalogues for proposed expenditure	<input checked="" type="checkbox"/>

## SECTION 7 - DECLARATION

We, the undersigned agree to:

- Abide by Rochdale Township Fund's Terms and Conditions.
- No expenditure being incurred on this project prior to the grant decision being given.
- Certify that the information contained in this application is correct and that we are authorised by the organisation to accept these conditions on their behalf.
- Use funds, if granted, only as specified in this application, unless receiving authorisation from Rochdale Township Office to make changes.
- Send the invoices/receipts for all payments made with this grant along with the completed Project Evaluation Form to the Rochdale Township Office.
- Agree to participate in monitoring, auditing and evaluation related to this fund.
- Highlight the support of Rochdale Township in all publicity material and agree to Rochdale Council's use of the organisation's name and photographs for promotional purposes.
- Inform Rochdale Township Office immediately if either signatory leaves the organisation or can no longer fulfil their responsibilities, or someone else takes over responsibility for the grant on behalf of the organisation.

Contact Person		Organisation Chair or Treasurer (Different from Contact Person)	
Signature		Signature	
Full name	Misbah Akhtar	Full name	Arooj Qamar
Position	Treasurer	Position	Chair
Date	01/08/2019	Date	01/08/2019

Before you send your application to us, please check that you have:

- answered all the relevant questions and
- enclosed all the information requested:
  - Annual accounts
  - Bank statement(s)
  - BACS form
  - Constitution/governing document
  - Quotations/cost estimates/extracts from catalogues

We will return incomplete application forms.

Please send your completed application form to:

Rochdale Township Office, Number One Riverside, Smith Street, Rochdale OL16 1XU  
 Tel: 01706 924802  
 Email: rochdale.township@rochdale.gov.uk

# Quotation

From  
**BTK Boxing Academy**

1St Floor 11-31 School Lane  
Rochdale  
O116 1QP

Business Number: 01706 550330

To  
**Get Fit Society**



Estimate #: EST0001  
Date: Jul 28, 2019

Description	Amount
Hall Hire for 1 Hour Hall Hire includes full use of Facilities without interruption.	£30.00
	Subtotal £30.00
	Taxable £25.00
	VAT (20%) inc £5.00
	<hr/> <b>Total £30.00</b>

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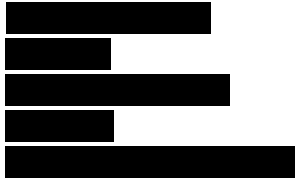
Number EST0001  
Date Aug 11, 2019

Description	Rate	Qty	Amount
1 Qualified Coach Hire Per Session	£25.00	2	£50.00
		Subtotal	£50.00
		VAT (20%)	inc £0.00
		<b>Total</b>	<b>£50.00</b>



# INVOICE

Misbah Akhtar  
Get Fit Society



Invoice Date: 2019-08-12  
Order Number: 9007981  
Order Date: 2019-08-11  
Payment Method: Pay Via Credit Card

Product	Quantity	Price
Custom Banners Size: 5 ft x 2 ft	32	£288.00
Custom Business Signs Flyers: A6 Double Sided 130 GSM Gloss	2000	£49.51

<b>Subtotal</b>	£337.51
<b>Shipping</b>	£5.49 via Standard Delivery
<b>15%HYPER Discount</b>	-£43.00
<b>Total</b>	<b>£300.00</b>

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