

# ROCHDALE TOWNSHIP FUND 2019/20 APPLICATION FORM



**ROCHDALE**  
BOROUGH COUNCIL

**REF**  
RP/38/19

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** "Ladies Only Box Fit"

## 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 aims and objectives of the club will be to:

- Offer coaching and competitive opportunities in Fitness and Boxing to all Genders
- Promote the values of hard work, discipline, and respect for self and others.
- Promote Get Fit Society within the local community of Rochdale and surrounding areas.
- Provide activities those are affordable to the local community,
- Promote and encourage healthy lifestyles,
- Provide a positive alternative to crime and anti-social behavior.
- Ensure a duty of care to all members of the club.
- Ensure that all present and future members receive fair and equal treatment.

**d) Contact name** Misbah Akhtar

**e) Contact telephone** [REDACTED]

**f) Contact address and  
postcode** [REDACTED]

**g) Email address** [REDACTED]

**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

Information by Rochdale Township Office from their records:  
RP/10/19 Overcome – Grant awarded £2,166 on 26 September 2019

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?

Get Fit Society (GFS) is a Volunteer Lead Society aimed at helping delivering projects to increase Social and Community development within Rochdale.

In Jan 2020 the Get Fit Society group held a consultation with existing & new service users using face to face and questionnaires.

Over 74% RAS Service users (new) expressed a desire to get involved in “Ladies Only” Sporting activity to get them active, reduce the fear of judgement, improve confidence building/language skills so they can build positive/active relationships within their own families as they have a stronger role i.e. young children. Thereby increasing the strength of the community and developing a more positive attitude among young people.

Of the 80 beneficiaries consulted, 85% of users reported wanting to take part in light boxing activities, 65% reported feeling lonely due to language barriers and wanting to tackle inequalities for women /or lack of appropriate advice and 80% cited reducing obesity and poor health/wellbeing, thereby reducing overall inactivity.

As a matter of fact, 43% of women aged 18 and over are not active enough to get the full health benefits of sport and physical activity, compared to 35% of men.

Further having looked at Rochdale Community Strategy 2016-2021/JSNA 2017/18 combined with the two core objectives as part of the 2017-2021 Towards an Active Nation strategy, we've found promoting physical health, including diet/healthy cooking; mental health awareness such as stress, anxiety and depression are common within BME/RAS communities specifically.

Project ‘Ladies Only Box Fit’ will aim to hold sessions on a weekly basis, focusing on different aspects of the aims and objectives as sighted below of the Project throughout the Project Period

Project 'Ladies Only Box Fit' will aim to seek funding for a minimum of 120 Females (18+ ) to improve their :-

- Reducing obesity, isolation and ill health
- Physical Wellbeing
- Mental wellbeing
- Social resilience
- Confidence

GFS wants Rochdale to be a part of the big revolution and towards the Active Nation Strategy in increasing Women's Health & Fitness.

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 and reduce obesity.

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.

<b>Project start date</b>	01/06/2020	<b>Project completion date</b>	04/01/2021
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## SECTION 5 – PROJECT FINANCES

a) Cost of project £2,498.49

b) Amount of grant required £2,498.49

c) Amount from other sources £0

### d) Details of other funding

Funder	What they may fund	Dates of funding decisions
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>32 weeks Project / 8 Months 1 Session per week</p> <p><b>Hall Hire</b> £25 per session *32 weeks =</p> <p><b>Coaches</b> £18.75 per coach per session * 2 Coaches = £37.50 per session *32 weeks =</p> <p><b>Publicity Material</b> £248.49 for 27 Banners =</p> <p><b>Project Management &amp; Monitoring External Evaluation</b> £250 =</p>	<p>£800</p> <p>£1,200</p> <p>£248.49</p> <p>£250</p>
<b>TOTAL</b>	£2,498.49

## 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 Disclosure and Barring Service (DBS) checked staff and volunteers	<input type="checkbox"/> Yes <input type="checkbox"/> N/A <input 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	13.02.2020	Date	13.02.2020

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

## BTK Boxing Academy Ltd

1st Floor  
11-31 School Lane  
Rochdale  
GM  
OL11 3PF  
btkboxing@gmail.com  
VAT Registration No.: 303216653

## Estimate

ADDRESS  
Get Fit Society

[REDACTED]  
[REDACTED]

ESTIMATE 1001  
DATE 10/02/2020  
EXPIRATION DATE 17/02/2020

SERVICE	DESCRIPTION	VAT	QTY	RATE	AMOUNT
Hours	Hall Hire for 1 hour for "Ladies Box Fit Sessions"	20.0% S	1	25.00	25.00
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INCLUDES VAT TOTAL					4.17
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TOTAL					<b>£25.00</b>

### VAT SUMMARY

	RATE	VAT	NET
VAT @ 20%		4.17	20.83

Accepted By

Accepted Date

# QUOTATION

**From**

Bilal Rehman

Quote Ref – 18

Quote Date – 08/02/20

**Description –**

Services for 2 Coaches for “Ladies Only Session”

**£37.50**

To

Get Fit Society



**Payment Methods**

BACS

Sort Code -

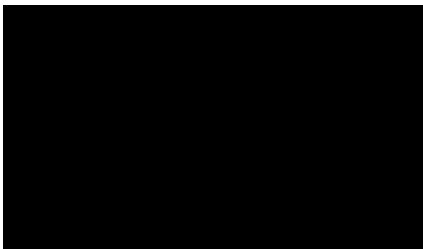


Account Number –



Or Cash/ Cheque Payment

Thanks for your services!



# INVOICE

Arooj Qamar



Invoice Date: 2020-02-13  
Order Number: 9015474  
Order Date: 2020-02-13  
Payment Method: Pay By Credit or Debit Card

Product	Quantity	Price
Custom Banner Printing Size: 5 ft x 2 ft	27	£243.00
<b>Subtotal</b>		£243.00
<b>Shipping</b>		£5.49 via Standard Delivery
<b>Total</b>		<b>£248.49</b>

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**QUOTE Ref: 248**

Quote Date: 6<sup>th</sup> Feb 2020

Quote from:

***Nas Hussain Consultancy***



Quote to:

Get Fit Society



Item Description	Cost	Quantity
<b>Organisational Development:</b> <i>Project management, monitoring and external evaluation- 2 days</i>	£150	1
<b>Workshop Delivery:</b> <i>- 2 x confidence and assertiveness sessions</i>	£100	1
<i>Total</i>	£250	

**Please pay invoice to Mr N Hussain , Sort Code [REDACTED] Account [REDACTED] or cheque to Mr N Hussain.**

Thank you!