

# PENNINES TOWNSHIP FUND 2020/21 APPLICATION FORM



**ROCHDALE**  
BOROUGH COUNCIL

**REF**  
PF/19/20

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

## SECTION 1 – NAME OF PROJECT

<b>Name of project</b>	Cycling Without Age
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## SECTION 2 - APPLICANT DETAILS

<b>a) Name of organisation</b>	Rochdale Cycling Without Age
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### b) Type of organisation

<input checked="" 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

Rochdale Cycling Without Age is a start-up voluntarily organisation which is trying to access funding to purchase a specially adapted bicycle (Trishaw) to take older people, initially from the Pennines Township area, on bike rides in parks or country areas. The specially adapted bicycle we hope to purchase will enable lonely, older people to access bike rides so that they can feel the wind in their hair, connect with nature, connect with others and improve their mental wellbeing.

The ethos of the organisation is to give something back to the communities of the borough and particularly to older people in the community – giving something back to those who have given to us.

The Trishaw rides will be free and fully insured. The Trishaws are built to a high standard with power assist and are comfortable and safe for older people. The Trishaw rides will be provided by volunteer 'pilots' who will be fully trained and DBS checked. The 'pilots' will also benefit from their role with improvements in their own wellbeing through the act of giving, connecting with other people and through increased physical exercise. Older people will themselves be encouraged to be pilots where appropriate.

The project is part of a global Cycling Without Age social movement that started in Copenhagen in 2012 and is represented in 50 countries providing rides to more than 1.5 million people. Whilst the movement provides advice and support in setting up and running a project it does not provide any funding to purchase Trishaws or run the project.

The initial aim of the organisation is to start small, with one Trishaw, to support older people who live in Pennines Township to go on bike rides. Based on the success of the project the aim will then be to raise funds to purchase further Trishaws to support older people in other parts of the borough to access rides. The intention is for the rides to be between 1 and 1.5 hours in total and the initial route is likely to be on the part around Hollingworth Lake that is public bridleway. All routes will be green routes and will be risk assessed for safety before they are offered.

The number of rides offered will be linked to the number and availability of volunteer 'pilots'. A few people have already expressed an interest in being a pilot and we anticipate starting with a small number of rides, increasing the number as our profile rises and we can publicise the project. We hope to hold taster sessions and events once lockdown and social distancing measures have been lifted in order to attract both passengers and 'pilots'.



If you would like to find out more about Cycling Without Age the following video provides some insight into how it works and the benefits of the rides for older people.

<https://www.facebook.com/watch/?v=10154985315840787>

<b>d) Contact name</b>	Dianne David
<b>e) Contact telephone</b>	██████████
<b>f) Contact address and postcode</b>	██
<b>g) Email address</b>	rochdale@cyclingwithoutage.org.uk
<b>h) Web address</b>	Not available at present. Cycling Without Age UK are developing the UK website and we will be able to have a free page on the website once it has been developed, thereby keeping costs down.

**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?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>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)</b>	

**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?**

**About the Project**

The project is focused on the impact of loneliness and social isolation on the wellbeing of older people with limited mobility in the community and how this can be relieved by providing them with access to green spaces through accessible bicycle rides where they can feel the wind in their hair, connect with nature and with other people. Unfortunately, people with limited mobility cannot access green space under their own steam. This is particularly important in current circumstances as older people have been disproportionately affected by Covid-19, with many shielding in isolation, either through necessity or choice, for prolonged periods as the borough has only had a few weeks of respite from lockdown in the past 12 months.

The Trishaw rides will be completely free and fully insured. The Trishaws are built to a high standard with power assist, are comfortable to support older people and the rides will take place away from main roads. Passengers will be assisted to travel to and from the start of the rides through the Volunteer Drivers scheme which does charge for the service but at a reduced rate. Whilst the project is mainly for older people, younger people with physical or learning disabilities will also be able to access the rides. The Trishaw rides will be provided by volunteer ‘pilots’ who will be fully trained and DBS checked. The ‘pilots’ will also benefit from their role with improvements in their own wellbeing through the act of giving, connecting with other people and through increased physical exercise. We already have a number of people interested in being volunteer pilots and once we have accessed sufficient funding to purchase our first Trishaw we will commence a recruitment drive to increase the number of volunteer pilots as this will determine the amount of rides we will be able to provide.

Rochdale Cycling Without Age is a small voluntary organisation which is run solely by volunteers to keep the running costs to a minimum. The organisation consists of four Board members and has developed a range of policies to support the organisation in the delivery of its aims, including a constitution. The intention is to apply to the Charity Commission in the next few weeks to register the organisation as a Charitable Incorporated Organisation and this is reflected in the constitution.

We have raised some funds towards the costs of the Trishaw and running costs with £1,675 being raised to date which will cover the costs of insurance and provide cashflow for any unexpected costs.

We have links with local Care Homes and Independent Living Schemes and have liaised with Adult Social Care and RBH. Once we have a Trishaw it is our intention to leaflet areas to identify older people who live alone and would like to go on a bike ride and we will contact local doctors to identify suitable referrals.

**Justification for the Project**

**Research**

There is a range of academic research that demonstrates the need for community based preventative projects like Cycling Without Age to address social isolation and loneliness in older people. There is also a

growing amount of research into the benefits that the Cycling Without Age movement has on Older people.

In addition, there is some evidence that the impact of Covid-19 has increased empathy with the plight of people who cannot get out of their homes and there is some support for changing the way society operates with more emphasis on communities helping each other and supporting those who are more vulnerable.

### **The impact of Social Isolation and Loneliness**

The **Campaign to EndLoneliness** website identifies the following facts:

- There are nine million lonely people in the UK and four million of them are older people.
- The number of over 50's experiencing loneliness is set to reach two million by 2025/26. This compares to around 1.4 million in 2016/17 – a 49% increase in 10 years.
- Half a million older people go at least five or six days a week without seeing or speaking to anyone at all.
- Well over half (59%) of those aged 85 and over and 38% of those aged 75 – 84 live alone.
- Two fifths of older people (about 3.9 million) say the television is their main company.

The **Campaign to EndLoneliness** website also outlines the health risks to individuals that the above facts pose:

- Loneliness is likely to increase your risk of death by 25%.
- Loneliness, living alone and poor social connections are as bad for your health as smoking 15 cigarettes a day.
- Loneliness is worse for you than obesity.
- Loneliness and social isolation are associated with an increased risk of developing coronary heart disease and stroke.
- Loneliness increases the risk of high blood pressure.
- Loneliness with severe depression is associated with early mortality and loneliness is a risk factor for depression in later life.
- Loneliness and social isolation put individuals at greater risk of cognitive decline and dementia.

Addressing loneliness in older people benefits wider society by reducing the need for more acute and more costly health and social care services. This is supported by the SCIE (Social Care Institute for Excellence) report 'At a glance 60: Preventing loneliness and social isolation among Older People May 2012' which states:

'Health issues arising from loneliness and isolation add pressure on statutory health and social care services. By intervening in this issue, we can improve older people's quality of life, while limiting dependence on more costly services'.

The report calls for services to be developed that alleviate loneliness and improve the quality of life of older people, reducing their dependency on more costly services. Rochdale Cycling Without Age fits this remit.

### **The Benefits of setting up Cycling Without Age Chapters:**

Cycling Without Age is a global initiative in which trained volunteers take older people on bike rides on specially designed Trishaws.

A number of research studies have been carried out that demonstrate the positive impact that the Trishaw rides have on the wellbeing of older people. Studies in Wisconsin identified that older people appreciated the fresh air, socialising and relaxing that the Cycling Without Age project allowed them (McNeil and Westphal 2018). A quantitative follow up study revealed that after four months of participation (two rides per week), older adults displayed significant improvements in mental wellbeing (McNeil and Westphal, 2018; McNeil and Westphal, 2019).

Similar positive results have also been reported in relation to self-reported quality of life e.g. following a 12 week intervention programme in Barcelona in which participants took part in regular Trishaw rides, there was a significant improvement in quality of life (Salas, 2018).

Quantitative research to assess the impact of Cycling Without Age on mood and wellbeing was carried out by Alan Gow in Scotland in 2020. (Gray and Gow, 2020). This study used two different methods of assessing the mood and wellbeing of care home residents before and after they went on Trishaw rides and on days when they did not go on a Trishaw ride. The conclusion of the study was that there was a relationship between participation in the Cycling Without Age activity and positive short-term changes in mood and wellbeing. Further research is taking place into the long-term positive impacts of participating in Cycling Without Age activity.

There is also evidence to support the view that access to green spaces has a positive impact on mental wellbeing. The Mental Health Foundation highlights in its 'Thriving with Nature Guide' that research has found a link between access to green space and a reduced risk of mental health problems, improved mood and increased life satisfaction.

**Relevant Statistics for Rochdale Borough:**

Table 1 below demonstrates that according to the Office of National Statistics (ONS) Mid-Year Population Estimates for June 2019 there are **36,615** people aged over 65 in the borough of Rochdale who may benefit from accessing a bicycle ride with Rochdale Cycling Without Age.

**Table 1 Population Distribution 65+ Rochdale Borough**

	<b>Persons</b>	<b>Male</b>	<b>Female</b>
<b>65 to 69</b>	10797	5354	5443
<b>70 to 74</b>	9,939	4,799	5,140
<b>75 to 79</b>	6,706	3,089	3,617
<b>80 to 84</b>	4,754	2,083	2,671
<b>85 and Over</b>	4,419	1,594	2,825
<b>Total</b>	<b>36,615</b>	<b>16,919</b>	<b>19,696</b>

Source of Data: Office for National Statistics Mid-Year Estimates June 2019

Table two below outlines the number of people over 65 years in each of the wards in Pennines Township who lived alone when the 2011 Census was carried out. Whilst these figures are out of date ONS statistics and projections have long shown that the UK's population is ageing with projections carried out in 2018 demonstrating that in 50 years' time, there are likely to be an additional 8.6 million people aged 65 years and over – a population roughly the size of London. The likelihood is, therefore, that the figures in Table 2 will have at the least remained similar or, as is more likely, will have increased since 2011.

The Table demonstrates that in 2011 **2,505** people over the age of 65 in Pennines Township lived alone many of whom will be at risk of loneliness and social isolation. There are, therefore, many older people in the Pennines Township who could benefit from accessing a bicycle ride provided by Rochdale Cycling Without Age.

**Table Two: Population Distribution of 65+ Living Alone in Pennines Township**

	<b>Age 65 to 69</b>	<b>Age 70 to 74</b>	<b>Age 75 to 79</b>	<b>Age 80 to 84</b>	<b>Age 85 and over</b>	<b>Total</b>
<b>2011 Census Merged ward</b>						
<b>Littleborough Lakeside</b>	153	133	126	124	118	<b>654</b>
<b>Milnrow and Newhey</b>	145	128	132	115	109	<b>629</b>
<b>Smallbridge and Firgrove</b>	199	153	144	120	125	<b>741</b>
<b>Wardle and West Littleborough</b>	108	97	105	97	74	<b>481</b>
<b>Total</b>	<b>605</b>	<b>511</b>	<b>507</b>	<b>456</b>	<b>426</b>	<b>2,505</b>

Table 3 outlines the percentage of people in each age group living alone in Rochdale Borough utilising the census data and the ONS Mid-Year Estimates 2019. This demonstrates that as people age they are more likely to live alone with 53% of the 80 -84 year old age group and 55% of the 85 years and over age group living alone.

**Table 3: Percentage of Older People Living Alone.**

	Persons	People Living Alone	Percentage of age group living alone
65 to 69	10797	2,903	27
70 to 74	9,939	2,767	28
75 to 79	6,706	2,807	42
80 to 84	4,754	2,530	53
85 and Over	4,419	2,422	55
Total	36,615	13,429	37

**Rochdale Cycling Without Age Research:**

Rochdale Cycling Without Age has carried out surveys locally through social media and via various local voluntary organisations. The results are detailed below:

- 59% of respondents who are aged 50+ are feeling isolated.
- 69% have mobility issues.
- 25% do not go out of the house at all.
- 64% would like to go on a Trishaw ride.

The response to the idea has been very positive as is reflected by some of the comments below that people left on the survey:

**“As a young able bodied person my mum would like nothing more than walking and feeling the wind in her hair. To have the chance of replicating that feeling would be wonderful for her. “**

**“I think this would be a marvellous idea for people who are unable to walk or cycle themselves and are unable to get out the same.”**

**“What an amazing idea for people who can’t get out much, particularly for the elderly in care homes”**

Overall, there is substantial evidence to support Rochdale Cycling Without Ages aim to provide lonely and socially isolated older people with limited mobility access to bicycle rides.

<b>Project start date</b>	End of April/ beginning of May 2021	<b>Project completion date</b>	Ongoing project
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**SECTION 5 – PROJECT FINANCES**

<b>a) Cost of project</b>		£11,036
<b>b) Amount of grant required</b>		£10,289
<b>c) Amount from other sources</b>		£747
<b>d) Details of other funding</b>		
<b>Funder</b>	<b>What they may fund</b>	<b>Dates of funding decisions</b>
Crowdfunding	Insurance costs and cashflow	Amount already achieved.
<b>e) Breakdown of proposed expenditure relating to the amount of grant required (Enclose quotations, cost estimates or extracts from websites/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).</b>		
<b>Expenditure item</b>	<b>Cost</b>	
Trishaw	8,244	
Additional battery	790	
Waterproof blanket	286	
Lock	49	
Delivery, set up and training	250	
DBS checks for pilots 20 x £23	460	
3 x bicycle helmets	30	
Publishing 2,000 A5 leaflets	90	
Telephone costs	50	
Registration with the Information Commissioner	40	
<b>TOTAL</b>		10,289

## SECTION 6 – SUPPORTING DOCUMENTATION

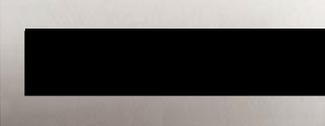
Please supply the following documents when you submit your application. **IF YOU DO NOT SUPPLY THESE DOCUMENTS, WE WILL NOT BE ABLE TO PROCESS YOUR APPLICATION.** Please tick the boxes to confirm which documents you have attached to this application.

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:	
Child protection policies and procedures	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> N/A
Disclosure & Barring Service (DBS) checked staff and volunteers	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> N/A
d) Quotes/estimates/extracts from websites/catalogues for proposed expenditure	<input checked="" type="checkbox"/>

## SECTION 7 - DECLARATION

We, the undersigned agree to:

- Abide by Pennines Township Funds 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 Pennines 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 Pennines Township Office.
- Agree to participate in monitoring, auditing and evaluation related to this fund.
- Highlight the support of Pennines Township in all publicity material and agree to Rochdale Council's use of the organisation's name and photographs for promotional purposes.
- Inform Pennines 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	Dianne David	Full name	Jan Rutters
Position	Chair	Position	Treasurer
Date	23.02.2021	Date	23.02.2021

**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 websites/catalogues

**We will return incomplete application forms.**

Please send your completed application form and supporting documentation to the Pennines Township Office Email: pennines.township@rochdale.gov.uk and sharron.worrall@rochdale.gov.uk

LIKE FOR LIKE

Telephone -

**Quote: Thank you for allowing us to quote**

Invoice Date: [REDACTED]

Customer Details: Diane

ADDRESS: [REDACTED]

Contact : [REDACTED]

Bank Details:

Account Name [REDACTED]

Sort code [REDACTED]

Account Number [REDACTED]

QUOTE DESCRIPTION

ITEM	QUANTITY	COST - £	TOTAL COST
<b>E - Triobike - TAXI - including VAT</b>	1	6,850	£6,850.00
<i>Brexit extra logistic costs/import duties @ 23rd November</i>	1	395	£395.00
<b>price includes:</b>			
<i>Personal delivery</i>			
<i>Rear drive system with 36v 12.8 ah battery</i>			
<i>Shimano Deore 9 Speed gears</i>			
<i>Rear rack for battery if rear drive electric assist system</i>			
<i>2 front lights and rear battery red light</i>			
 <i>Frame colour: WHITE or BLACK FRAME</i>			
 Tekro hydraulic disc brakes on front with parking lock,			
Shimano hydraulic disc brake on rear			
Hood - RED			



OPTIONAL WATERPROOF PASSENGER BLANKET - RED

1

£286

£286.00

**Insurance Approved Locks**

kryptonite motorcycle 150cm lock - £169

Gold rated D lock - £49

1

£49

£49.00

**ADDITIONAL EXTRAS**

EXTRA STEERING DAMPER - +£90

**Total E-Triobike Taxi**

**£9,369.00**

**Fully Assembled Delivery by us**

**£250.00**

**Total E-Triobike NET**

**£9,619.00**

**VAT @ 20%**

**Accessories for ALL models - prices are for delivery with your purchase**

**WWW.**

**Email enquiries -**

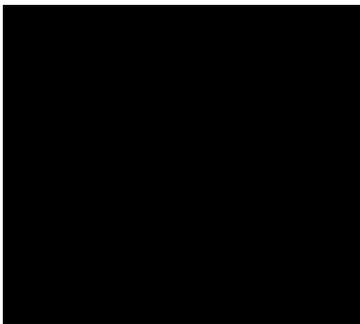
Registered Office:

Registered in England number:

Returns - 14 days unused - return postage at cost of customer - £450/bike

The bikes remain the property of until full payment has been made

Dianne David



UK

QUOTE

When you order your trishaw from [redacted], you support the global movement Cycling Without Age and their efforts to give elders the right to wind in their hair.

No. ....: [redacted]
Date .....: 10.11.2020
Client no. ....: [redacted]
Page .....: 1 of 1

Table with 5 columns: No., Text, Quantity, Unit, Price per unit, Price. Rows include items like 'The Chat from Van Raam, torque 60Nm, 250W', 'Warm, weather-proof Rigmor Wiberg blanket', 'Freight, handling & insurance', and 'Discount for first service/maintenance'.

www.e-conomic.dk

(Amount, VAT exempt: 0,00 - Amount , subj. to VAT: 9.395,00)

Valid 2 weeks from date of issue

Summary table with 2 columns: Description, Amount. Rows: Sub total : 9.395,00; 25,00% VAT : 2.348,75; Total EUR : 11.743,75



→ [Coronavirus \(COVID-19\)](#) | National lockdown: stay at home

→ [Brexit](#) | Check what you need to do

[Home](#) > [Working, jobs and pensions](#) > [Finding a job](#)

## Request a basic DBS check

Apply for a basic Disclosure and Barring Service (DBS) check to get a copy of your criminal record. This is called 'basic disclosure'. It costs £23. It's available for people working in England and Wales.

This guide is also available [in Welsh \(Cymraeg\)](#).

You can also get a basic DBS check if you live in Northern Ireland or Scotland but the job you're applying for is in England or Wales.

### Related content

[Criminal record checks when you apply for a role](#)

[Find out which DBS check is right for your employee](#)

Estimated cost for bicycle helmets:

The screenshot shows a web browser displaying the Halfords website. The page features a navigation bar with categories like 'Mobile Fitting Services', 'Motoring', 'Car Servicing', 'Car Repairs', 'MOT', 'Tyres', 'Cycling', 'Tools', and 'Technology'. A search bar is present with the text 'search'. A shopping cart icon shows '0 items: £0.00'. The main product is a 'Halfords Essential Helmet' (ID: 248958) priced at £10.00. It has a 4.7 star rating from 210 reviews. The helmet is blue and white. Below the product image, there are 'Zoom' and '360°' icons. A 'Live Chat' button is visible in the bottom left. The product details section includes 'Type: Leisure' and 'Additional Protection: Standard'. The 'STEP 1: Select Product Options' section shows 'Size' with buttons for 'L' and 'M', and a 'Quantity' field.

11:11 Tue 23 Feb  
halfords.com  
Moulin Roty Sale - Up to 50% off - BrandAlley | Leaflet Printing - Compare Quotes for Pamph... | Halfords Essential Helmet | Halfords UK

This website uses cookies to provide you with the best possible experience. Further information on cookies and how they can be managed can be found [here](#). **Accept all**

**halfords** search Locations Account 0 items: £0.00

Mobile Fitting Services Motoring Car Servicing Car Repairs MOT Tyres **Cycling** Tools Technology Ca

**Halfords Essential Helmet** 248958  
★★★★★ 4.7 (210) [Write a review](#)  
**£10.00**  
Please select a variation to see the final price

- Type: Leisure
- Additional Protection: Standard

**STEP 1: Select Product Options**

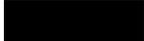
Size  
L M

Quantity:

Live Chat



Dear Dianne,  
Thank you for your inquiry, please find details of our quote below:

Quote no:   
Title: LEAFLETS  
Finished size: A5  
Printing: Full colour printed 1 side only  
Material: 130gsm Gloss  
Quantity: 1,000  
Origination: Suitable files to our specification.  
Finishing: Trim to size. Pack in suitable cartons.  
Delivery: One UK mainland address (delivery included in cost).  
Timing: 3 working days from PDF proof approval.  
PRICE: 1,000 = **£45.00** zero VAT

Delivery is included in the above costs

- We also offer photo retouching, design and artwork if required.
- VAT is not included and will be charged where applicable.
- **Terms: Pre payment with PDF proof approval.**
- To proceed with this quote please return this email with confirmation or provide a purchase order.
- Please do not hesitate to contact me for clarification or any queries.

Regards



*All quotations and orders are subject to sight of copy and our conditions of sale is available on request or on our web site.*

c p



## Data protection fee



Every organisation or sole trader who processes personal information needs to pay a data protection fee to the ICO, unless they are exempt.

We publish some of the information you provide on the register of controllers. If you use a domestic address and do not wish for this to be included on the register, which is public on our website, please provide a PO Box or alternative address.

### How much does it cost?

The cost of your data protection fee depends on your size and turnover. There are three tiers of fee ranging from £40 and £2,900, but for most organisations it will be £40 or £60. The payment is always VAT:nil

Some organisations only pay £40 regardless of their size and turnover. These are:

- Charities;
- small occupational pension schemes.

You can use our [fee tier calculator](#) to find out how much you will need to pay.