



BIG Warsop Activity Proposal 2015/2017

1. Project Title	Meden Sports Centre Older Peoples activities	
2. Contact Details: Who is making the application?	Contact Name: Carolyn Hallam	
	Organisation: Mansfield District Leisure Trust	
	Address: Oak Tree Leisure Centre, Jubilee Way, Mansfield	
	County: Notts	Postcode: NG18 3RT
	Tel:	Mobile: 07718 194 711
	Fax:	Email: Carolyn.hallam@serco.com
3. Contribution to BIG Warsop overarching vision		
How will your project contribute to the achievement of the BIG Warsop overarching vision?		
<p>In writing your activity plan, please keep in mind the vision and values of BIG Warsop, that this is a resident led 10 year programme to help make Warsop Parish an even better place to live and that all proposals are considered by the resident partnership group.</p> <p>The vision is “Provide a catalyst and capability to make Warsop Parish great, helping residents achieve their potential and bring back vibrancy and pride”</p> <p>Please provide a brief outline against the key priorities outlined below (unless already pre-completed by BIG Warsop)</p>		
Strengthening Communities	This will enable older people to get together to participate in activities that will help them make friends whilst increasing their health and wellbeing	
Encouraging training and social enterprise		
Influencing statutory partners and provision		

<p>4. Project Description:</p> <p>a) What will it involve? b) How will you do it? c) How will it be managed? d) How will its progress be monitored? e) How many people will be involved etc...</p>	<p>A, To provide a series of 5 sessions for the 60+ age group as an introduction to various activities that older people may want to try.</p> <p>B. There will be 5 different weekly activities at Meden Sports Centre. These will be: a gentle exercise session, an introduction to the gym, an aquafit session, badminton and table tennis. The sessions will be aimed at people who do not do any activities at the centre and participants can try as many or as few as they want. There will be a nominal cost of £1 per session. All sessions will be tailored to the ability of the individual participants and aimed at beginners. Dates and times are yet to be decided. Refreshments will be provided after the sessions and participants encouraged to have a drink and chat with each other.</p> <p>C. It will be managed by Mansfield District Leisure Trust's Sports and Community Development Manager, along with staff at Meden Sports Centre.</p> <p>D. The number of participants at each session will be monitored and participants will be asked what further activities they would like to try.</p> <p>E. Up to 15 people per session will be able to take part.</p>
<p>5. Expected outcomes of the activity. What difference will the activity make to local people and the Parish of Warsop?</p>	<p>It will provide a means for older people to try out different activities at a pace that suits the individuals. It will increase community cohesion by providing an opportunity for older people to meet others and make friends, whilst increasing their health, fitness and wellbeing.</p>
<p>6. Project Location Where project is to be located? (although the project does not need to be located within Warsop Parish, your plan must clearly show how local people will be involved in and benefit from the activity)</p>	<p>Meden Sports Centre, Burns Lane, Warsop NG20 0QN..</p>

7. What consents are required and when given? e.g. Planning Permission	No consents are required to hold the sessions	
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8. Project Timescale	August	December 2015
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9. What links are there to existing activities? a) Are other organisations involved in the project? b) Does it help or complement other projects operating in the area?	A. We will link in with other organisations in the area to promote the activities B. The sessions will provide a taster of activities already running at the centre, which participants can move on to after the sessions. If there is enough interest, further specific sessions for this age group will be put on and other activities added if there proves a need.	
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10. Monitoring & Evaluation. If your proposal is successful then you will be required to complete a BIG Warsop review and evaluation pro-forma. Please let us know if you intend to undertake any other monitoring.	We will monitor the numbers attending each session and ask for evaluation forms to be completed to find out what they thought of the sessions and what further activities they may want to participate in.	
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9.Project costs and Profile	Item Costs	£	2015/16 £
	Marketing		40.00
Coaches		100.00	
Refreshments		25.00	
Room hire		64.00	
TOTAL COSTS		229.00	

10.Quotes Received Please note that for itemised costs within projects from £500 to £20,000 written evidence that 3 companies have	Supplier	Quote/Cost
	n/a	

been approached for quotes must be provided with the application.			
11.Funding Requested Include the amount you are requesting from BIG Warsop and where (if appropriate) other sources have come from; please indicate if this has already been secured.	Funder & Date Secured		2015/16
		£	£
	BIG Warsop		229.0
	Other:		
	TOTAL		229.0
17.Forward Strategy Do you plan to carry this activity on past the BIG Warsop funded timeframe? If so how will this be achieved?	We plan to use the sessions to introduce participants to activities that they can do at their own pace and to find out what other activities they may be interested in. If there are enough people interested, we will set up a regular club for older people to get together to participate in exercise, whilst making friends and increasing their health and wellbeing		
19.Applicant Declaration	I declare that to the best of my knowledge and believe the information given on the application form and in my supporting material is correct. I accept the Terms and Conditions should my application be successful.		
Applicant Signature:	<i>C.Hallam</i>		
Name and Title:	Sports and Community Development Manager		
On behalf of: (name of organisation)	Mansfield District Leisure Trust		
Date:	3/6/15		