



COMMUNITY ENGAGEMENT FORUM APPLICATION FORM

Application process

This form should be used to apply for funding from any of the five Community Engagement Forums.

Before completing this form, please ensure you check the project funding criteria and application guidance form. You can also get support with completing the application by e-mailing cefadmin@selby.gov.uk. Whether you are applying for a small grant or project funding you will need to complete section 1 and 3 of this application form and then either a grant information form or a project brief in section 2.

This is an application only and will be subject to an assessment process – we cannot guarantee support. The Community Engagement Forum Partnership Board will consider every application received. Please see the decision making flowchart to understand the process your application will go through.

After completing and saving, please send the Word form by email to cefadmin@selby.gov.uk. We would prefer not to receive applications by post, please.

We will let you know if you have been successful by email unless requested in writing.

Which Community Engagement Forum is this application to?

Please indicate which Community Engagement Forum this application is being submitted to (when applying to more than one CEF you will need to complete a separate application form for each CEF).

Central CEF	✓
Eastern CEF	
Southern CEF	
Tadcaster & Villages CEF	
Western CEF	



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Section one: About your organisation

Q1.1 Organisation name

Selby Health Walks

Q1.2 Organisation address

What is your organisation's registered address, including postcode?

C/O 23, Coupland Road
Selby
North Yorkshire YO8 3GE

Telephone number one

01757 703871

Email address (if applicable)

selbyhealthwalks@googlemail.com

Telephone number two

07922002025

Web address (if applicable)

www.shw23.btck.co.uk

Q1.3 Main contact details

Give us the details of the person in your organisation that is the main contact.

Title	Forenames (in full)	Surname
Mr	David Reginald	Walker
Position or job title		
Chairman		

Q1.4 Organisation type

What sector does your organisation fit into?

Social enterprise	
Charity	
Voluntary or community group	✓

Other	Please describe
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When was your organisation set up?



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Day	26th	Month	November	Year	2008
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Q1.5 Reference or registration numbers

Charity number	Not applicable
Company number	Not applicable
Other (please specify)	Not applicable

If you are an unincorporated association and not registered with the Charity Commission, please tick this box and send us a copy of your governing documents (for example, constitution or set of rules) with your application.

Q1.6 Is your organisation VAT registered?

Yes		No	✓
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Please note that applications cannot be used to support expenditure on VAT reclaimable by the applicant from HM Revenue and Customs.



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Section Two: Grant information or Project Brief (separate document)

Please see the Allocation of Funding Framework and application guidance form to check whether you will need to complete a Grant information form or a Project Brief.

Q2.1 What is the title of your application?

Walk Programme Printing and Public Liability Insurance Cover

Q2.2 Please list the details of your application (500 words limit)

Since 2008, Selby Health Walks, run entirely by volunteers, has been providing a varied programme of led walks in Selby and District encompassing all Community Engagement Forum areas.

The aim of the group is to encourage people to take part in these walks, become active and improve their health, fitness and wellbeing whilst meeting like minded people and making new friends.

Our aim is to continue to provide these walks which are free of charge to the walkers, have proved very popular over the years and attract walkers both regular and new.

As with many volunteer groups, there are costs associated with running the operation and for this application we are looking for funding for:

1. 12 months printing costs for our quarterly walk programmes.

The programmes are professionally produced in colour by a low cost digital print method and provide details of 20 to 25 walks of varied distances up to 6 miles in length. They also feature photographs from our past walks. They are distributed on a quarterly basis directly to our regular walkers and are also made available in Selby and District at local outlets such as GP Practices, Pharmacies, Libraries, Leisure Centres and retail outlets.

2. Insurance Premium cost for 12 months Third Party Public Liability Insurance.

Since our formation our activities have been covered by third party public liability insurance which is considered best practice for a group running organised and publicised walks. We wish to continue with this cover to protect our group from third party claims.

A successful application will avoid depleting our small reserve which we endeavour to maintain at a reasonable level by self funding so that it is available to cover any future or unplanned costs such as new Walk Leader training, first aid training and consumables, meeting room hire, administration consumables and travelling expenses.

At the time of submission of this application our reserves stand at £444.



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Q2.3 Is there a specific date your applications needed to be funded by?

1st May 2018

Q2.4 Which two objectives in the specific Community Development Plan will your application meet? (250 word limit for each objective)

Which objective?	How will you achieve this?
Objective 1: Health and Wellbeing	<p>In furtherance of our aims to promote the benefits of walking we will continue to:</p> <p>Publicise our activities via our walk programmes, the local press, website and word of mouth.</p> <p>Obtain the views of the walkers to gauge their opinions on what we provide and any changes they may wish to see.</p> <p>Encourage walker representatives to join the Management Committee.</p> <p>Encourage more people to take up walking by making presentations to local organisations about our activities and providing information about the health and social benefits of walking.</p> <p>Further our work with Selby Leisure Centre (SLC) by continuing to assist with leading their short 'Walking for Health' walks in Selby Town.</p> <p>Encourage walkers from this group to progress to longer walks with Selby Health Walks when they feel ready and have become fit enough.</p> <p>Re-visit our past work with local GPs to re-establish a link with them by expanding on SLC's current relationship with the GPs.</p> <p>At each walk, introduce new walkers to the group and encourage regular walkers to engage with them to explain the benefits that they have derived by being a walker with our group.</p> <p>All new walkers receive an introductory and welcome letter when they join our group.</p> <p>Encourage single and lonely people to join a friendly group where they make new friends and enjoy the social aspects whilst benefitting from the proven physical and mental health benefits of walking.</p> <p>Encourage more experienced walkers to become walk leaders to support the present leaders in maintaining our programme of 100+ walks per year.</p>

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<p>Objective 2: Promoting the Economy</p>	<p>Walks which start in Selby Town attract walkers to shop in town either before or after the walk and perhaps visit a local cafe for drinks and a bite to eat before returning home.</p> <p>Further afield, in Selby District, some of our walks start and finish at the local hostelry or cafe where many of the walkers adjourn afterwards, usually for drinks and food.</p> <p>Annually, we run a Christmas walk followed by a festive meal which is always held at a hotel or other venue in the Selby District and is usually attended by 50 to 60 diners.</p> <p>Once a year we hire a local coach to take 40 walkers on an away day to the coast or the Yorkshire Dales.</p>
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Q2.5 Please outline how the application will benefit the specific CEF area and why there is a need for your proposal? (500 word limit)

Our group provides a valuable service to those Selby residents who enjoy the health and social benefits of walking and, indirectly, other beneficiaries are relatives of participants, particularly those with responsibility for older walkers, and proprietors of local catering and retail establishments.

Since its inception the group has run successfully and the number of walks has grown from 50 per year to well over 100 per year. Walks are open to all residents of Selby and district and also visitors to the district. The walks are held all year round and vary in length from 2 to 6 miles.

Our core membership is now approx. 150 and the walk attendance has peaked at over 30 with an overall average attendance of 15.

The walks are well attended throughout the year and we have regular enquiries from potential walkers wanting to join our group and on average we attract about 50 first time



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walkers per year with typically half of these becoming regular walkers. We also attract older walkers from longer walk groups. Such walkers, whilst beginning to find that age is becoming a restriction for them on longer walks, wish to continue walking but on less challenging walks.

There is no membership fee and all walks are free.

The majority of our walkers are retired people in the age range 55 to 75 some of whom have medical issues.

By encouraging more of these people to become more active and take up walking, our group contributes to the improvement of their health and wellbeing.

Walkers develop their knowledge of Selby and the surrounding district through observation, discussion and by information provided by walk leaders who impart both interesting and historic facts.

Walking also aids recovery from illness and is also known to aid weight loss and reduce the risk of certain illnesses developing.

Our walks are aimed at helping participants to adopt more healthy lifestyles by improving and maintaining their fitness whilst enjoying the benefits of doing so.

In short, we are contributing to the overall health of the general public and, hopefully, contributing to the reduction of the burden on the National Health Service whilst not forgetting the financial benefits to local retail businesses and hostelryes.

The need to become more active is well publicised in the UK and Health Walks are a growing number of such walks across the country as evidenced by data published by the **Ramblers** and **MacMillan Cancer Support**.



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Q2.6 How much funding are you requesting?

Please provide a breakdown of the different cost elements associated with your application:

Cost Element	Cost (£)
Walk Programme Printing (1200 copies per annum)	240
Annual premium for Third Party Public Liability Insurance	120
Total Cost	360

Q2.7 Is the total cost of the application more than the amount you are requesting?

Yes	No <input checked="" type="checkbox"/>
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If yes, where will you get the other funding from and has this been secured?