

## Grant Application

Application Details			
<b>Fund</b>	Holehird Trust Fund	<b>Grants Officer</b>	Ellen Clements
<b>Organisation</b>	Kendal & District Parkinson's Support Group	<b>Application No</b>	23871
<b>Aims of the group</b>			
<b>Post Town</b>	Kendal	<b>District</b>	South Lakeland

Grant Priority	UNSDG
4	Good Health & Wellbeing

Funding Request		
Project Cost	Total requested	Amount recommended
£4,532.00	£500.00	£500.00

Expenditure
<p><b>Volunteer costs:</b> volunteer costs are only any incurred expenses</p> <p><b>Operational costs:</b> £500.00 exercise class and room hire</p>

Income	
<b>Amount of funding raised so far</b>	£261.00
<b>Applying Elsewhere</b>	No

Project Details			
<b>Project title</b>	<b>Subsidied exercise groups and lunches</b>		
<b>What would you like to do with your grant?</b>	3 x exercise groups per week and lunches 1 per month. Occasional demonstrations or talks. To take forward the exercise groups as we have to pay for room hire and trainers services. Also lunches and venues. I forgot to mention Peter Raven a trained psychotherapist offers help for cares which we subsidize		
<b>Outline the benefits and outcomes that you expect to achieve as a result of the funding</b>	The RGM exercise keeps the brain active for people with Parkinson's. The Alexander Technique helps with posture and the Dance movement class by Daphne Cushnie a trained Physiotherapist for Parkinson's helps people enormously. The lunches are an important social activity.		
<b>No of beneficiaries</b>	30	<b>No of volunteers</b>	4

Assessors Comments	
<b>Any other comments &amp; recommendation</b>	Volunteer led self help group who meet in Kendal. They are looking for funding to help towards the cost of exercise classes 3 times a week and lunch once a month. They have to hire the hall and pay instructors for the exercise classes. This is the first time they have applied for funding and were unsure of what was required.

	<p>They have their own bank account but no other documentation. They applied on the £500 or less application form.</p> <p>This is a new committee as the previous volunteer were unable to continue. They have 4 committee members and pay for a trained psychotherapist who offers help for cares which they subsidise. Bank account shows that their main expenditure is to buy in expertise of exercise instructors and psychotherapist.</p> <p>Spoke to Beryl the applicant and we will take the application forward with only the bank account as it is only a small amount. I have explained what a constitution is and accounts and why they would be better with a safeguarding policy and directed her to Cumbria CVS for advice and guidance on setting up these documents. She did not realise she would need to put these in place. I explained that she would need them if they applied again to us or other funders.</p> <p>Recommend support of £500 to get them going.</p>
<b>Conditions</b>	

Previous Funding Details					
<b>No. of grant applications</b>	1	<b>No. of approved grants</b>	0	<b>Total Amount Awarded</b>	£0.00