



## Shere Parish Council Grant Application Form

Please complete this form, attach relevant information and return to - **Clerk, Shere Parish Council, Tanyard Hall, 30 Station Road, Gomshall Guildford GU5 9LF** or email [clerk@shereparishcouncil.gov.uk](mailto:clerk@shereparishcouncil.gov.uk)

### Your Organisation

<b>Name of Organisation/Voluntary Group or Charity</b>	<b>Guildford Walking For Health</b>
<b>Contact Person</b>	<b>Annelize Kidd</b>
<b>Address</b>	<b>Merrow Woods Guildford</b>
<b>Telephone/Mobile</b>	
<b>Email</b>	
<b>Is your organisation a registered charity?</b>	<b>No</b>
<b>If yes, charity number</b>	
<b>Is this the first application to Shere Parish Council this financial year?</b>	<b>Yes</b>

### Your Project

<b>Description of the project</b> (please use additional sheets as necessary and/or project plan if applicable)	<p>In our community are people with a range of health issues: from mental health, loneliness, people recovering from cancer, heart disease, diabetes, obesity and inactivity. They have relied upon our organisation over several years, including during lockdown, to provide our free health walks in order to support their well-being needs. Our walks programme is now under threat, however, due to changes initiated by the Ramblers, who are the umbrella organisation that provides support, insurance cover and the database for our groups.</p> <p>They have informed us that from 31 March 2021 they will be charging us an annual fee of £1000 for the support they have historically provided free of charge. This is an entirely new cost for our group. We do not charge for the walks and have only raised funds in the past to cover items such as publicity materials and high-viz vests for our walk leaders.</p> <p>We are, therefore, urgently seeking funds to pay for support from the Ramblers for the next year. After that we intend to draw up a funding plan in order to meet these costs going forward.</p>
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<p><b>Who will the project be benefitting?</b></p>	<p>Guildford Walking for Health is a local community-based association of volunteers offering 1-hour health walks to help reduce pressure on the health service, and to deliver social benefits such as social inclusion, improved mental health and accessibility; and to encourage physical activity.</p> <p>Our target audience is over 18 years of age, multi-ethnic and -cultural, recovering from serious illness, trying to increase fitness, reduce weight, overcome diabetes, combat loneliness, depression, anxiety.</p> <p>We currently have five walk groups with 35 trained volunteer walk leaders (plus 5 awaiting training) taking turns to support people on our weekly health walks held on different days of the week. Since 2012, when we became part of the Ramblers, we have assisted over 600 people to better health, making new friends, and getting to know the beautiful countryside around us. We currently have 158 walkers participating in our walks.</p> <p>Our walks take place from Monday to Friday at five different locations in Guildford, Boxgrove, Shalford, Shere and Worplesdon.</p> <p>During lockdown, our volunteers have continued to walk regularly with people, from the five groups, who needed support during this difficult period for a range of reasons, such as social isolation, mental and physical health issues.</p> <p><b>Making a Difference</b></p> <p>We believe that Walking for Health is one of the best value, most straightforward and effective ways to support people in our community. The numbers who participate each week support that claim but, more importantly, the regular positive feedback we receive makes us realise what a difference this scheme has on people's lives. Set out below are just three examples of this feedback from walkers:</p> <p><i>"The walks are not only helping me to recover from prostate cancer but also beat loneliness as I was recently widowed. They are a lifeline for many and are such a friendly group of people. I would strongly recommend them."</i></p> <p><i>"Walking for Health has transformed my life. It took me back into the community from growing isolation and mental health problems. Without it my battle would be much tougher."</i></p> <p><i>"Walking in a group is great for you mentally and physically. You get to socialise, meet and chat with other people which helps to combat loneliness. You get to exercise with others and know you will not be walking alone, so you feel safe and have support."</i></p>
<p><b>Approximately how many residents will the project be benefitting?</b></p>	<p>Prior to lockdown, we have over 150 active walkers.</p>
<p><b>Total cost of the project?</b></p>	<p>£1000 annual fee</p>

<b>Have funds been requested from other sources and have these been successful?</b>	We are requesting support from parish councils in Shalford and Worplesdon as well as Shere. This is our starting point. In addition, we will contact local County Councillors once they get their new funding allocation in May, if we need to do so.
<b>How much has already been raised for the project?</b>	None
<b>Amount of grant requested from Shere Parish Council</b>	£350
<b>When are the funds required?</b>	Before the end of June
<b>When will the project/work start?</b>	immediately
<b>When will the project/work finish (if applicable)?</b>	This gives us one year's membership during which period we will have put a funding plan in place for future years. We have not had time to do this in 2021 as we only found out in February that this fee would be required.

#### Checklist

<b>Document</b>	<b>Enclosed</b>
<b>Copy of Constitution (only if this is first application to SPC)</b>	<b>Yes</b>
<b>Copy of last approved annual accounts (if operating more than one year)</b>	<b>Yes</b>
<b>Copy of specification and quotes (if available)</b>	<b>Not applicable</b>
<b>This completed application form</b>	<b>Yes</b>
<b>Date of application</b>	<b>31.3.2021</b>