

Dear Sir / Madam

Request for financial assistance towards the North Northumberland Health Walks Programme

Active Northumberland is a charitable trust that manages leisure facilities and services throughout Northumberland on behalf of Northumberland County Council. As part of the service we offer we manage and run a health walks programme within Northumberland consisting of three health walks schemes (West Northumberland, North Northumberland and Central & South East Northumberland). This service is not core funded, has no income generation and as such requires external funding to continue. Previously we have managed to secure external funding however this year we have only secured a limited amount. We are writing to local partners and parish / town council to request funding towards the annual costs of the health walks schemes in North Northumberland. We currently run programmes out of Alwick, Amble, Rothbury and Berwick.

There are approximately 1000 individuals that participate in the Active Northumberland health walks scheme every year. The three Active Northumberland schemes ran 1,331 walks last year (2015-16), with 17,676 attendances recorded. That's an average of over 13 participants per walk. The majority of the walkers (85%) were insufficiently active before joining (not achieving the CMO guidelines), while 8.7% were classed as inactive (0 days of at least 30 mins activity in the last Week).

Each of the local walking schemes in Northumberland are coordinated by a health walk officer, who manage a pool of volunteers (walk leaders), facilitate planning of walk programmes (twice yearly) and collates information from walking groups to produce comprehensive promotional materials, deliver cascade training to new volunteers, provide health and safety support through risk management and incident reporting, handle data collection and input into the national Walking for Health database for effective monitoring and evaluation.

The health walks officers also provide a greater support to the scheme through arranging away day trips, organising transport, manage any group disputes that arise, manage the social media forums (facebook pages) and more.

The walk leaders that volunteer on the schemes have a great appreciation of the support provided by the health walk officers. Without the ongoing support provided it is feared that many would discontinue. We must not underestimate the value of the programme to the individual walkers for many this is their only outing during the week and over the life of the programme numerous friendships have been formed. The walks programme is also an established exit route from the GP Healthy Life and Cardiac Rehabilitation programme.

In addition to the duties outlined above regarding the Active Northumberland health walk programme the health walk officers contribute to a number of other walking projects within the County. Many of the key partnerships that the health walk officers have developed in the county such as with the National Trust, Northumberland Wildlife Trust, NHS Foundation Trust etc. will be affected if funding is not Secured and the health Walks officers are lost.

Examples of additional walking activities that have been organised by the north walks officer include:

- 1) Heart Restart Course open to all walk leaders funded by Stephen Carey Fund 30th April
- 2) 'Everybody Active North East' beach litter picks 11th & 14th May in Newbiggin and Blyth
- 3) A walk to Brizlee Tower through Hulne Park on 22nd June
- 4) Two guided walks to the Arctic Tern Site lead by a National Trust Ranger - 24th May & 28th June
- 5) Guided walk to the bird hive led by the National Trust - 7th October.

We are looking for a financial contribution of up to £1500 towards the costs of health walks programme in the north area. We hope you will carefully consider our request. Please don not hesitate to contact me should you require any further information.

Yours faithfully,



Vic Brady
Community Sports Manager
Active Northumberland
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3/1/2017

Bailiffgate

MUSEUM GALLERY



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Amble Town Council

January 2017


Dear Chair,

Bailiffgate is an award winning museum which has existed for fourteen years and is dedicated to preserving and celebrating the unique and fascinating heritage of Alnwick and the district, which was formerly administered by Alnwick District Council. An independent museum, it relies entirely upon the funds it is able to find. In the current climate this search for grant funding and donations has never been more difficult. In particular, we struggle to obtain grants which support our core costs. Most funders link grants to 'special projects' which do not cover these basic core costs of water, heating, lighting, administration, cleaning and so on, which mean we can stay open each day.

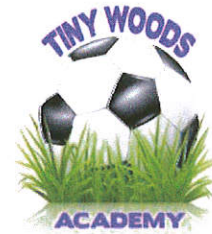
We are run almost entirely by volunteers and have achieved great things, this year we won the prestigious Most Inspiring Learning Team in the north east award, but each year we have an annual task of finding sufficient funds to survive. In the past, some Parish Councils, have been generous with small grants which were extremely welcome. Every penny raised counts. We hope that in 2015, even in these difficult times, you will be able to support the museum. A grant of £50, £75 or £100 would be well used in our battle to survive.

We are more than happy to come out to the Parish Council and talk about the work of the museum. Equally we would be happy to meet Parish Councillors in the museum. We can organise a guided tour from one of our volunteers. We very much look forward to hearing from you.

Y


Jahe Mann Volunteers





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January 2017

www.tinywoodsacademy.co.uk

To whom it may concern,

I am writing to you for the possibility some much needed funding for Tiny Woods Academy. The project that was set in July 2013 for both boys and girls of all abilities between the ages of 4 and 13 in the local community to engage in fun football activities.

Tiny Woods Academy are looking to start a new scheme for the community called Walking Football starting on 31st January at James Calvert Spence College Sports Hall every Tuesday from 6-7pm. Here is some information on Walking Football:

Walking Football is one of the latest crazes in the football world. It is an activity that gives those that have given up the chance to get back into the sport they love.

As you've guessed Walking Football involves a lot of... well... walking. It carries all the same rules as every day football except you can't pick up too much speed. It provides a sociable, fun and safe environment for those looking to be a little more active in their spare time.

Guidelines for Sessions

- Players are not permitted to jog or run while the ball is in play
- Anyone doing so is penalised with a free-kick awarded to the other team
- If the ball goes off the pitch over the touchline, the game is restarted via a kick, roll or throw-in (to allow for different physical capabilities)
- It can be played indoors or outdoors

- Numbers per team are dependent on the number of participants at each session
- No pitch size/surface constraints - dependent on venue
- Sessions on average will last one hour with short breaks throughout game
- If you have concerns about your medical health please contact your doctor and seek advice before participating

Variations and game adaptations can be made to suit participants' needs and capabilities.

Tiny Woods Academy are looking for £200 to fund this scheme to make it free for the community as the hire of the hall for a ten week block is £20 per hour. This is till the winter nights are gone and we will be moving outside onto Amble Welfare. Hope you can help fund the scheme which Tiny Woods Academy are proud to announce and deliver for our local community.

Look forward to hearing your reply

Yours Sincerely

Josh Rutherford

Tiny Woods Academy Director/Head Coach