

WOKING STROKEABILITY – APPLICATION FOR FINANCIAL ASSISTANCE

Executive Summary

Woking Strokeability was set up to assist stroke survivors and help their carers, providing support, aerobic and aqua aerobic exercise with qualified instructors and social events for stroke survivors and their carers. The exercises cater for all ages and involve carers allowing everyone to work at their own level. Exercises involve endurance, strength and resistance training as well as co-ordination skills to help promote mobility and flexibility. The Club helps members to restore confidence and fitness, getting limbs moving as much as possible. Carers also need support and benefit from the contact with fellow members.

The Group has applied for revenue funding of £800, at a lower level than the £1,000 requested in previous years, in the coming financial year to cover the costs of providing transport for users of the Charity. Its users are disabled and often unable to drive; they require transport to gym and pool sessions, as well as for outings and other social events. In addition, at times, even members with transport cannot drive due to complications and can be unable to attend the Club’s meetings.

The Charity has exclusive use of a room at Woking Leisure Centre on a Saturday afternoon for exercise sessions led by a specialist instructor who has experience and training in the rehabilitation of stroke victims. Exercises can be carried out in a wheelchair or sitting down. After a warm up session, members can use the specialist equipment, have personalised directed exercise or make full use of the wide range of standard gym equipment available.

On Tuesday mornings, the Charity has the sole use of a heated pool at Woking Homes. The pool is equipped with a disabled changing room and hoist for those who need help getting into the water. An instructor leads activities in the water and members who need support can be joined by their carer in the water.

By helping to keep their users’ minds and bodies healthy, the Group can mitigate their demands on local social care and health services. As many as ten local users in Woking could benefit from specialist transport over the year through 32 return journeys.

In view of the excellent service provided by the Charity to people within the Borough who have suffered strokes, along with their carers, through the provision of weekly aerobic exercise and social activities, it is recommended that a grant of £800 be awarded for the coming year. The funding is to be used to offer free transport to members travelling to and from exercise sessions at either the Leisure Centre or the pool at Woking Homes.

Recommendations

The Executive is requested to:

RESOLVE That, subject to the outcome of the Council’s budgetary process, a grant of £800 be awarded from the Community Grants Budget towards the costs of offering free transport to members travelling to and from exercise sessions at either the Leisure Centre or the pool at Woking Homes.

Reason for Decision

Woking Strokeability provides a valued service to stoke sufferers through its exercise and aqua aerobics sessions held in the community.

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Confirmation of funding	<p>This award is provisionally made on the expectation that the Council's budgets for revenue and capital projects remain at the same level allocated for the current financial year. The Council's overall budget, including the sums allocated for community grants, will be determined by Council at its meeting on 10 February 2022. In the event the grant budgets are set at the anticipated levels, confirmation of the Council's support will be sent to successful applicants. Groups should not plan for the 2022/23 funding until this confirmation has been received.</p>
Conditions	<p>Accounts. The Organisation must submit accounts for the year in which the grant is awarded, including an income and expenditure account and balance sheet. Please note that accounts for other years may also be required.</p> <p>Monitoring Information. The Organisation must submit quarterly monitoring information as a measure of its achievements. Failure to provide details will jeopardise the award. E-mail requests will be sent to the applicant on a quarterly basis.</p> <p>Publicity. Where possible, the Organisation is required to publicise the support received from Woking Borough Council, including on websites and literature / leaflets produced.</p> <p>Payments. Unless exceptional circumstances exist all invoices must be received quarterly with monitoring information for the previous quarter.</p> <p>Payment Period. Final quarter claims must be made by the second week in April. Unclaimed awards will not be available at a later date unless exceptional circumstances can be demonstrated to the Council before the end of the award year.</p> <p>Joint Working. WBC expects the Organisation to engage positively on health and wellbeing multi-agency joint work affecting Woking. Groups which refuse may place their Council support at risk, e.g. grant, concessionary rent and other assistance.</p> <p>Homelessness Reduction Act 2017. Following the introduction of new legislation from April 2018, the Council expects the support of partner agencies in identifying people at risk of homelessness as early as possible to maximise the opportunities to prevent such. Partner agencies / organisations are expected to be engaged in joint working arrangements to assist in finding suitable housing and support solutions, and where appropriate to undertake and respond to the new 'duty to refer'. Groups which do not support this new legislation and way of working positively may put their Council support at risk.</p>
Performance Indicators	<p>Users. The Organisation to provide a breakdown of the users.</p> <p>Activities. The Organisation to provide details of activities and events held.</p> <p>Publicity. The Organisation to advise how the Council's support has been publicised.</p>
Future Support	<p>The financial pressure on the Council's budgets is expected to continue in the coming years and accordingly the overall level of support available in future years may be reduced. The applicant is therefore to be advised that the award of funding for 2022/23 does not imply that a similar application in 2023/24 would be supported. In</p>

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particular, it is emphasised that the Council is unlikely to be in a position to award any sums above the 2022/23 levels.

In view of this, the applicant is to be advised to ensure that contingency plans for the Group's operations for 2023/24 have been drawn up in the event that the Council is unable to continue its support beyond April 2023. All applicants are strongly recommended to pursue alternative sources of funding and are encouraged to approach Woking Borough Council's Community Support Team for advice and support.

The Executive has authority to determine the above recommendations.

Background Papers:

2022/23 Application Form.

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1.0 Summary of Application	
1.1 Status and Aims	<p>Founded as a Charity in November 2008, Woking Strokeability provides aerobic exercise and aqua exercise for stroke survivors and those with similar disabilities such as multiple sclerosis, car accident victims and brain damage. The exercises cater for all ages and involve carers allowing everyone to work at their own level. Exercises involve endurance, strength and resistance training as well as co-ordination skills to help promote mobility and flexibility.</p> <p>The purpose of Woking Strokeability is to provide support, exercise with qualified instructors and social events for all. The Club helps members to restore confidence and fitness, getting limbs moving as much as possible. Carers also need support and benefit from the contact with fellow members.</p>
1.2 Employees	<p>None.</p> <p>The Charity pays professional trainers, lifeguards and physiotherapists on a session by session basis.</p>
1.3 Volunteers	<p>27.</p> <p>Volunteers do all management of the Charity. Volunteers also provide assistance in gym and pool, transport, fundraising, and companions on outings etc. Family members carry out much of this work and local youngsters taking the Duke of Edinburgh Award often assist. Five Trustees run the Charity on an unpaid basis.</p>
1.4 Clients/Users	<p>49, comprising:</p> <p>26 male</p> <p>23 female</p> <p>35 disabled</p> <p>3 ethnic minority</p> <p>37 resident in Woking</p> <p>7 aged 19-65</p> <p>42 aged 65+</p> <p>A charge of £5 is made for those taking part in gym or pool exercise sessions.</p>
1.5 Members	<p>All users are members (see above).</p> <p>An annual charge of £12 is made per member including carer. Volunteer members are not charged.</p>
1.6 Sum Requested	<p>£800 (Revenue)</p>
1.7 Project	<p>The Club has applied for funding to support travel to its exercise sessions. Its users are disabled and often unable to drive; they require transport to gym and pool sessions, as well as for outings and</p>

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	<p>other social events. In addition, at times, even members with transport cannot drive due to complications and can be unable to attend the Club's meetings.</p> <p>It is not always possible for their family members or carers to provide transport and the Club would like to be able to offer financial support for specialist transport or taxis. As all user members have individual mobility problems, it is felt essential that they should be able to participate as fully as possible in therapeutic exercise and social contact without financial constraints.</p> <p>The Charity has exclusive use of a room at Woking Leisure Centre on a Saturday afternoon for exercise sessions led by a specialist instructor who has experience and training in the rehabilitation of stroke victims. Exercises can be carried out in a wheelchair or sitting down. After a warm up session, members can use the specialist equipment, have personalised directed exercise or make full use of the wide range of standard gym equipment available.</p> <p>On Tuesday mornings, the Charity has the sole use of a heated pool at Woking Homes that goes from approximately 2-5 feet deep. The pool is equipped with a disabled changing room and hoist for those who need help getting into the water. An instructor leads activities in the water and members who need support can be joined by their carer in the water.</p>
1.8 Cost breakdown:	<p>An average return journey cost of £25 means the Club could offer funding for 32 journeys per year upon demand with a grant of £800.</p>
1.9 Community Benefit	<p>These disabled people are members of the local community and the voluntary support of the Club makes a significant improvement to their quality of life, albeit within limits. By helping to keep their minds and bodies healthy, the Club feels it can mitigate their demands on local social care and health services. As many as ten local users could benefit from specialist transport over the year through 32 return journeys.</p>
1.10 Covid-19 Impact	<p>The main impact has been the challenge in supporting the members with virtual exercise sessions. The majority of members and carers are over 60 and many are not confident using technology. This has required support ranging from daily calls over a week to help a member set up Zoom, to purchasing a web cam and microphones for members who needed to access sessions through a traditional PC without audio / visual functionality.</p> <p>The impact for the users has been variable with some quite severely affected. All have missed the physical meetings for rehab exercise that provide much more personal / directed feedback than the group virtual sessions. It should be noted that not all members find virtual sessions helpful and that the lack of face-to-face contact with other members has been one of the most keenly felt omissions during lockdown.</p> <p>The Charity has not charged its users for the twice-weekly chair-based exercise sessions held over Zoom during the pandemic, initially due to a grant of £1,300 received from the Surrey Coronavirus Response Fund through the Community Foundation for Surrey.</p>

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2.0 Financial Background	
2.1 Budget	At the time of the application, the Group held £16,551 in the bank. The Group has submitted a budget for 2022/23 which shows an anticipated income of £14,500 against an anticipated expenditure of £16,650, resulting in an anticipated deficit of £2,150.
2.2 Accounts	The Group has submitted accounts for 2020/21 which show an income of £7,717 against expenditure of £9,824, resulting in a deficit of £2,107. The sum of £14,906 was carried forward at the end of the 2020/21 year.
2.3 Support over the past five years	2021/22 – £1,000 2020/21 – £1,000

3.0 Assessment of Application		
3.1 Key Information	<ul style="list-style-type: none"> ○ Constitution ○ Registered Charity ○ VAT Registered ○ Equal Opportunities Policy ○ Safeguarding Policy ○ Reserves Policy ○ Quality Mark ○ Other funding sources pursued ○ Other support by the Council ○ Fundraising ○ Two quotes ○ Regular monitoring provided previously 	<p>Yes</p> <p>Yes</p> <p>No</p> <p>Yes</p> <p>Yes</p> <p>Yes</p> <p>No</p> <p>No</p> <p>No</p> <p>Yes</p> <p>N/A</p> <p>Yes</p>
3.2 Assessment	It is recommended that the full grant of £800 should be awarded for 2022/23, noting the reduction in the level applied for by the Group.	

REPORT ENDS