

# Ward Community Fund Proposal Form

Please read the **Guide to the Ward Community Fund** before you fill in this form

Then complete Section 1: Budget Proposal.

If you are proposing to deliver the project yourself, please complete Section 2: Delivery agency as well. We can help you with this or do it for you – see who to contact in the **Guide to the Ward Community Fund**.

Continue or separate sheets if you need to, or expand the boxes if you are filling in the form electronically.

## Section 1: Budget Proposal

1. Name of Ward

2. Title of proposal

Joint Stoneygate, Spinney Hills and Evington

3. Name of group or person making the proposal

Anisha Karolia

4. Short description of proposal. Please include information on **how the money will be spent, who will benefit, when they will benefit, and how we will know when the proposal has been successful.**

It is important that your answer to this question is clear, because we will only pay the costs when we can see evidence that the outcomes you describe here have been achieved. You can provide further details in your supporting information if you want to.

I have recently opened up a Fitness studio within the Spinney hill area where I teach fitness classes for women only. My classes have been very popular and women of all races, religions and ages attend the classes.

Build Community Development hired me to teach dance aerobic classes for girls between 9-15 years of age which were being held at Moat community college. A lot of the girls that attended were related to the women who attend my classes. I ran these classes from September 2009 to February 20th 2010.

I want to continue working with the local community and would like to engage with the teenage girls from within the local areas. I want to encourage the youth to be more active and health conscious. Highfields has the highest

obesity rates within Leicester and I feel we need to re-educate the youth of today on health and fitness. I feel the key to engaging teenagers is by offering activities that they would enjoy. I would offer a variety of classes for eg Street Dance. I feel it is also important to encourage interaction with children from different religions and races.

I have had many requests from parents and children to start a boxing club for girls only. At present there are lots of boxing clubs for boys only or mixed (men and women) but nothing for girls only. A lot of my clients are Muslim and would not allow their daughters to attend a mixed boxing club.

I require funding to enable me to buy the necessary equipment to set up a boxing club for e.g. boxing gloves.

As I have previously taught classes for Build I would continue to get referrals from them. The women attending my classes would inform teenage girls from within their families and friends circle. I would also advertise through the local schools and other youth groups.

I would also invite different agencies to come in and do short talks on substance misuse, sexual health, careers etc at the end of each session.

I only require funding for the initial costs of buying the equipment. I do not want to make any profit from this venture. This is a project I feel passionate about and as I will be running the classes myself I will have no instructor cost. My only costs will be rent and the initial cost of the equipment.

This is a project I would like to continue with and would work closely with groups like build community and development.

I will forward the evaluation forms completed by girls who attended my classes for Build.

I will also forward a survey completed by women that attend my classes who have requested a boxing club for their children.

I would like to start the project as soon as possible and would run the boxing club on a Sunday morning, starting at 11.30am. My previous class for Build was also on a Sunday morning and I found this day and time was very popular.

I would provide feedback on how successful the project is by providing monthly evaluation forms completed by the girls attending the club. The ABA Boxing Association is also very keen to encourage girls from ethnic minorities to participate in the boxing awards scheme and would send an ABA representative to hand out awards.

5. Have you provided supporting information?

Yes

Tick if yes

6. What is the total cost to the Community Meeting?

£680

7. How have you estimated or calculated the cost? Please show each item of expenditure and say whether it is an estimate or an actual cost.

Item	Cost £	Estimate or actual cost?
Boxing gloves £17 each x 15	£255	actual
Skipping ropes x £4 x 5	£20	actual
Mats £6 each x 20	£120	actual
Hook and jab pads £25 x 5	£125	actual
Strike shields £40 x 4	£160	actual
<b>Total</b>	£680	Actual

8. Have you tried to get funding for this project from anywhere else, either in the Council or from another organisation? If so, please give details

Attended JAG meeting at Spinney Hill police station to apply for funding but was advised by Councillor Chowdhury to apply for ward funding.

9. Who proposed the project? Please provide contact details.

Name of contact person	Anisha Karolia
Your position in organisation or group	Instructor/organiser
Name of organisation or group	Fitness Fusion for women
Address	
<div style="border: 1px solid black; height: 60px; width: 100%;"></div>	

Phone number	Email

**Section 2: Delivery agency (this could be a single person, group of people or a group or organisation)**

10. Who will deliver the project? Please provide contact details.

Name of contact person	Anisha Karolia
Your position in organisation or group	Organiser/instructor
Name of organisation or group	Fitness Fusion
Address	
Phone number	Email

11. Declaration

I have read the *Guide to the Ward Community Fund* and I accept the arrangements described in that guide. I confirm that the information I have given on this form is true. I will inform the council immediately if any of the information I have given on the form changes.

Name	Anisha Karolia
Signature	
Date	25/2/10

Please send this completed form back to:

Karen Shelton, Member Support Team, 2<sup>nd</sup> Floor, Town Hall, Leicester City Council, LEICESTER, LE1 9BG.

Fax No: 0116 229 8827