

CELCA Grant Application Form

Application Reference: GM 07/11/2023.1

Applicant/Organisation:

We are a small group of local residents whose aim is to provide social, educational and wellbeing events within our community encompassing the communities of Longformacus, Cranshaws and Ellemford through our village hall structure. These events range from coffee mornings, theatre evenings, yoga, playgroup, stitch and craft classes. We are continually building upon our database of residents within the community who wish to be included/involved with events we have been introducing to the community.

This application is to continue with the yoga classes.

Reason for Application:

Yoga classes have been running in Longformacus Village Hall (and previously also in Cranshaws) for over 10 years. They are open to adult women and men of all ages. The classes usually run from September to April, with a break during the summer months.

The classes were disrupted for a while by Covid, however they have been running again since September 2021. Between September 2022 and April 2023, CELCA kindly agreed to fully fund the classes (i.e. waive the contribution previously made by students) due to the cost of living crisis. The classes were well attended during this period, with some new folk joining.

Update 23rd October 2023

The yoga teacher has decided not to continue as planned with the 6pm yoga class that was due to resume on 4 September. This is mainly because of travel issues during the winter. Therefore the 6pm Monday class is being replaced with a 'chair yoga' class earlier on Monday afternoons. These classes already run successfully in Duns, Coldstream and Foulden. They are aimed at older residents who for whatever reason (injury, health related, or age) are limited in their ability to practise floor-based yoga.

Chair yoga is very accessible and can be enjoyed by adults of all ages, including older people. It is a relaxed session of gentle stretching and strengthening exercises which you take at your own pace, and which aim to enhance physical and mental wellbeing. No previous experience of yoga is required, and the moves can be adapted to suit the needs of individuals.

These classes will be for chair yoga only, since it is not possible to combine floor-based yoga and chair yoga in the same class.

Following the pilot sessions in September/October 2023, participants will be encouraged to contribute to the cost of each class.

This application is for 30 chair yoga classes, starting in September 2023 and running through until April 2024. The classes will run initially on a pilot basis for 6 weeks, starting on Monday 18 September. There is already a good level of interest and hopefully the classes will continue through till April.

The classes will take place in Longformacus Village Hall, on Monday afternoons from 2 to 3pm.

The maximum number of students that the hall can accommodate is 12

Benefit to the Community:

The classes provide an opportunity for participants to improve their physical abilities, health and wellbeing, and to meet and socialise with other members of the community.

Disability Provisions:

The yoga teacher asks all new/prospective students whether they have health issues or other individual needs which may affect their ability to practise yoga. If this is the case individual advice is given during the classes, for example by suggesting amended or alternative postures. The aim is for classes to be as inclusive as possible.

Anyone over the age of 18 can participate in this class as no previous experience of yoga is needed. It will be a relaxed session of gentle stretching and strengthening exercises that you take at your own pace and moves can be adapted to suit everybody. Breathwork and relaxation are also included.

Details of Funding Requested:

ITEM	QTY	COST
Teacher fees @£110 per class	30 classes	£3,300.00
Teach mileage @ £10 per class	30 classes	£300.00
Hall Hire (TBC)	30 classes	£620.00
Postcards to advertise the classes locally (TBC)		£163.00
TOTAL PROJECT COST		£4,383.00

Amount requested from CELCA: £4,383.00

PLEASE NOTE THAT THIS APPLICATION WAS APPROVED AT THE JUNE GENERAL MEETING. THIS APPLICATION IS TO APPROVE THE AMENDMENT TO CHAIR YOGA

Details of other sources of funding:

None

Contributions from Applicant/Organisation:

It is proposed that classes during the initial 6 week pilot period should be free to students, to encourage people to try it out.

Thereafter it is proposed that students who are able to contribute should be asked to donate at least £3 per class.

Dates of Project:

18th September 2023 to 29th April 2024 (30 classes excluding holidays)