



SAWSTON PARISH COUNCIL

APPLICATION FOR GRANT OR DONATION

Name of Organisation	Active with Parkinson's Cambs (AWPC)
Address	[REDACTED]
Registered charity number (if applicable)	
Telephone number	[REDACTED]
E-mail	[REDACTED]
Contact name and position in Organisation (plus address if different form above)	Deb Liddington (Founder and Treasurer)
Bacs payment details	[REDACTED]
Describe the overall aim of your organisation and the activities or services it provides	AWPC was established in February 2022. Our aim is to provide exercise classes with a very specific and tailored programme for People with Parkinson's (PwP). We have grown from providing one weekly class to now three at two Sawston locations.
Explain the direct benefit to Sawston of your organisation's activities including the number of Sawston residents who have benefitted in the past	We currently have 41 participants (5 of whom are Sawston residents) who attend our classes. We use 2 Sawston venues and I have used the services of Red Graphic, a Sawston-based business, who have been absolutely brilliant in helping us produce a 'professional' information leaflet and roller banner at a much discounted price.
Amount requested	£1,000

<p>Explain why your Organisation is applying for funding and the purpose for which it will be used</p>	<p>With our existing exercise provision we're providing classes for the recognised first two stages of Parkinson's. However, there is currently no exercise provision for third stage Parkinson's ie a seated class providing Parkinson's-specific exercise to try and maintain mobility and help with the tasks of every day living. One of our current members is at this stage (he takes nearly 20 mins to enter and exit the building due to his freezing – a severe symptom of Parkinson's). We have 2 other regular participants who are close to needing a seated class, and one previous participant who had to leave due to his pain levels caused by his need for a hip replacement. He has now had that replacement and is keen to return – but his Parkinson's is too advanced for him to manage our existing exercise provision. I try to abide by the motto 'we leave no-one behind' so would love to be able to offer a class for stage 3 Parkinson's – not only from a physical perspective but also the impact our classes have on their mental health, with the support and camaraderie we engender.</p>
<p>Detail the total cost of each item covered by your funding request (please use separate sheet if needed)</p>	<p>I need to raise £6,250 in total to ensure costs are covered for a one year trial of this class. A donation from SPC will help towards any of the costs we will incur eg instructor fees of £85/hr for say 49 weeks/year (£4165) – or the one-off £100 cost needed for the purchase of necessary equipment (soft balls and resistance bands), or help to ensure funds will be available to pay volunteer transport costs to and from Sawston (if/when demand exceeds 8, then our instructor will need additional class assistance and in liaison with Parkinson's UK area manager we will be engaging with and hoping to recruit a volunteer healthcare student - such as a trainee physio, PD nurse, doctor, neuroscientist - from one of the Cambridge education/training institutions).</p>
<p>Have you applied to Sawston Parish Council for assistance before? If so give details</p>	<p>Yes – just as a contribution towards running costs as by the very nature of the disease attendance can be quite erratic, especially when a fall is involved – which is a very common occurrence – which results in hospitalisation or long term absence and thereby impacts on our finances.</p>
<p>Signed</p>	
<p>Date</p>	<p>18th October 2023</p>
<p>Position in Organisation</p>	<p>Founder and Treasurer</p>