

If you feel like you would like any support completing this, please contact Elle or Natalie from Healthwatch Doncaster.

Micro-grant Feedback Report

Lets Get Physical-ECO

Edlington Community Organisation

Healthwatch Doncaster

Engage, inform, influence

1 Introduction

1.1 Details of activity

Circuit class aimed at all ages and abilities

1.2 Date (s) sessions took place

August 2019- October 2019- 10x weeks

1.3 Acknowledgements

We would like to thank Brendan Frazier the personal trainer who was brilliant with everyone who attended. He made sure everyone felt comfortable and worked to their abilities and needs.

The community centre was also a brilliant space and gave us the hall at a reduced rate of £10 per hour. The hall is usually £15 per hour.

We would also like to thank Healthwatch Doncaster for giving us the funding to continue with the class.

2 What was the purpose of the activity/session?

2.1 Purpose

The purpose of the group was to continue an existing exercise class and for us to sustain the class for as long as possible. Some of the people who were already doing the class had suffered from social isolation and this was their way of getting out and meeting new friends. Also some of the group this was their only form of exercise throughout their week.

2.2 What did you do?

We were already running a class which we started up with funding from Doncaster councils seed fund. We bought Mats, Dumbbells and paid for 10 weeks room hire. How ever this did not cover sessional fees. With the money from Healthwatch we was able to pay for 10 weeks sessional fees and 10 weeks room hire with the hope to continue the class .

How many people engaged with your project/event?

Aprox- 10

If you could describe your project in 3 words, what would they be?

1. Fun

2. Engaging

3. Friendship

2.3 Results of the activity/session(s)

5 people continued to attend the sessions and have now formed new friendships.

The classes have carried on after the funding finished.

Feedback from people who took part

They found Brendans exercise techniques fun. He also offered them nutrition advice which they found very useful.

Did they find it interesting/useful/informative?

They have learned new exercise routines and how to eat better.

Feedback from staff/volunteers who took part

2.4

Conclusion

We have learnt that people do want to exercise its lack of confidence, space and ability that stops themselves.

What short term difference will it make to your service/community?

The community had a safe space to exercise

What long term improvements has your organisation made to Doncaster? We have continued with the class and are hoping to continued for as long as possible.

What are the key messages that can be shared across Doncaster?

People do want to exercise they just need the time ,opportunity and chance.

Please include any pictures from your project you would like to share with Healthwatch Doncaster.

2

INVOICE

Invoice Number:

Invoice Date October 2019

Invoice Date October 2019

[illegible]

1000

Amount Each	Amount
£40.00 per hour	
Subtotal:	£200
Grand Total:	£200

This invoice covers the 5 sessions in the month of October 2019

80292954

Mii Gym

54 Parkstone Crescent
Rotherham, Hellaby

S66 8HD

07507 789112

info.miigym@yahoo.com

INVOICE

Invoice Number:

Invoice Date August 2019

Customer Information:

--

Package Information:

Subtotal:	£160
Grand Total:	£160

Notes:

This invoice covers the 4 sessions in the month of August 2019

Transactor 8076195



YORKSHIRE MAIN COMMUNITY CENTRE



EDLINGTON LANE, EDLINGTON, DONCASTER, DN12 1AB

Registered Charity: 523587

Secretary; Dennis Tymon, 22 Pamela Drive, Warmsworth, Doncaster, DN4 9RP. Tel; 01302 852455

E-Mail; dennis.tymon@hotmail.co.uk or yorkshirermaincommunitycentre@outlook.com (01709 858214)



DATE: 30.08.2019

TO: Edlington Community Organisation

Invoice

Invoice No: YMCC17094

Due: 30.08.19

Invoice for office rental and weekly hall activities August 2019	
Office 3	£200
Office 2	£200
Choir 3 weeks @ £10 per session	£30.00
Craftroom 3 week @ £25 per session	£75.00
Food Bank 5 week @ £25 per session	£125.00
Zumba x 4 weeks @ £10 per session	£40.00
PT Training (Lets Get Physical) 2 week @ £10 per session	£20.00
Laugh Live Repeat 2 weeks @ £10 per session	£20.00
Social Scene 5 weeks @ £10 per session	£50.00
	£760.00

Total Due	£760.00
-----------	---------

Please make cheque payable to Yorkshire Main Community Centre or via BACS.

Sort Code: 09-01-56

Account No: 41355904



YORKSHIRE MAIN COMMUNITY CENTRE



EDLINGTON LANE, EDLINGTON, DONCASTER, DN12 1AB

Registered Charity: 523587

Secretary; Dennis Tymon, 22 Pamela Drive, Warmsworth, Doncaster, DN4 9RP. Tel; 01302 852455

E-Mail; dennis.tymon@hotmail.co.uk or yorkshiremaincommunitycentre@outlook.com (01709 858214)



DATE: 13.08.2019

TO: Edlington Community Organisation

Invoice

Invoice No: YMCC17093

Due: 13.08.19

Invoice for office rental and weekly hall activities July 2019

Office 3	£200
Office 2	£200
Choir 5 weeks @ £10 per session	£50.00
Craftroom 5 week @ £25 per session	£125.00
Food Bank 4 week @ £25 per session	£40.00
PT Training (Lets Get Physical) 4 week @ £10 per session	£40.00
Laugh Live Repeat 4 weeks @ £10 per session	£40.00
Bingo 4 weeks @ £20 per session	£80.00
	<u>£735.00</u>
Minus purchase orders made on behalf of the centre totalling £624.94 as follows:	
Emergency Maintenance Work in the hall @ £130.00	
Table Trolley @ £282	
Steam Mop @ 188.94	
Cleaning Supplies @ £24	
	<u>-£624.94</u>

Total Due	£110.06
-----------	---------

Please make cheque payable to Yorkshire Main Community Centre or via BACS.

Sort Code: 09-01-56

Account No: 41355904



YORKSHIRE MAIN COMMUNITY CENTRE



EDLINGTON LANE, EDLINGTON, DONCASTER, DN12 1AB

Registered Charity: 523587

Secretary; Dennis Tymon, 22 Pamela Drive, Warmsworth, Doncaster, DN4 9RP. Tel; 01302 852455

E-Mail; dennis.tymon@hotmail.co.uk or yorkshiremaincommunitycentre@outlook.com (01709 858214)



DATE: 28.10.2019

TO: Edlington Community Organisation

Invoice

Invoice No: YMCC17111

Due: 28.11.19

Invoice for office rental and weekly hall activities October 2019	
Office 3	£200
Office 2	£0
Choir 4 weeks @ £10 per session	£40.00
Craftersnoon 4 week @ £25 per session	£100.00
Food Bank 5 week @ £25 per session	£125.00
PT Training (Lets Get Physical) 5 weeks @ £10 per session	£50.00
Laugh Live Repeat 4 weeks @ £40 per session	£40.00
Social Scene 5 weeks @ £10 per session	£50.00
Kids Club 4 weeks (breakfast & after School) @ £40 per week	£160.00
	£765

Total Due

£765.00

Please make cheque payable to Yorkshire Main Community Centre or via BACS.
Sort Code: 09-01-56
Account No: 41355904

Healthwatch PT Grant

Date	Description	Room Hire	Personal Trainer
		150.00	400.00
Aug-19	PT Sessions		-160.00
Aug-19	Room Hire	-40.00	
Sep-19	PT Sessions		-120.00
Sep-19	Room Hire	-20.00	
Oct-19	PT Sessions	-40.00	-120.00
Oct-19	Room Hire	-50.00	

0.00

0.00

0.00

550.00

LET'S GET PHYSICAL

With Brendan Fraizer &

NOW
ON
THURSDAYS

mji
gym

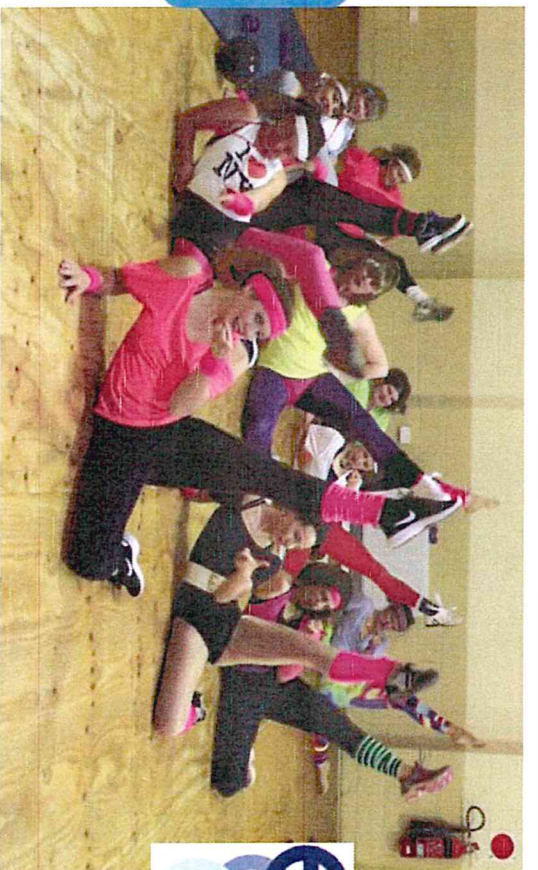
SPECIAL
OFFER
ONLY
£3.00

Circuit training and mixed exercises to suit all abilities

5.30pm till 6.30pm

Yorkshire Main Community Centre, Edlington

13+



Edlington
community
organisation

Block Booking Discounts Available - Contact ECO 01709 252549 for more information.



