

	<p>Andover Town Council To receive and approve a grant application from:</p> <p>Andover Community Engage</p> <p>On-going project</p>	<p>Item No.</p> <p style="font-size: 2em; color: red;">7</p>
<p>Produced for: Community and Events Committee</p>	<p>By: Community and Events Officer</p>	<p>Date of Report: 18 March 2026</p>
<p>Name of applicant Organisation:</p>	<p>Andover Community Engage</p>	
<p>Amount requested:</p>	<p>£150.00</p>	
<p>Subject of application:</p>	<p>Young at Heart, Body and Mind</p>	
<p>Young at Heart, Body and Mind - Andover Community Engage</p>		
<p>Location of Project / Event:</p>	<p>Andover Community Engage</p>	
<p>Date of project / event / purchase of asset:</p>	<p>These sessions run already, this grant would be to improve the service.</p>	
<p>Project description:</p>	<p>The Programme supports physical health, reduces social isolation, and provides a regular, welcoming opportunity for people to stay active and connected within their community.</p>	
<p>Information supplied on the application form</p>		
<p>Which groups of people will benefit & how many people will benefit?</p>	<p>Approximately 50–55 in-person participants each week.</p>	
<p>Does the Organisation work solely for the Benefit of Andover?</p>	<p>Yes</p>	
<p>Financial breakdown of costs</p>	<p>£119.88 – 12 × £9.99 annual YouTube subscription, ensuring uninterrupted, advert-free exercise sessions <i>ACE have confirmed that the subscription required does exist: see below:</i> <i>Firstly, YouTube Premium does exist in the UK and is a paid subscription service which removes adverts from YouTube videos. We currently use YouTube exercise sessions to guide our seated chair exercise classes as a low-cost way of providing structured sessions while we build the programme. However, adverts frequently appear in the middle of exercise routines. This causes disruption during sessions, particularly for older participants or those with mobility limitations who are following along with the movements. When adverts interrupt the flow, people can lose track of the exercise or stop altogether, which affects both safety and the overall experience of the class.</i></p>	

	<p><i>The YouTube Premium subscription would simply be attached to the ACE device used to run the session within the centre, ensuring the videos play without interruption during the class. It is not something that provides wider public access or personal subscriptions for individuals.</i></p> <p>£30.12 – Purchase of weighted bean bags to enhance strength, balance, and coordination exercises <i>A google search conducted by the Community and Events Officer determined that this was a reasonable price towards the cost of weighted bean bags after this price was queried.</i></p>
<p>Any other useful information?</p>	<p>The Young at Heart, Body and Mind sessions currently average 26 attendees per session, even during the winter months when attendance at community activities typically drops. We expect similar attendance levels for the newly added Thursday sessions, meaning approximately 50–55 in-person participants each week.</p> <p>While the online sessions are a new development and therefore untested, we anticipate strong uptake, particularly from individuals who are housebound, shielding, or unable to attend group sessions in person. This blended approach will allow us to widen our reach while maintaining the supportive, community-led ethos of the programme.</p> <p>Demand for these sessions continues to grow, clearly demonstrating the value and need for accessible, low-impact physical activity and social connection opportunities within our community.</p> <p>Funding would enable us to:</p> <ul style="list-style-type: none"> • Pay for a YouTube subscription to ensure uninterrupted, professional delivery of sessions • Introduce a qualified local instructor to deliver chair-based exercise sessions in person • Develop accessible online sessions so that residents who are unable to attend in person due to mobility, health, or caring responsibilities can still participate. <p><i>ACE have confirmed they livestream the sessions on Facebook:</i></p> <p><i>Our live sessions are streamed via ACE's Facebook page, which is followed by a very high proportion of local Andover residents (approximately 92% of our audience). The livestream allows local people who cannot physically attend the session to still participate from home while remaining part of the same local community activity.</i></p> <p><i>While Facebook is a global platform, our audience, promotion and engagement are overwhelmingly local,</i></p>

	<p><i>and the sessions are specifically designed for and delivered to the Andover community.</i></p> <p>Further clarity provided by the applicant: <i>The small grant was intended to help us improve the quality of delivery while the programme develops. As attendance continues to grow, our aim is to transition further into qualified local instructors leading the sessions, with longer-term sustainability supported through monetisation generated by engagement with the live streamed sessions and wider digital reach of the programme.</i> <i>The sessions are already averaging around 26 participants per week, and we expect this to increase with the additional session now in place. The programme has quickly become an important opportunity for people to stay active, socialise, and support their mental wellbeing.</i></p>
<p>Recommendations</p>	<p>To receive the application report and all supporting documentation To discuss the application To approve the application</p>