

	<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>5A</p>
<p>Produced for: Small Grants Sub-Committee</p>	<p>By: Community and Events Officer</p>	<p>Date of Report: 4 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>During Easter holidays (30/3/26-10/4/26)</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 x £9.99 annual YouTube subscription, ensuring uninterrupted, advert-free exercise sessions £30.12 – Purchase of weighted bean bags to enhance strength, balance, and coordination exercises</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. 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>Recommendations</p>	<p>To receive the application report and all supporting documentation</p> <p>To discuss the application</p> <p>To approve the application</p>