

2021/2022 BUILD BACK A BETTER BORDERS RECOVERY FUND

Assessment Form

For the purpose of assessment, projects have been ranked high, medium or low to reflect how strongly the application meets the criteria of the Build Back a Better Borders Recovery Fund.

High – a strong demonstration of how the project will assist recovery from the pandemic

Medium – provides acceptable examples of how the project will assist recovery from the pandemic

Low – lacks detail of how the project will assist recovery from the pandemic

1. Applicant Details

Organisation name	Kelso Orchard Tennis Club					
Organisation structure	Constituted Charity					
Application reference	BBBB-CHE-11					
Theme of application	Sport	Arts & culture	Environment	Community capacity	Community resilience	Intergenerational activity
	<input checked="" type="checkbox"/>	<input type="checkbox"/>				
Project start date	February 2022			Project end date	May 2022	

2. Organisation's Finances

End of year balance	£35,216
Current bank balance	£36,697
Total cash/Unrestricted reserves available & purpose	<p>£8,137</p> <p>This includes:</p> <ul style="list-style-type: none"> • £3,000 that will be put aside for the replacement of the courts (see below) • £1,000 for grounds maintenance • £600 insurance • Utility bills
Total restricted /committed funds & purpose	<p>£27,020</p> <ul style="list-style-type: none"> • £13,020 towards the renovations of the courts in 10-15 yrs (£4,000 is added to this annually) • £5,000 Club contribution towards the new project including the clubhouse renovations • £9,000 youth/disability project costs for one year <p>Club funds have been impacted due to Covid. Sessions have not been able to take place, fund raising activities have been curtailed and membership subscription have dropped.</p>

3. Project:

Outline of what the group plan to do to help people recover from the pandemic. Projects will be ranked higher if the application strongly demonstrates that they are meeting an identified need in the community. (e.g. area of deprivation, protected characteristics, tackling wellbeing and isolation, tackling climate change)		
High <input checked="" type="checkbox"/>	Medium <input type="checkbox"/>	Low <input type="checkbox"/>
<p>Comment:</p> <p>Group sport was been severely impacted during the pandemic affecting not only opportunities for people to engage in sporting activity but also to benefit from the social interaction that it provides. Planned renovation work would enable the Club to provide new activities that can be carried out indoors over to ensure that they are not weather dependent.</p> <p>Prior to the pandemic junior club nights were very popular but numbers have yet to return to pre-pandemic numbers. Membership numbers are also still to recover with subscriptions to social doubles has fallen by 1,000 in 2021 during 2020 and 2021.</p> <p>The Club would like to introduce new activities and rekindle interest in the sport. These will involve free taster sessions for key groups including disability sessions, tots, beginners, senior citizens, cardio tennis. Following on from the free taster sessions, they would run a 6 week block of sessions for free for the key groups, working with community groups and sports groups in the area to reach a wider audience.</p> <p>The Club has worked with Kelso High School previously providing training to the sports leaders and providing taster sessions. In addition, in 2019 they provided taster sessions for girls in the two primary schools in Kelso as part of another project. They have identified an interest for taster sessions for tots, juniors, disability and have identified an interest in beginner tennis sessions and social tournaments after speaking to some parents at the club.</p> <p>A grant from the Build Back a Better Borders Fund would provide the coaching and equipment required for the Club to run new, free wide ranging activities that provide opportunities for the whole community to get involved in tennis.</p>		
Evidence of individuals, groups or communities likely to <u>benefit</u> from the new initiative and how they have been affected by the pandemic:		
High <input checked="" type="checkbox"/>	Medium <input type="checkbox"/>	Low <input type="checkbox"/>
<p>Comment:</p> <p>The free taster sessions will include sessions for tots, juniors, beginners, 60+, cardio tennis and disability sessions. During the taster sessions people would be encouraged to sign up to a new six week block of coaching/sessions. These would be free of charge and would include beginners sessions along with those set out above with the aim of targeting those groups that have been most impacted by the pandemic including those most likely to have been required to shield.</p> <p>For the taster sessions up to 16 players can be supported per coach so 32 players can accommodated (up to 48 players with an assistant(s)). For the junior taster sessions the group plans to run two 3 hour tasters but divide these into age group so 1 hour for 5-8 year olds, 1 hour for 9-12 year olds and 1 hour for 12yrs+. This means that up to 288 children could be accommodated. The 6 week block of sessions will all run for one hour</p>		

per week apart from the tots tennis which will run for 30 minutes where there will be 2 x 30 minute sessions.

Lockdown has had a huge impact on normal personal, social and emotional development of children, with limited or no access to play centres or sports, meaning a reduction in the amount of daily exercise children enjoy.

People with disabilities have been affected with limited or no access to sports, resulting in a reduction in the amount of daily exercise and interaction with other people. Sessions for older people will provide opportunities for them to engage socially with family and friends whilst participating in structured exercise sessions.

During the pandemic, families have missed out on socialising with other parents and children of the same age. The sessions would allow them to reconnect and make new friends. Following the session, parents would have the opportunity to socialise over a cuppa and a chat.

Expected impact of the new initiative and how will it help those most in need recover from the pandemic

High **Medium** **Low**

Comment:

It is well documented that exercise helps to improve mental health and general wellbeing. NHS Inform states that the benefits of regular physical activity include:

- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia
- up to a 35% lower risk of coronary heart disease and stroke.

Research also suggests that regular physical activity can improve general mood, self-confidence and sleep quality as well as increase energy and reduce stress levels.

The activities available would also provide the opportunity to meet new people and make new friends.

Younger children have been affected by the pandemic and need access to activities which promote social interaction and physical exercise. Early year's childcare and education is essential for children's social, personal and emotional development. It is important to increase their physical activities outdoors to build up their strength and fitness. The sessions for tots will help them to develop these skills through play-based activities in a fun and safe environment.

The planned new activities will provide the opportunity for people to try a new sport, get back into tennis after a long time away from the game, meet new people, interact with people their own age and make new friends, all the while doing so in a safe environment.

4. Project Expenditure:

Total Project Cost	£15,429
10% organisation contribution	£5,000
Request to BBBB	£3,959

Item of expenditure (BBBB application)	Cost
Sessional costs (coaches and assistants)	£2,040
Equipment and balls	£1,000
Marketing and advertising	£500
Refreshments/ Covid protection costs	£200
Contribution towards renovation	£219

Match/other funding sought:

Funder	Funding Requested	Status
Clubsport Roxburgh	£4,000	In progress
Cheviot Community Fund	£2,500	In progress
	£	

Grants received from Scottish Borders Council or any other funder within the last three years

Date	Project Title	Amount
July 2021	Youth Borders - Tots Tennis Taster	£300
November 2020	Equipment and Covid protection	£500
2020	Covid Grant	£10,000
November 2020	Cash for Kids Sports Challenge - outdoor area	£2,316.50
		£

SBC OFFICER ASSESSMENT	
Comments	The application meets the criteria of the BBBB fund The application is assessed as high as the club are looking to extend the opportunity for different community groups to try tennis for the first time or return to tennis following the pandemic. The proposals are inclusive and remove barriers to participation.
Additional terms and conditions required	The applicant must follow Scottish Government Covid-19 guidance The rate of pay given to the coaches and assistants must meet the National Living Wage. Moveable equipment should be passed to another community group/organisation should this project cease to operate. Equipment must be available for wider community use
Evaluation	If successful, the applicant will be asked to provide information on the following: <ul style="list-style-type: none"> • Number of sessions delivered and participants who attended • Evaluation from participants, coaches and assistants • Membership numbers

