

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	Athletics & Strength Gym T/A Bodyzone					
Organisation structure	Scottish Charitable Incorporated Organisation SCO41395					
Application reference	BBBB-CHE-15					
Theme of application	Sport	Arts & culture	Environment	Community capacity	Community resilience	Intergenerational activity
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Project start date	April 2022			Project end date	September 2022	

2. Organisation's Finances

End of year balance	£8558.99
Current bank balance	£9701.00
Total cash/Unrestricted reserves available & purpose	£9701.00 used for the day-to-day running costs of the gym
Total restricted /committed funds & purpose	£0

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 type="checkbox"/>	Medium <input checked="" type="checkbox"/>	Low <input type="checkbox"/>
<p>Athletics and Strength Gym, is a Scottish Charity whose aims and objectives are to improve health, general well-being and fitness of people living in the Scottish Borders, without distinction of sex, sexuality, political, religious or other opinions and to provide recreational facilities for use by members of the general public in the Scottish Borders with the object of improving their conditions of life.</p> <p>Currently the gym is focused on strength training. The Charity wants to widen its appeal to the community by providing cardiovascular training facilities. To do this, they are applying to the BBBB Fund to invest in a treadmill and an exercise bike to offer a wider range of training options to current and potential new members.</p>		

Currently there is no cardiovascular facilities available at Bodyzone. By installing the proposed new equipment Bodyzone will be able to give all members of the community a place where they can improve their health and wellbeing, reducing levels of stress and anxiety caused by Covid-19 restrictions,

Users will be offered free advice and programmes by Bodyzone's two qualified trainers to help use the equipment and achieve personal goals

Evidence of individuals, groups or communities likely to benefit from the new initiative and how they have been affected by the pandemic:

High **Medium** **Low**

The pandemic has affected not only the running of the gym, but the members who were using the facility. The gym had to limit numbers to ensure the social distancing rules were adhered to, which meant that a booking system, limiting only two members per hour, was introduced.

The gym was closed completely during two lockdowns, with no income. Without the small business Covid grant fund the gym would have had to close.

The gym is run on a membership model which costs £20 per month. This gives members 24 hour access through a key card system, allowing the members to train whatever time suits them. This appeals to those work shifts and those who suffer from mental health or body issues.

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

High **Medium** **Low**

The impact of the new initiative will allow the gym to broaden its customer base, improve its facilities and to increase the health and wellbeing of the local community.

4. Project Expenditure:

Total Project Cost	£5970
10% organisation contribution	£597
Request to BBBB	£5373

Item of expenditure	Cost
Refurbished Exercise Bike	£2085
Refurbished Treadmill	£3885

Match/other funding sought:

Funder	Funding Requested	Status
	£	
	£	
	£	

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

Date	Project Title	Amount
24.04.2020	Small Business Covid Grant Fund	£10,000

SBC OFFICER ASSESSMENT	The application does not meet the criteria of the BBBB fund as there are no low/no cost memberships available. It is therefore not accessible to everyone within the community.. Monthly membership costs £20/person.
Comments	The application scores medium as it is would provide access to cardio vascular training equipment encouraging users to users to develop their fitness.
Additional terms and conditions required	The applicant must follow all Scottish Government COVID-19 guidance. Necessary insurance must be in place
Recommendations to evaluate impact:	Increase in membership over six months Feedback from members Photos of new equipment