

Winsford Town Council – Grant Application (Online Form Version)

1. Organisation Name

High Street Medical Practice, Dene Drive Primary care Centre, Winsford, Cheshire, CW71AT

2. Project Title

Community Weight Management and Wellbeing Programme.

3. Brief Project Description (max ~150 words)

A 12-week community-based weight management and wellbeing programme supporting 10 Winsford residents living with long-term health conditions such as diabetes and hypertension. Due to recent changes in NHS and Brio referral criteria, many residents with clear clinical need no longer qualify for funded support and are unable to self-fund access.

Delivered in partnership with Brio Leisure Centre (Winsford), the project provides supervised physical activity, personalised wellbeing plans and regular health reviews. This small pilot addresses a clear gap in provision, supports preventative health, and contributes to improved wellbeing and reduced long-term NHS demand.

4. How Will the Project Benefit Winsford Residents? (max ~150 words)

The project improves physical and mental wellbeing for Winsford residents with long-term health conditions while reducing financial barriers to access. Benefits include improved health outcomes, increased confidence, healthier lifestyles and reduced demand on NHS services.

Although places are limited, the wider community benefits through improved household wellbeing, reduced health inequalities and greater engagement with local community facilities.

5. Alignment with Town Council Priorities (max ~100 words)

The project supports the Winsford Town Council Plan 2025–29 by strengthening communities, improving wellbeing, delivering inclusive support and promoting partnership working. It addresses health inequalities and promotes preventative, place-based solutions benefiting Winsford residents.

6. Project Start and End Dates

08/6/2026 to 31/8/2026

7. Number of People Benefiting

10 direct beneficiaries (Winsford residents) with indirect benefit to families and households.

8. Total Project Cost

£900

9. Amount Requested from Winsford Town Council

£720

10. Other Funding Secured (25% minimum)

£180 secured from GGO following Winsford Decides presentation.

11. Brief Budget Summary

Brio Leisure Centre program: £30 per participant per month for 3 months (10 participants) = £900 total.

12. Monitoring and Evaluation (max ~120 words)

Monitoring will include participant numbers, attendance records, and proof of spending. Baseline and follow-up wellbeing indicators (e.g. BMI and wellbeing screening) will be collected at 4-week intervals on an anonymised basis.

A short end-of-project report will be submitted detailing use of funds, number of residents supported, key outcomes and learning. A representative will attend the Annual Town Meeting if required.

13. Safeguarding

Safeguarding arrangements are in place. Delivery staff at Brio Leisure Centre are appropriately qualified and DBS-checked, meeting Town Council requirements.

14. Additional Information

The applicant does not profit personally from this project. Any unspent funds will be returned. Winsford Town Council will be acknowledged in publicity and reporting.

15. Attachments Required

- Organisation governing document
- Bank statements or latest accounts