

## Grant Application

Application Details			
<b>Fund</b>	Holehird Trust Fund	<b>Grants Officer</b>	Ellen Clements
<b>Organisation</b>	Windermere Rowing Club	<b>Application No</b>	23594
<b>Aims of the group</b>	Windermere Rowing Club (WRC), based at National Trust, Fell Foot Park was established in 2015 at the South end of Lake Windermere by a group of experienced rowers living in the South Lakes area. WRC's aim is to provide a friendly atmosphere where members can improve their existing knowledge and technique and for newcomers to the sport the club runs "Learn to Row" courses throughout the summer months, where all can enjoy the benefits of rowing; learn new skills, improve their health and mental wellbeing, and participate in WRC social and competitive activities. Members can become either social rowers or a part of the group who want to compete in competitions throughout the North West. WRC has coaches and experienced rowers as Session Leaders who provide assistance and guidance to improve members rowing technique and skills so that they gain maximum benefit and enjoyment from the sport of rowing. WRC has a committee of 13. A number of members are involved as Coaches and Session Leaders. Other members help on maintenance days, (general maintenance or carrying out repairs required on the boats and equipment). WRC have fund raising events throughout the year.		
<b>Post Town</b>	GRANGE-OVER-SANDS	<b>District</b>	South Lakeland

Grant Priority	UNSDG
6	Good Health & Wellbeing

Funding Request		
Project Cost	Total requested	Amount recommended
£4,380.00	£1,500.00	£1,000.00

Expenditure
<b>Other costs: £1,500.00</b>

Income		
<b>Amount of funding raised so far</b>	£1,380.00	£1,380.00 has been allocated from WRC's Boat Fund, which comes from surplus from Annual Membership Fees and Learn to Row courses plus profits from Fund raising events (New Year's Quads and Valentines Head races)
<b>Applying Elsewhere</b>	Yes	£1,500.00 to be applied for from Cumbria County Council "Community Grant" fund
<b>Quotes Received</b>	Yes	

Project Details	
<b>Project title</b>	<b>Purchase of a Explorer 21 Trainer Single Scull</b>
<b>What would you like to do with your grant?</b>	Purchase a Explorer 21 Club Trainer Single Scull from Oarsport. Currently WRC has two Stable Single Sculls and two Fine Single Sculls. The Stable Single Sculls are used to continue the training and development of all rowers after they have completed a Learn to Row course. This continuation of their development of skills and technique is progressed either in Stable Double Sculls or Stable Quad Sculls with coaching from experienced staff or via coaching from our safety launch whilst they are out in a Stable Single Scull. As they progress to more experienced rowers, the step up from a Stable Single Scull to a Fine Racing Scull is quite difficult, and can be quite a scary experience and some find it off-putting. WRC committee and coaching staff realised the need for an in-between boat and this role has been covered by an Explorer 21 Trainer Single Scull, which the club purchased in 2019. It has enabled all our members from juniors to more senior members to develop their

	<p>individual skills, technique and confidence so that they can progress at their own development speed into a Fine Single Scull rower. This Trainer Single Scull boat has become the most popular choice of our single sculling boats by members to further their development. WRC Committee have realised that we now need a second Trainer Single Scull to help cope with the demand and are now raising funds to purchase another Trainer Single Scull.</p>
<p><b>How do you know that the people in your community want this project/activity and what evidence have you collected to demonstrate this?</b></p>	<p>WRC use "Fitclub" app as a means for members to sign up for any of the rowing Sessions and Session Leaders can then allocate boats (singles doubles or quads) according to the members rowing experience. From this FitClub app system the Committee are able to track boat usage and it has become clear that the most popular boat is our existing Trainer Single Scull, therefore WRC's requirement is for another of these popular boats to fulfil this demand.</p>
<p><b>How has the COVID-19 pandemic affected the way you now currently support your beneficiaries?</b></p>	<p>All WRC Club rowing is governed by, British Rowing. As restrictions eased, rowing restarted in Single Sculls only. The next step included Double Sculls with a family member. It then progressed to groups, (bubbles), and this increased later to rowing in Quad Sculls. During the initial stage our Stable Single Sculls were in much demand. During all stages WRC maintained distance requirements and all equipment was thoroughly cleaned and disinfected after each use. Now the restrictions have eased completely the club still practices the cleaning routine on boats and oars after each session and most socialising is carried on outside whenever possible or with windows open if inside. All these practices help to ensure that members remain as clear of Covid as possible.</p>
<p><b>Explain how the people or community accessing your services are disadvantaged and tell us about the issues they face</b></p>	<p>WRC catchment area runs from Penrith in the North to Barrow in the South. Some of this area is included in the "Worst Performing Decile" (1) of the "Index of Multiple Deprivation".</p> <p>WRC's aim therefore is to keep Annual Fees as low as possible to ensure membership of the club is accessible to all people throughout the South Lakes and South Cumbria area. The club has a small fund set aside so that anyone who might struggle to pay the annual fee can apply for assistance, knowing that their application is treated in complete confidentiality.</p> <p>Our aim is to provide a safe environment for all those who row. A sport that is accessible to all ages and states of fitness, where perhaps none existed before. Our "Learn to Row" courses are attractive to people who did not previously do any sport or fitness because "I was no good at ball sports or running"! One of our members who had a heart attack in his mid-seventies was able to row the length of Windermere during 2019, when WRC ran our "Round Windermere Row" event, (stopped by Covid 19 - but it is hoped to restart this popular event this summer), which backs up our ambition to keep everyone fitter and more active, whatever their age.</p>
<p><b>Partnership working</b></p>	<p>N/A</p>
<p><b>Outline the benefits and outcomes that you expect to achieve as a result of the funding</b></p>	<p>This Trainer Single Scull will further enable members to continue their rowing skills, improving their technique to become a more proficient rower and therefore have a more enjoyable experience whilst out rowing. During the warmer Spring/Summer/Autumn seasons more of our members attend the rowing sessions and the addition of another of these Trainer Single Sculls will allow more members to experience the benefit of rowing on their own with increased confidence. All the mistakes are yours therefore with coaching you can correct these mistakes and become a more proficient and experienced rower and your enjoyment of rowing and therefore feeling of wellbeing will increase. WRC Coaching staff believe this boat as being one of the best types of Single Sculls to improve a rowers development and therefore has an immense benefit to the club as a training tool.</p>
<p><b>How you will collate, measure</b></p>	<p>At all club rowing sessions, WRC uses the FitClub App. Members are able to sign up to any Session, currently 13 sessions per week. Members can also request the</p>

<b>and report the benefits you describe?</b>	type of boat they want to row and with whom. If they have not made any boat request the Session Leader decide on crews and boat allocation. From the FitClub Sessions WRC committee are able to collate boat usage over a period of time and from that the club will be able to work out the benefits each boat has been to the club. We also record feedback of how individual members have enjoyed using a particular boat and this shows the benefit of that type of boat to the club.		
<b>How does the project/activity progress after this funding ends, or is it one-off?</b>	WRC Committee estimates that this Explorer 21 Trainer Single Scull will be one of the most popular Single Sculling boats and an invaluable aid to the club, assisting all members in their individual rowing development. It is expected that over an expected lifetime, 20 years (minimum), it will have provided a seat for over 7000 outings. Therefore, we see this project/activity ending only when every scrap of use has been made of your investment. WRC has a routine of washing and drying out boats after every outing, hatches are opened so that no water is trapped inside, and protection is put on the end of the riggers to prevent damage to boats as they are put away or taken out. This regime has resulted in all our new boats looking as if they are still brand new despite their usage. All our other boats, some over 20 years old are still in very good condition and we have every intention, and the process in place, to ensure that this new Explorer 21 Trainer Single Scull would last for at least this long. All WRC boats, even with heavy usage, are maintained by a dedicated crew, 5 - 6 members, (on particular days - yearly spring clean and polish this becomes a club day with support from all members) on a weekly Maintenance Day to keep them in the best possible condition and this increases their longevity and value for money to the club and the funding body.		
<b>Living Wage</b>	N/A		
<b>No of beneficiaries</b>	54	<b>No of volunteers</b>	47

<b>Assessors Comments</b>	
<b>Organisation</b>	Company Limited by Guarantee run by volunteers, and you can join by paying a membership fee.
<b>Finances</b>	Accounts dated 31/03/2020 show an income of £33,535.96 and expenditure of £28,512.43. They had a closing balance of £25,194.99 Membership income was £13,122.00 and they received grants and donations of £15,015.68
<b>Need &amp; Demand</b>	Membership of Windermere Rowing Club includes joining up to eight rowing sessions a week, use of all types of boats from singles to quads as well as use of the Active Base facilities at Fell Foot. These facilities provide changing rooms (with underfloor heating!) and showers, club room, kitchen and conference room. Anyone from 18 years old upwards of all rowing abilities can join. There are several types of membership: Adult (from 26 years upwards), Young person (18 to 25 years old), Cox/coach only (any age), Holiday membership (for college students who are around for the holiday period only) and Temporary membership (for a one-off session). Membership fees run from 1st April each year (currently £192 per year, up from £168 per year in 2020)
<b>Project</b>	Funding requested to purchase a trainer scull; one quote provided.
<b>Budget / Value for Money</b>	Quote provided that includes VAT. They are using some of their own funds and have requested the remaining costs from us and another funder.
<b>Future Sustainability</b>	They offer a variety of courses to suit adults between April and July Weekday mornings 10.30am to 12.30pm Weekday evenings 6pm to 8pm

	Learn to row course costs £80. For this, you get six 2-hour sessions, based at their site in Fell Foot Park, Newby Bridge.
<b>Impact</b>	Members organisation that provides the opportunity for individuals and families to sail on Windermere.
<b>Safeguarding</b>	Safeguarding policies for adults and young people provided, these are both British Rowing policies where British Rowing is accountable. Dated March 2020. They provide the training and check if the policies are being used, groups not following the policy will be removed from British Rowing.
<b>Any other comments &amp; recommendation</b>	In December 2020 they were awarded £1,000 from the Holehird Trust for Purchase of a fine double boat suitable for men.  The cost of membership could be a barrier to a lot of people so not open to all.
<b>Conditions</b>	

<b>Previous Funding Details</b>					
<b>No. of grant applications</b>	4	<b>No. of approved grants</b>	2	<b>Total Amount Awarded</b>	£1500.00