



# Ward Flexibility Funding Application Form

Thank you for your interest in Stockport Council's Ward Flexibility Fund. To give your group the best chance of success please read the guidance notes and the questions on the application form carefully.

Please ensure that all boxes on this form are completed. You must also include all additional information that is requested.

## 1. About Your Organisation

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### 1. Name of Organisation/ Group

Feel Good Feminist Fightclub CIC

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### 2. Organisation/Individual Address

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### 3. Main Contact Details (for correspondence)

Title:

Name:

Role: Director

Address:

Postcode:

Home Phone Number:

Mobile Phone Number:

Email Address:

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### 4. Please provide your bank account details

Return to:  
Democratic Services  
Town Hall, Stockport SK1 3XE  
[democratic.services@stockport.gov.uk](mailto:democratic.services@stockport.gov.uk)

Account Name:  
Account Number:  
Sort Code:

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### 5. What is the status of your Organisation/ Group?

*Please Tick*

- |                                |                          |   |                                     |
|--------------------------------|--------------------------|---|-------------------------------------|
| A New Group                    | <input type="checkbox"/> | Voluntary Organisation                              | <input type="checkbox"/>            |
| A Registered Charity No.       | <input type="checkbox"/> | Company Limited by Guarantee No.                    | <input type="checkbox"/>            |
| Applying for Charitable Status | <input type="checkbox"/> | Unregistered Association                            | <input type="checkbox"/>            |
| Friendly Society               | <input type="checkbox"/> | Other (Please specify)                              | <input checked="" type="checkbox"/> |
| Housing Association            | <input type="checkbox"/> | <b>Community Interest Company Limited by Shares</b> |                                     |

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### 6. Please describe the main activities of your Organisation/ Group

Feel Good Feminist Fightclub is a community interest company based in Stockport that puts on women's only events promoting mental and physical well-being. Ultimately, we help women along their personal journeys to self-acceptance and love – this is achieved through a variety of activities, including creative outlets, body movement, mindfulness, reflection, talks from successful women in their field and other cultural activities. We also signpost the help and resources that are available for women facing various challenges, as well as being a pillar of support and networking for women. Our first event was in September 2023 and was a roaring success – the day consisted of a bookbinding workshop, self-love inspired journaling, lunch and open discussion time, a gratitude exercise, and an hour of mindful and meditative yoga. The next event is upcoming on the 28<sup>th</sup> October and will include ceramic pumpkin painting, reflection aimed oracle readings and movement focused laughter therapy. Currently, the community needs to pay for these events through ticketing.

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### 7. When was your Organisation/Group established?

Registered with Companies House on 22/06/2023.

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### 8. Does your organisation have the following policies and procedures in place?

*If you are awarded a grant you will be required to send copies of all relevant documents as part of the grant agreement.*

- |   |                                     |
|---|-------------------------------------|
| A governance/management committee (N/A – no employees, sole director) | <input type="checkbox"/>            |
| A Constitution/governing document/set of rules                        | <input checked="" type="checkbox"/> |
| An Equal Opportunities Policy (N/A – no employees, sole director)     | <input type="checkbox"/>            |
| A Child Protection Policy (where necessary)                           | <input type="checkbox"/>            |
| A Health and Safety Public liability                                  | <input checked="" type="checkbox"/> |

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## 2. About Your Application

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### **9. Please give us a brief description of your proposed/planned project or activity**

*You may wish to include details of what activities will take place, where will it happen, how often and who will take part. If you are applying for equipment you can tell us what will it be used for and why is it needed.*

The event I would like to apply for funding for, is the event we hope to put on for World Women's Wellness Day on 27<sup>th</sup> April 2024 at Heaton Norris Community Centre. It would be a full day event, from 11am – 5pm, free to women of the Stockport community to get involved in activities that will promote general wellness – including physical, mental, and emotional wellness. The day will include a variety of activities, including but not limited to: yoga, dance classes, breathwork, mindfulness, meditation, various crafts and inclusive of food and drinks.

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### **10. Who will benefit from this grant?**

*e.g. local residents, young people, older people and how?*

Local female residents within the Stockport area will benefit from our events. Events will be open to all local women of ALL backgrounds, regardless of religion, age, race & sexuality. This demographic will benefit from allowing themselves the time to spend on something purely for themselves, that will promote physical and mental well-being as well as a sense of community. Their introduction to Feel Good Feminist Fightclub will also provide them with an ongoing network of supportive, likeminded women to share challenges women of different backgrounds may have faced in the past and could face in the future. The event will be inclusive of different cultures, providing a range of different activities.

#### **10(a) How Many Stockport residents will benefit?**

For the proposed event, approximately 60 people could benefit, as well as countless more benefiting from the ongoing events of the club and its network of self-love, well-being and support. Attendees that will benefit can come from any of the wards.

#### **10(b) Are there any restrictions on who will benefit from the funding?**

The events we propose are limited to women only.

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## 11. Your Project's Budget

Please provide a breakdown of cost for your project including VAT where applicable and submit any estimates for the purchase of equipment or work to be done.

**Venue** - £195

**Insurance** – Already purchased, valid until June 2024.

### Marketing/Advertising:

Flyers: £27.95

Facebook/Instagram advertising: £25

Advertising with the Hazel Grove Post: £25

**Food/Drink** - £100

### Activites:

45 minute yoga/meditation session with The Sophie May Collective – Quoted £50

1 hour Bollywood dance class with Ri Ri's Dance Academy – Quoted £225

3 hour Gouache painting workshop including gold leaf with Ashfia Ashrif – Quoted £150

2 hour Plant hanger workshop for 10 people with Chelsie Dawn – Quoted £240

10 minute spoken word performance by D3 – Quoted £70

8 x 4 minute poetry slots - £0

90 minute Henna Art – Meheni with Arwa – Quoted £90

### 11(a) How much will the project/activity cost in total?

The total cost of the event will be £1197.95

### 11(b) Tell us about other any other sources of income you have already applied for or raised so far in relation to this project

None so far – although for the remainder of the funding needed there is a possibility for a collaboration with Stockport Women and Girls Network.

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## 12. How much are you applying for from the Ward Flexibility Budget?

I kindly ask to apply for £800.

### 12(a) If the amount you are applying for covers only part of the project/activity, then please tell us how do you intend to fund any shortfall?

I am hoping to raise the remaining funds needed for this event through a Go Fund Me fundraiser and potentially another grant from Stockport Women and Girls Network.

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## 13. What is the planned timescale for spending this grant?

Start: Upon receipt of funding

Finish: 20/04/2024

### 3. Which Wards are you Applying to?

You may tick more than one box. Please note that no grant of more than £1,000 in totality will ordinarily be made.

Please tell us for each ward you wish to make an application to:-

- (a) how many people will benefit in that ward; and  
 (b) what proportion of funding from your overall application you are seeking from each ward.

		Number of beneficiaries	How much funding you are seeking
<b>Bramhall &amp; Cheadle Hulme South Area Committee</b>			
Bramhall North	<input type="checkbox"/>		£
Bramhall South & Woodford	<input type="checkbox"/>		£
Cheadle Hulme South	<input type="checkbox"/>		£
<b>Central Stockport Area Committee</b>			
Brinnington & Stockport Central	<input checked="" type="checkbox"/>	Up to 60	£100
Davenport & Cale Green	<input checked="" type="checkbox"/>	Up to 60	£100
Edgeley	<input checked="" type="checkbox"/>	Up to 60	£100
Manor	<input type="checkbox"/>		£
<b>Cheadle Area Committee</b>			
Cheadle East & Cheadle Hulme North	<input type="checkbox"/>		£
Cheadle West & Gatley	<input type="checkbox"/>		£
Heald Green	<input type="checkbox"/>		£
<b>Heatons &amp; Reddish Area Committee</b>			
Heatons North	<input checked="" type="checkbox"/>	Up to 60	£50
Heatons South	<input checked="" type="checkbox"/>	Up to 60	£50
Reddish North	<input checked="" type="checkbox"/>	Up to 60	£50
Reddish South	<input checked="" type="checkbox"/>	Up to 60	£50
<b>Marple Area Committee</b>			
Marple North	<input type="checkbox"/>		£
Marple South & High Lane	<input type="checkbox"/>		£
<b>Stepping Hill Area Committee</b>			
Hazel Grove	<input checked="" type="checkbox"/>	Up to 60	£100
Norbury & Woodsmoor	<input checked="" type="checkbox"/>	Up to 60	£100
Offerton	<input checked="" type="checkbox"/>	Up to 60	£100
<b>Werneth Area Committee</b>			
Bredbury & Woodley	<input type="checkbox"/>		£
Bredbury Green & Romiley	<input type="checkbox"/>		£
<b>Totals</b>			<b>£800</b>

This total should add up to the figure you provided in **Question 12**



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 Democratic Services  
 Town Hall, Stockport SK1 3XE  
 democratic.services@stockport.gov.uk

## 4. Application Checklist and Declaration

1. I am authorised to make this application on behalf of the above organisation
2. I certify that the information contained in this application is correct
3. If the information changes in any way I will inform Democratic Services accordingly.
4. I give permission for Democratic Services to contact my organisation and/or myself by phone, mail or e-mail with information about its activities and funding opportunities.
5. I/ we agree (if required) to attend an Area Committee meeting to explain how the proposal will improve the environmental, economic or social wellbeing of the area and to answer any questions.
6. Our details can be used for promotional purposes should this request be successful
7. I/We will use this grant for the proposed project/activities stated in our application.
8. I/we will not use the grant for any other purpose prior to contacting Democratic Services in order to seek authorisation.
9. I/we will provide appropriate proof of expenditure to Democratic Services, within 12 months from the Grant being made.
10. I/we will highlight the support of the Area Committee in recent publicity material.
11. I/we agree to providing information to assist in the future monitoring of the effectiveness of the funding including reporting back to the Area Committee on how the grant has been spent and what difference it has made.
12. I/we agree that the content of this completed application form and any supplementary information provided may be published on the Council's website and other publications as part of the application process.

Print your name:

Signature: .....

**or** if submitted electronically tick this box to signify your agreement to the above terms

Date: 23/10/2023

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Town Hall, Stockport SK1 3XE  
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