

EVERYBODY ACTIVE TOWNS —

Everybody Active Whitchurch MORE PEOPLE, MORE ACTIVE, MORE OFTEN

Everybody Active Whitchurch has been set up so communities can select projects that they decide are most needed.

This is a competition to find out which projects your town decides will best help people to become more active, especially those who are least active. Please choose your top 3 projects carefully as not all projects can receive funding.

To pick your 1st, 2nd and 3rd choice projects you must decide:

- Which projects will best attract and help **the least active** to become more active?
- Which projects will help people who need it most?
- Which projects represent good value for money and are most likely to have a long term benefit?
- Which projects are most needed in Whitchurch?

Register to Vote:

Please supply the following information to register your vote. Voting is open to people 11 years old and over who live, work or are educated in Whitchurch. You are asked to complete this information in order for your vote to be counted.

Name.....

Postcode.....

I am over 11 years old

The voting sheet is on the reverse of this form. Please ONLY select your 1st, 2nd & 3rd choices. If you mark more on the voting slip your vote will NOT be counted.

Our lives are much less active than in the past. Modern life makes it harder for us to keep physically active. This is not good for us: physical inactivity damages our physical and mental health.

- One in four women and one in five men do less than 30 minutes of physical activity a week and are 'inactive'. This is a risk to their health: adults need to undertake a minimum of 150 minutes moderate activity each week.
- Only 21% of boys and 6% of girls aged 5-15 are active enough for good development.

PLEASE READ ALL DETAILS AND TICK YOUR TOP THREE PROJECTS ONLY.

1st choice =10 points

2nd choice + 5 points

3rd choice = 3 points

EVERYBODY ACTIVE TOWNS –

	1 st	2 nd	3 rd
1. Whitchurch Wellbeing: £5,000 for a project delivered through Beechtree to support older people to become more active the in the long-term. People will receive individual support to link them to activities in the town to encourage them to become more active and sustain that activity.			
2. North Shropshire Story Trails: £2,000 for professional story-telling walking trails, including story trail leaflet material, publicity and storytelling fees			
3. Bowling – Get Fit, Keep Fit: £3,500 for Bowling activities for everyone and encouraging new players			
4. On Your Marks Stay Active: £2,500 to provide a programme of walking versions of popular sports (walking cricket & indoor curling) for all abilities			
5. Gateway to the Park: £4,850 for a new gate and path to link to a board walk to enable people of all ages to walk in the Queensway playing fields throughout the year – part of a wider project for the park			
6. Ramped Whitchurch: £5,000 for a series mobile skate park sessions (jams) for young people to skateboard, scooter and bike			
7. Centre NE, Whitchurch Youth Group: £2,465.08 for fun active sessions for young people, including dance workshops, sumo suit fun, laser tag, table tennis, badminton, bubble football and It's-a-Knockout tournament during half-term			
8. Time Together Dementia group: £2,000 to put on movement and exercise sessions for people with dementia and their carers together.			
9. Whitchurch Rounders: £525.70 to start a rounders team, the money would pay for insurance and equipment			
10. Roller Skating for Adults: £2,022.30 to extend the roller skating sessions for adults, including an adult roller skating disco. The money would buy new skates for adults & hire of the hall.			
11. Glo-Tots: £521.54 to pay for new equipment for under 5's activity programme			
12. Everybody Active at Whitchurch Leisure Centre: £4,996.06 will be offering 12 week low cost activity sessions that are fun and achievable. Including Table Tennis, Walking football, Badminton, Tennis and Touch tennis.			
13. Deermoss Walking Track: £5,000 to create a hard surface track around the periphery of Deermoss Park, which will enable users to walk, cycle, roller-skate, run and general strolling in all weathers			