

10th November, 2023

Dear Councillor

You are summoned to attend the meeting of the GRANTS COMMITTEE to be held in the COUNCIL OFFICES , 78 CHURCH ROAD, NORTHWICH on Tuesday, 28th November , 2023 at 6.30 p.m.

Yours Sincerely

Chris Shaw

Chief Officer

AGENDA

1 To appoint a Chair and Vice Chair for 2023-2024

2 Apologies for absence or absences

2 Declaration of interest

- * Members to declare any interest under the following categories:
- * Pecuniary interest
- * Outside bodies interest
- * Family, friend or close associate interest

3 Signing of the Minutes

Of the Grants Committee meeting held on Thursday 21st July, 2022 and noted at the Town Council meeting on Monday 5th September, 2022. (not approved at last meeting as no members present from this meeting)

Of the Grants Committee meeting held on Wednesday, 25th January 2023 and noted

at the Town Council meeting on Monday, 6th February 2023

4 Requests for Donations

8 completed applications will be submitted (copies attached)

The decision of the Members is requested on amounts to be granted (if any) and under which powers and duties these grants should be placed.

The decision of the Committee is requested

5 Date of next Grants Committee Meeting

To be confirmed

Councillors: Amy Lockett
Julie Macdonald
Kate Cernik
Catriona Stewart

Tom Melville
Patricia Parkes
Jane Thomas

Robert Cernik
Rachel Waterman
Janet Illidge

NORTHWICH TOWN COUNCIL
MINUTES OF THE GRANTS COMMITTEE
HELD ON THURSDAY 21ST JULY 2022

Members Present Cllr. R (Bob) Cernik
Cllr. Mrs. J Illidge
Cllr. Ms J. Thomas
Cllr. L. Siddall
Visiting Councillor Cllr. M. McNamee

Also Present Mrs. T Cash – Council Secretary

GC 22/01 TO APPOINT A CHAIR AND VICE CHAIR FOR 2022-2023

Cllr. B. Cernik was appointed Chair. Proposed by Cllr. Illidge, seconded by Cllr. Siddall.
Cllr. Illidge was appointed Vice Chair. Proposed by Cllr. Siddall seconded by Cllr. Thomas.

GC 22/02 APOLOGIES FOR ABSENCE OR ABSENCE

Apologies for absences were received from Cllrs Melville, Naylor Lockett, Gerrard, Waterman and Dean.

GC 22/03 DECLARATIONS OF INTEREST

Cllr. R. Cernik declared an interest in any matters in respect of Cheshire West and Chester Council.

GC 22/04 SIGNING OF THE MINUTES

The Minutes of the Small Grants Committee held on Wednesday 30th March 2022 and noted at the Town Council meeting held on Monday 9th May, 2022. Accepted as a true and accurate record. Proposed by Cllr. Siddall, seconded by Cllr. Thomas. All in favour.

GC 22/05 REQUESTS FOR DONATIONS – GRANTS EVALUATION

12 requests had been submitted. Members discussed each on their individual merits before making their decisions.

Application received from Community of Sport CIC (Support and Wellbeing Holiday Enrichment Clubs) was declined due to lack of information covering a number of factors. The applicant has been advised to address this and to submit a further application. Advice was also given to the applicant as to further avenues of funding to explore.

In respect of Northwich Basketball Club, Members agreed to hold in reserve an amount of £1000 as a contribution towards their Club Expansion plans. The Organisation has been advised that these funds will be released when they have secured the necessary Crowdfunding target as stated in their application.

GC 22/06 GRANTS POLICY

A review took place among Members of the current Grants Policy. Suggestions were made for alterations to be made. These will be amended to the current policy, and brought to Full Council for approval.

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Date

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Cllr. R. Cernik
Chair

GC 22/07 GRANTS MONITORING FORMS REVIEW SUCCESSFUL AWARDS LETTER

One Grant monitoring form received so far from a previous Grant recipient was read and noted by Members.

It was also suggested to amalgamate the two Large and Small Grants to one heading 'Grants up to £1500' subject to available funds. Proposed by Cllr. Siddall, seconded by Cllr. Thomas. All in favour.

GC 22/08 DATE OF NEXT COMMITTEE MEETING

The next Grants Committee meeting will be held on Thursday 17th November, 2022 at 6.30 p.m. at the Council Offices.

The Chair declared the meeting closed at 7.45 p.m.

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Date

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Cllr. R. Cernik
Chair

NORTHWICH TOWN COUNCIL
MINUTES OF THE GRANTS COMMITTEE
HELD ON WEDNESDAY 25th JANUARY 2023

Members Present

Cllr. S Naylor
Cllr. Ms. J. Thomas
Cllr. Mrs. A. Lockett
Cllr. Mrs. O Dean
Cllr. L. Siddall
Cllr. M. McNamee

Also Present

Mr. C Shaw - Town Clerk
Mrs. C Kirwan – Finance Officer/Town Clerk

GC 22/09 TO APPOINT A TEMPORARY CHAIR

As chair and vice chair were not present at the meeting, it was agreed Cllr. S. Naylor would chair tonight's Grants Meeting

Proposed Cllr. Mrs. A Lockett, seconded Cllr L Siddall, all agreed

GC 22/10 APOLOGIES FOR ABSENCE OR ABSENCE

Apologies for absence was received from Cllr. Mrs. J. Illidge, Cllr. T. Melville, Cllr Ms. J Thomas, Cllr B Cernik, Cllr. Ms. R. Waterman.

GC 22/11 DECLARATIONS OF INTEREST

Cllr. Mrs O. Dean declared an interest in the application for The Venue, Rudheath
Cllr. Naylor declared an interest in the application for Lion Salt Works

GC 22/12 SIGNING OF THE MINUTES

The Minutes of the Small Grants Committee held on Thursday 21st July 2022 and noted at the Town Council meeting held on Monday 6th February 2023. As there were no Councillors present who attended the previous meeting, the Minutes could not be proposed, seconded or approved.

GC 22/13 REQUESTS FOR DONATIONS

7 requests had been submitted. Members discussed each on their individual merits before making their decisions.

The following 3 applications were declined due to not meeting the necessary criteria.

The Wingate Special Childrens Trust
1st Davenham Scouts
The Davenham Timeline Project

.....
Date

.....
Cllr. Mr S. Naylor
Chair

It was resolved to recommend that the following donations be made.

Name of Organisation	Amount Granted
Cheshire Childrens Schools FA	£300
Community Yarn Bombing	£500
Community Children Area	£500
Festival for the Future 2023	£1500

GC 22/14 REVIEW OF RE-WRITTEN GRANTS POLICY DOCUMENT

Re-written policy was distributed among the Committee prior to this meeting. It was proposed by Cllr. Siddall and seconded by Cllr. Naylor to accept. All in favour.

Approved

GC 22/15 GRANTS MONITORING FORMS REVIEW SUCCESSFUL AWARDS LETTER

Grant monitoring forms received from some previous Grant recipients were read out and noted by Members.

GC 22/16 DATE OF NEXT COMMITTEE MEETING

Date of next meeting to be confirmed.

There being no further business, the meeting closed at 7.40p.m.

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Date

.....
Cllr. Mr S. Naylor
Chair

NORTHWICH TOWN COUNCIL

GRANTS APPLICATION FORMS RECEIVED

Funds available for distribution £10,000.00

	Name of Organisation	Amount requested/granted
1	Leftwich Community Primary School	£500.00 granted
2	Friends of Leftwich Primary School	£1500.00
3	St Wilfrid's Scout Group	£1200.00
4	The Aaron Dixon Memorial Fund	£1000.00
5	Rudheath Bowling Club	£1500.00
6	Northwich Junior Chess Club	£1015.00
7	Toppers of Northwich	£1500.00
8	Motherwell Cheshire	£1470.00

Northwich Town Council
Grants Application Form (maximum £1500)

Project title: Community Fireworks Night			
Organisation's Name: Leftwich Community Primary School			
Applicant's Name: Lynn Guy			
Address: Leftwich Community Primary School Old Hall Road Leftwich CW9 8DH			
Telephone 01606 800305	Mobile	e-mail head@leftwichprimary.cheshire.sch.uk	
Estimated cost of project:			
Description	Materials	Labour	Total
Contribution towards the cost of the firework display from NE Entertainment. Total cost is £2750.00			£2750.00
Sub-total			
TOTAL			£2750.00
Details of contributions from other organisations?			
We have approached our local Councillor, Andrew Cooper, for some funding. We have yet to find out the outcome of this.			£0.00
Total amount of grant applied for			£500.00

Project Description:

Please set out what your project aims and objectives are as clearly as possible – you may continue on a separate sheet if necessary

Contribution towards the cost of the firework display for the local community and parents/friends of Leftwich Community Primary School.

The contribution towards the cost of the display will help us to keep the ticket price low. We are in an area of deprivation and 40% of our children are in receipt of Free School Meals so providing free or low-cost events for the community is very important to us.

Children have missed out on community events since Covid and many our parents do not have their own transport resulting in a cost to attend another event out of their area.

We advertise this event to other local schools and to the wider community.

Our local PCSO always attends the event. If we have families that we know would struggle to afford the cost of the tickets- we always allow them free entry. The event is to ensure the children in our community get the chance to experience a safe, and quite spectacular, firework display- it is not an event intended to make profit. However, without additional funding we would be unable to hold this event.

Signed on behalf of the applying organisation:

Dated: 20th September 2023

Position: Headteacher

Please return your completed form either via e-mail or by post.

Northwich Town Council Office, 78 Church Road, Northwich, CW9 5PB

e-mail: theresacash@northwichtowncouncil.gov.uk

Liza Clansey

From: Chris Shaw
Sent: 11 October 2023 07:08
To: Councillor Amy Lockett; Councillor Tom Melville; Councillor Robert Cernik; Councillor Julie Macdonald; Councillor Patricia Parkes; Councillor Rachel Waterman; Councillor Kate Cernik; Councillor Jane Thomas; Councillor Janet Illidge; Councillor Catriona Stewart
Cc: Liza Clansey; Cath Kirwan
Subject: Grant application
Attachments: Grant-Application-Policy-and-Form- completed.docx

Morning all,

As the grants meeting is not until end of November could you please look at this application and let me know if you approve.

They will need the funding before bonfire night to enable them to carry on with the event for the community.

Many thanks

Best Wishes,

Chris Shaw

Chris Shaw M.Inst. ICCM – Chief Officer

Northwich Town Council
The Council Offices
78 Church Road
Northwich
Cheshire
CW9 5PB
Tel: 01606 41510
Email: chrissshaw@northwichtowncouncil.gov.uk



Approved via Email
By:

Amy, Bob, Rachel,
Jane, Catriona

Payment made
£500 by bank
Payment Oct 2023
before event

Northwich
town council

nalc

National Association
of Local Councils

Council of the Year 2018



②

Northwich Town Council
Grants Application Form (maximum £1500)

Project title: COMMUNITY FIREWORKS		
Organisation's Name: FRIENDS OF LEFTWICH PRIMARY SCHOOL		
Applicant's Name: LYNN GUY		
Address: LEFTWICH COMMUNITY PRIMARY SCHOOL OLD HALL ROAD LEFTWICH NORTHWICH CHESHIRE CW9 8DH		
Telephone 01606 800305	Mobile	e-mail head@leftwichprimary.cheshire.sch.uk

Estimated cost of project: £3000

Description	Materials	Labour	Total
COMMUNITY FIREWORK EVENT	FIREWORKS	PYROTECHNIC SPECIALIST	£3000
Sub-total			£3000
TOTAL			£ 3000

Details of contributions from other organisations? FRIENDS OF LEFTWICH PRIMARY SCHOOL WILL PAY THE BALANCE ..	£1,500
Total amount of grant applied for	£1,500

Project Description:

Please set out what your project aims and objectives are as clearly as possible – you may continue on a separate sheet if necessary

Our school is at the heart of our local community - a large council housing estate. We are classed as being in an area of deprivation - 36% of our children are entitled to free school meals.

We are very aware of our responsibility to extend our children's cultural capital. Finances often are the reason some of our children are unable to take advantage of the many opportunities in our local area. Five years ago, with the help of a grant from Northwich Town Council, we held our first fireworks night. Our aim is to make the ticket price as low as possible - we don't make a profit but want our children and families to be able to participate. We would be extremely grateful if Northwich Town Council are able to help us achieve this again this year.

Signed on behalf of the applying organisation:

MJ L. Gwy

Dated: 24-05-23

Position: Head teacher

Please return your completed form either via e-mail or by post.

Northwich Town Council Office, 78 Church Road, Northwich, CW9 5PB

e-mail theresacash@northwichtowncouncil.gov.uk

Northwich Town Council
Grants Application Form (maximum £1500)

Project title: ON GOING EQUIPMENT TO SUPPORT GROUP

Organisation's Name: ST WILFRID'S SCOUT GROUP

Applicant's Name: MIKE GERRARD (SCOUT LEADER)

Address: 34 MOSS ROAD
WINNINGTON NORTHWICH
CW8 4BH

Telephone 01606 - 74887	Mobile 07910152703	e-mail mike.gerrard@midcheshire.co.uk
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Estimated cost of project:

Description	Materials	Labour	Total
KAMPA CANOPY-AIR SHELTER		400	£ 349.95
KAMPA CANOPY-AIR SHELTER		300	£ 349.95
MAKITA DML 206 LED LANTERN			£ 39.99
MAKITA 6 AMPH BATTERY			£ 85.00
MAKITA 4 PORT CHARGER			£ 199.00
WORK PLATFORM X 2			£ 50.00
AQUAROLL TAPS X 4			£ 40.00
Sub-total			
TOTAL			£ 1163.99

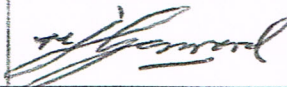
Details of contributions from other organisations?	
NONE	£
Total amount of grant applied for	£ 1200.00

Project Description:**EQUIPMENT TO SUPPORT SCOUT ACTIVITIES**

Please set out what your project aims and objectives are as clearly as possible – you may continue on a separate sheet if necessary

THE AIM OF ST WILFRID'S SCOUT GROUP IS TO SUPPORT CHILDREN FROM 6-15 YEARS OF AGE FROM MANY BACKGROUNDS IN PHYSICAL, MENTAL AND SPIRITUAL ACTIVITIES SO THAT THEY CAN PLAY THERE PART IN SOCIETY. AT THIS PRESENT TIME THE GROUP HAS APPROX 65-70 YOUTH MEMBER, SUPPORTED BY APPROX 12 ADULT LEADER. ST WILFRID'S PLAY A PROMINENT IN THE MID-CHESHIRE DISTRICT SCOUT AND THE EQUIPMENT REQUESTED WILL ALSO BE USED ON MANY DISTRICT EVENTS, WHERE ALOT MORE YOUTHS WILL BENEFIT. eg SPORTS DAY, CHALLENGES HIKING COMPETITIONS AND FUND RAISING. ONE EVENT THE ANNUAL DISTRICT WIDE GAME WITH 150+ SCOUTS ATTENDING. ST WILFRID'S ORGANIZE ON OF THE CHECKPOINT ON THE ANNUAL COUNTY HIKE WITH 400 PARTICIPANT WHERE THE GAZERS/SHELTERS WOULD BE USED

Signed on behalf of the applying organisation:

Dated: 22ND MAY 2023

Position: SCOUT LEADER

Please return your completed form either via e-mail or by post.

Northwich Town Council Office, 78 Church Road, Northwich, CW9 5PB

e-mail theresacash@northwichtowncouncil.gov.uk

Northwich Town Council
Grants Application Form (maximum £1500)

Project title: Cardiac Risk in the Young		
Organisation's Name: The Aaron Dixon Memorial Fund		
Applicant's Name: Deborah Dixon		
Address: Plex Cottage Clotton Tarpotley Cheshire CW6 0EH		
Telephone	Mobile 07789 851215	e-mail debbydixon002@gmail.com

Estimated cost of project:

Description	Materials	Labour	Total
A Screening Day costs £6,000.00 where 100 young adults are screened between the ages of 14-35. The Screening weekend will be held at Barnton Primary School for all local people at a cost of £12,000.00 on 1st - 2nd July			
Sub-total			
TOTAL			£ 6,000.00

Details of contributions from other organisations?	
Mark Bebbington. from New Era Community Boxing - money raised from The Guinness World Record Boxing attempt	7,000.00
Sam Stafford - Vale Royal Abbey Arms CRV Race Night	£ 4,000.00
Total amount of grant applied for	£ 1,000.00

Project Description:

12 young adults are losing their lives every single week, 80% with no prior symptoms, something as simple as an ECG could potentially have saved those lives.

No parent should have to bury their child and this is what drove me on.

I lost my only son Aaron suddenly to an undetected heart defect when he was just 23.

There is no National Screening Programme which shocked me as so many young people are losing their lives every single week.

I realised that this was a huge issue and so I made it my mission to save these young lives and prevent other families going through the heartache we face every single day.

I set up the Aaron James Dixon Memorial Fund which is ring fenced within the charity Cardiac Risk in the Young. The aim of the Fund is to raise money to fund Free Heart Screening for young adults aged between 14-35 in Cheshire and the North West. Each Screening Day costs £6,000.00 where 100 young adults are screened, which involves a medical history questionnaire, an ECG, consultation with the Consultant and if needed an Echocardiogram.

With the help of family, friends & Aaron's friends we have raised almost £500,000.00. The fund has screened 4,903 young adults, 170 of those being referred with abnormalities, 1 of those, a young lady from Northwich received her heart transplant 4 years ago, proving that screening does save lives.

I am holding 3 Screening weekends this year in the Northwich area, where 600 young adults will be screened. The venues being Winnington Rugby Club, The Grange School and Barnton Primary School. These screenings are open to all local young adults.

Each Screening Day costs £6,000.00 where 100 young adults between the ages of 14-35 are screened.

Project Description:

Please set out what your project aims and objectives are as clearly as possible – you may continue on a separate sheet if necessary

Signed on behalf of the applying organisation:



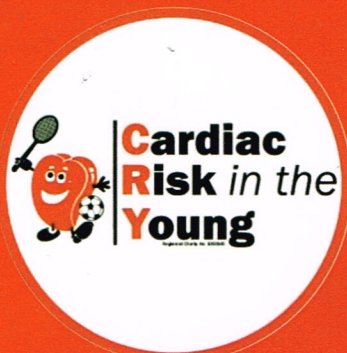
Dated: 28.3.2023

Position: Founder

Please return your completed form either via e-mail or by post.

Northwich Town Council Office, 78 Church Road, Northwich, CW9 5PB

e-mail theresacash@northwichtowncouncil.gov.uk



Aaron James Dixon

Aaron James Dixon born on the 23rd September 1987. Aaron was a much loved child and I loved him beyond words the first moment I saw him.

Aaron was such a beautiful, happy and contented baby. He grew into a very handsome, cheeky, fun-loving boy. Aaron was loved by everyone he met and he always had a smile on his face. That love showed on the day of his funeral, where over 450 people attended.

Aaron was very active and growing up he was on the school football team, he took part in cricket, taekwondo, tennis, rollerblading and loved skiing.

My life changed on the 4th September 2011 – my precious, handsome, loving son was gone forever.

I cannot forget my husband Gary's screams the moment he found Aaron in his bedroom. I remember running up the stairs and into Aaron's bedroom, grabbing the phone and dialling 999. I remember speaking to someone but I couldn't remember our address and then the phone being taken from me by our friend and neighbour, Becky Knight. I remember being sat on my daughter's bed with Becky's husband Ian whilst Becky tried to resuscitate Aaron, for that I will always be eternally grateful. I remember the paramedic kneeling down and saying "I'm so sorry". I remember wanting to slap him and say it wasn't true and punch him for not saving Aaron. After that I really don't remember much at all.



People arrived and the house was full, I couldn't tell you who was there. I really don't remember very much for a long time afterwards. I went somewhere within myself, a place I know other grieving parents would identify with.



Family and friends fed us and looked after us for those first few weeks, I don't know what we would have done without them.

There will always be a special link with certain people after that fateful night, Becky & Ian Knight, Abby-lee Ravenscroft, Scott Ravenscroft, Jamie Dearden, Michael Lee, Jadie Hassell, Michael Seery, Oli Daniels, Ben Dingwall, Billy Lane, Luke Whaites, Ryan Moroney, Matt Higgins, Woody Al-Zidgali, Joe Chapman, Josh Saville, Scott McNicol, James Barker & Luke May.

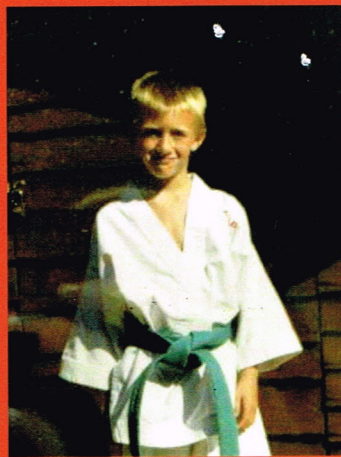
Aaron had a large circle of very close friends who have become like family to us. They are all instrumental in the fundraising for Aaron's Memorial Fund. They are my link to my precious son.

Aaron's friends were and still are a massive support to Gary, Hollie and myself. Along with Gary they helped organise and played a role in Aaron's funeral. That day will forever be etched in my mind Thursday 15th September 2011, a beautiful sunny day. The day I lay my son to rest, a day no parent should have to go through.

Two months after losing Aaron we were told the cause of death – ARVC – a genetic heart defect. We were then advised by the coroner to contact our doctor and were also directed to the charity CRY – Cardiac Risk In The Young.

After months of testing for myself, my husband and daughter we were given the all clear. Then the bombshell was dropped, even though the hospital were happy with Hollie's results at that time, she could still go on to develop the same defect. Hollie is now on a screening programme and is screened every 18 months.

Aaron was admitted to hospital on two occasions and on both occasions we were told the reason for his blacking out was due to dehydration, he was put on a drip overnight and released from hospital the following day. He was never given an ECG whilst in hospital, he may be here today if he had.



I want to keep Aaron's memory alive and that is why I have set up a Memorial Fund within CRY. All the money I raise is used to fund Screening Days as I want to help save young people. No parents should have to go through the loss of their child.

As parents we bring children into this world and our job is to love and protect them. I couldn't protect Aaron from something I knew nothing about and that is why I am driven to try and save as many young people as I possibly can.

My life will never be the same again but I get up each day because I was also blessed with a beautiful daughter Hollie.

I go to work, socialise with family and friends, go on holiday and do all the normal things in life. I go through the motions of everyday life but most of the time it requires such an effort it is exhausting.

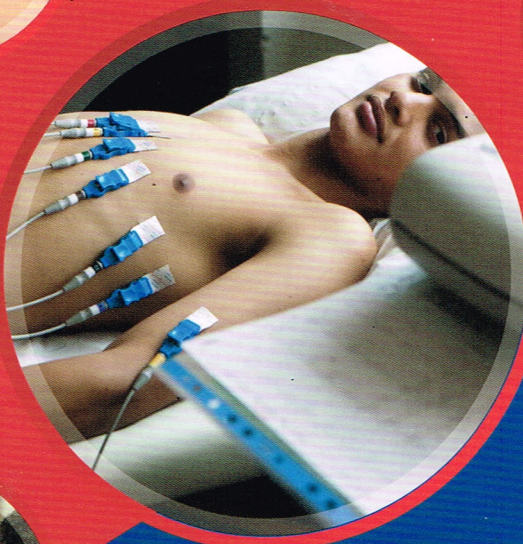
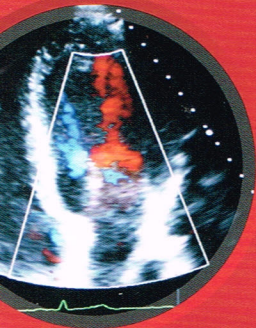
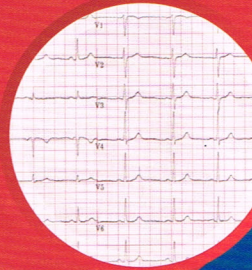
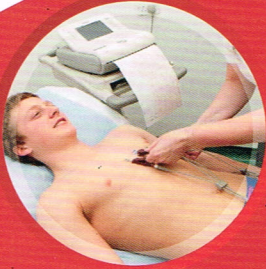
Time does not heal – life goes on but time stands still.

Deborah Dixon

HEART SCREENING

for 14-35 year olds

What you need to know



Offering **help**
and **support** to
affected families

 [CardiacRiskintheYoung](#)
 [@CRY_UK](#)
www.c-r-y.org.uk

Who should read this leaflet?

Who is this leaflet for?

- Anyone aged **14-35**
- Anyone exhibiting symptoms as listed on page 5
- Anyone with a family history of heart conditions or young sudden death
- Parents
- Teachers
- School nurses
- Sports coaches
- Sports governing bodies

What is the aim of this leaflet?

This leaflet provides information about cardiac screening. It aims to help you make an informed choice about whether to have your heart tested.

What is the purpose of cardiac screening?

Sometimes an individual may have a cardiac abnormality without having any symptoms. Screening with an electrocardiogram (ECG) is aimed at identifying people with conditions such as heart muscle disorders or electrical faults of the heart.

Is cardiac screening important?

- The European Society of Cardiology (2010) and International Olympic Committee (2009) recommend cardiac screening with an ECG for any young person taking part in competitive sport.



What happens on the day?

What happens at a CRY screening?

Prior to your arrival, you will need to fill in a personal and family history medical questionnaire and sign a consent form. A screening administrator will measure your height and your weight.

The basic test is an electrocardiogram (ECG), which is a simple, non-invasive and painless test that examines the electrical activity within your heart. The ECG involves lying down quietly and it takes 5-10 minutes only. Small stickers are placed at strategic points on your chest, arms and legs. Flexible leads (called electrodes) that extend from the ECG machine are then attached to these stickers. The electrical rhythm of your heart is recorded and printed out. This part of the process only takes 2-3 minutes to perform.

After the ECG has taken place it is reviewed by a doctor who is an expert in these conditions. The doctor reviews each individual in conjunction with the personal and family history questionnaire.

About **5-10%** of individuals will require an additional test following the ECG, which is an echocardiogram (ECHO). An ECHO is very similar to the ultrasound scan that is used for a pregnant woman to check the health of her baby. In cardiac screening, an ECHO will measure the dimensions of the heart and the flow of blood in and out of the heart.

Does it hurt?

Both the ECG and ECHO are painless, non-invasive procedures.



Do I need to prepare anything prior to my appointment?

You should rest for at least 30 minutes prior to your ECG appointment.

You will need to complete a personal and family history medical questionnaire and consent form.

Young people wishing to be tested who are under the age of 16 must seek written permission from a parent or guardian.

Do I need someone with me?

If you wish, a friend or chaperone can accompany you during the procedures. We strongly recommend that a parent or guardian is present when the person being tested is under 16.

What happens on the day?



Do I have to undress?

To conduct the tests, the physiologist will have to access your bare chest. If you are female you will be required to either remove or loosen your bra. Female physiologists will be used where possible.

Is there always a female present?

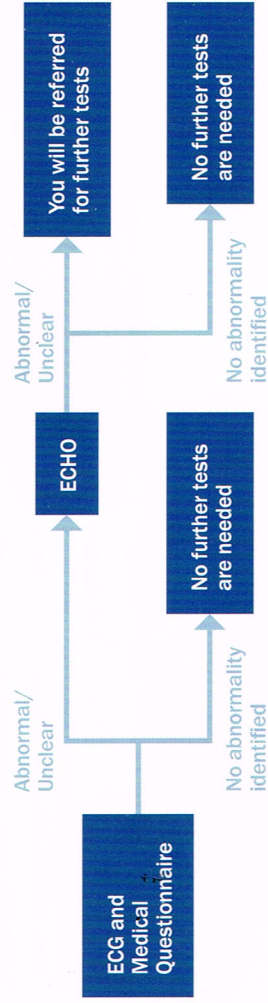
There is always at least one female ECG physiologist present.

When do I get my results and what do they mean?

You will be notified of your result on the day by our doctor.

In the small percentage of cases where results appear abnormal, individuals will require follow up tests to further evaluate cardiac health. CRY aims to notify you (or your parents if you are under 16) and your GP within 4 weeks of the screening. In this case your GP will receive a letter including your results.

About **5-10%** of individuals will require an ECHO on the day, but only **2-4%** of individuals are usually referred for further tests.



What will happen?



What will happen if I am found to have a condition?

It would depend on the condition. Although many of the conditions are not 'curable' they are all treatable and treatments range from lifestyle adaptations to drug therapy or, in some cases, surgery.

How reliable is cardiac screening?

The majority of cardiac abnormalities that are most likely to affect young people will be identified. However, the ECG and ECHO tests cannot identify every possible cardiac condition.

If, having been screened by CRY where no abnormality was identified, you develop symptoms or a first-degree blood relative is diagnosed as having an inherited cardiac condition, you should contact your GP for further evaluation. If the GP does not view it as urgent, CRY offers a screening at the next available event.

What symptoms should I look out for?

Symptoms include:

- Chest pain during exertion
- Breathlessness
- Palpitations
- Dizziness
- Fainting

What happens to my results?

The information from the tests is strictly confidential and will not be disclosed to anyone other than yourself (or your guardian if you are younger than 16), your GP, and others who are directly involved with your care.

CRY's screening programme is about identifying people at risk. However, it is also about building our understanding of these conditions. Every person we test will not only receive advice from a leading expert in these cardiac conditions but will also make a real contribution to our understanding of these conditions in the future. The information from these tests will be held on a database at CRY, assuming consent has been given, and may be used anonymously for research purposes.

CRY's screening and research programmes are overseen by Professor Sharma, Professor of Inherited Cardiovascular Disease and Sports Cardiology at St George's, University of London; Medical Director of the London Marathon; and Consultant Cardiologist for the London Olympics in 2012. In 2014 he commenced his duties as Chair of the European Association for Cardiovascular Prevention and Rehabilitation (EACPR) Sports Cardiology Section Nucleus, an elite committee tackling the complex issues of sports cardiology.

Information and support



Will I need to be re-tested?

For the majority of individuals a single screening will suffice when there have been no symptoms and there is no family history of cardiac conditions.

Further screenings may be recommended:

1. by the relevant sporting federation for individuals who participate in high-level, competitive sports;
2. for individuals who develop new symptoms or whose family is affected by inherited cardiac disease;
3. for young individuals, going through adolescence, whose ECG is considered to represent a juvenile pattern (i.e. pre-puberty ECG).

Points to consider

Before deciding whether or not you want to take part in the CRY cardiac screening programme, you may like to consider some of the benefits and disadvantages, and think about what is important to you.

- Potentially serious heart conditions affect around **1 in 300** people. Our tests are able to detect the majority of cardiac abnormalities most likely to affect young people.
- In the event that a cardiac abnormality is diagnosed, you must be aware that this may affect certain mortgage applications, particular types of life insurance and it may also affect some careers.
- Cardiac screening is about identifying cardiac conditions and then providing lifestyle advice; monitoring; treatment and sometimes surgery to reduce the risk of a cardiac arrest.

- The European Society of Cardiology and International Olympic Committee guidelines recommend having an ECG before participating in competitive sport.
- After initial screening the doctor may ask for further testing.
- A normal ECG reading does not predict cardiac health in the long-term and individuals who develop symptoms that cause concern should seek medical advice from their GP.

After reading this you may decide not to have your heart screened. At CRY we believe what is most important is that you obtain all the information you need to make an informed decision.

Booking a screening:

CRY holds both public and private screenings and will test individuals aged 14-35. CRY holds regular screening clinics in London and Northern Ireland. There are also family memorial fund screenings in local communities, school screenings and services for elite athletes.

A doctor specialising in cardiac conditions that can affect young people will attend the screening event. The doctor will discuss the result with the person on the day, but will also confirm this in writing within 4 weeks.

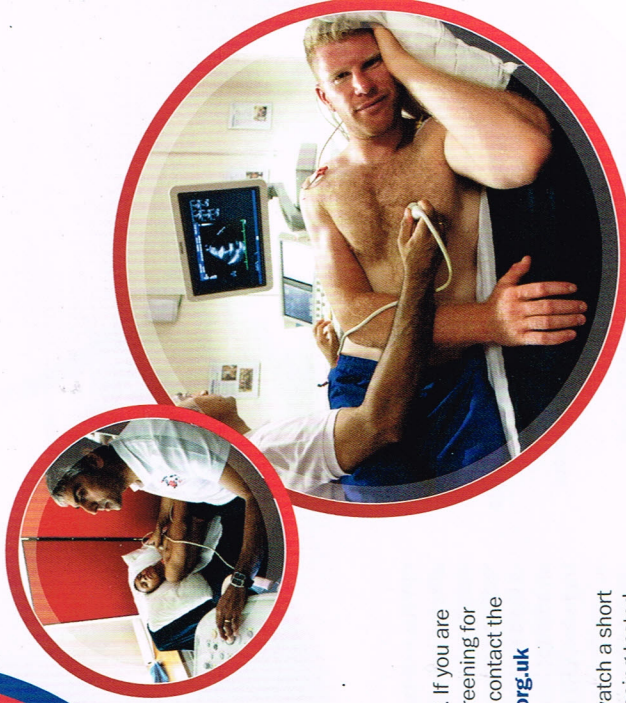
Those people who require a follow up test (ECHO), due to having an abnormal ECG, will be able to have this test done on the same day.

Public screenings:

All appointments can be booked online.

To see a list of dates and locations of upcoming screenings, visit www.testmyheart.org.uk or www.c-r-y.org.uk/cardiac-screening

Information and support



Private screenings:

CRY will test up to 100 people a day. If you are interested in organising a private screening for your group, school, club, etc. please contact the CRY Screening Team via ecg@c-r-y.org.uk

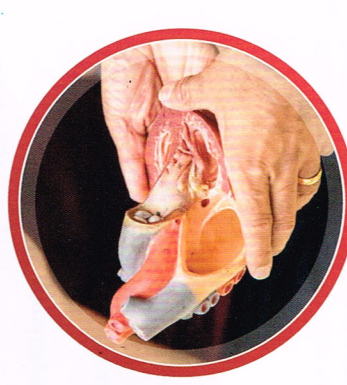
Information and support:

For more information on CRY, or to watch a short film of CRY Patron Lawrence Okoye being tested, please visit www.c-r-y.org.uk

If you have any questions about screening, please visit www.testmyheart.org/q-a which features video responses to common questions from Professor Sanjay Sharma.

Who to contact:

If you have further questions, call CRY on **0203 691 0000**



CRY would like to thank:
The James Tudor Foundation for funding this publication.

With advice and support from:

Professor Sanjay Sharma,
Professor of Inherited Cardiovascular Disease and Sports Cardiology,
St George's Hospital, London.

Further thanks for their valuable contributions to:

Dr Michael Papadakis and
Dr Navin Chandra.

Thank you for the support of the affected families and the CRY myheart Network who have offered advice in the production of this booklet.



About CRY



Who are CRY?

Cardiac Risk in the Young (CRY) is a national charity that raises awareness of potentially life-threatening cardiac abnormalities in young people and promotes screening.

Some of the sporting bodies that CRY carries out screening for include:

Premier League Football Clubs and Football League Clubs

Great Britain & Northern Ireland Olympic and Paralympic Athletes

England Rugby Football Union and all Premiership Rugby Football Union Clubs

Great Britain Rugby League and Super League Clubs

Lawn Tennis Association

England and County Cricket Clubs

CRY offers support to families who have experienced the tragic death of a young individual due to a cardiac condition.

CRY has a comprehensive resource network for affected individuals and family members that includes counselling and personal advice. CRY facilitates screening of all first-degree relatives of the deceased in highly specialised clinics in an attempt to prevent further potentially avoidable tragedies. CRY established the myheart Network to provide help, support and information to young people who are coping with the diagnosis of a heart condition.

CRY actively promotes research in the fields of inherited cardiac diseases, sudden cardiac death, screening and sports cardiology to advance our understanding of inherited cardiovascular conditions and reduce the incidence of young sudden cardiac death. CRY sponsors competitive research fellowship grants for outstanding individuals who wish to specialise in this field and has contributed to numerous national and international medical conferences as well as publishing over 100 articles, book chapters and academic papers in peer-reviewed medical journals. For further information visit www.c-r-y.org.uk/research

If you would like to help support CRY, visit www.c-r-y.org.uk to see how you can help.

Further free copies of this leaflet are available from:

Cardiac Risk in the Young
Unit 1140B The Axis Centre
Cleeve Road
Leatherhead
Surrey
KT22 7RD

They can also be downloaded from www.c-r-y.org.uk/cardiac-screening

16/12/23

5

Northwich Town Council
Grants Application Form (maximum £1500)

Project title: <i>BOWLING GREEN MOWER</i>			
Organisation's Name: <i>RUDHEATH BOWLING CLUB</i>			
Applicant's Name: <i>DAVID RONALD WILKINSON</i>			
Address: <i>287 MISSLENTON ROAD</i> <i>NORTHWICH</i> <i>CHESHIRE CN9 7SR</i>			
Telephone <i>01606 47005</i>	Mobile	e-mail <i>DAVEWILKINSON@LIVE.CO.UK</i>	
Estimated cost of project: <i>COST OF NEW MOWER IS £8600 POUND</i>			
Description	Materials	Labour	Total
<i>MOWER</i>			
Sub-total			
TOTAL			£

Details of contributions from other organisations?	
<i>TARTA CHEMICALS</i>	<i>WILSONS</i> <i>going, though not got as yet</i>
<i>INEOS CHEMICALS</i>	<i>RUNCORN</i> <i>" " not as yet</i>
<i>BOTH COM HAVE REPLIED & SAID WILL HELP</i>	
Total amount of grant applied for	£1500 - 00

Project Description:

NEW MONDRIAN TO PUT GREEN ON) ONE 16 YEARS OLD) NOW.

Please set out what your project aims and objectives are as clearly as possible – you may continue on a separate sheet if necessary

THE BOWLING CLUB IS 114 YEARS OLD & GIVEN A LOT OF ENJOYMENT FOR YOUNG & OLD MEMBER IN NORTHWICH. OVER THE YEAR & CONTINUING DOWN SO WE LET PENSIONERS ETC PLAY FREE OF CHARGE (ETO BEING) A CHARITY (NO 1167960) FOR HEALTH & WELL BEING OF ALL PEOPLE. WE ARE ALSO FUN) AM) WITH EVENT ETC. OUR FUN) SO FAR IS £3200-00 OVER THE PAST 2 YEARS & STILL ONGOING. ALL ARE MEMBERS WOULD BE GREATFULL FOR ANY ASSISTANCE YOU CAN HELP US WITH. THANK YOU.

Signed on behalf of the applying organisation:

TR. D. S.

Dated: 11. 9. 2023

Position: TREASURER

Please return your completed form either via e-mail or by post.

Northwich Town Council Office, 78 Church Road, Northwich, CW9 5PB

e-mail: theresacash@northwichtowncouncil.gov.uk

23/10/20

6

Northwich Town Council
Grants Application Form (maximum £1500)

Project title: Development of Northwich Junior Chess Club			
Organisation's Name: Northwich Junior Chess Club			
Applicant's Name: Richard Betts			
Address: The Grange, Reed Lane Antrobus, Northwich CW9 6JL			
Telephone	Mobile	e-mail	
	07799 408184	r.betts101@outlook.com	
Estimated cost of project:			
Description	Materials	Labour	Total
Chess sets			185
Chess clocks			300
Books			200
Trophies			160
Computer Software	(Swiss Manager)		150
Scoresheets			20
Sub-total			
TOTAL			£ 1015

Details of contributions from other organisations? received to Northwich Chess Club	Signature of the applicant
Chess in Schools and Communities	
Richard Betts	
(in last 2 years)	
	£ 75
Total amount of grant applied for	£ 1015

Project Description: *Development of Northwich Junior Chess Club.*

Please set out what your project aims and objectives are as clearly as possible – you may continue on a separate sheet if necessary

See attached document.

Telephone		Mobile		e-mail	
011-26111111		011-26111111		011-26111111	
Estimated cost of project					
Description		Materials		Labour	
1.00		1.00		1.00	
2.00		2.00		2.00	
3.00		3.00		3.00	
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99.00		99.00		99.00	
100.00		100.00		100.00	
TOTAL		TOTAL		TOTAL	

Northwich Junior Chess Club is a dedicated not-for-profit organization staffed by enthusiastic volunteers, with the primary goal of promoting and popularizing chess among school-age children in the Northwich area.

There are numerous compelling reasons why engaging children in chess can be highly beneficial. Through the game, kids can actively enhance and develop essential cognitive skills such as memory retention, logical thinking, critical reasoning, concentration, problem-solving abilities, and visual processing.

Children could be beginners seeking to learn the basics of chess or advanced players looking to further refine their skills, our weekly chess sessions cater to both levels. These sessions are expertly led by Richard Betts, a seasoned member of the Northwich Chess Club.

Our engaging sessions strike a balance between instruction and friendly gameplay, allowing participants to learn new strategies while enjoying matches with fellow club members.

Sessions are held every Saturday morning, from 9:30 am to 11:00 am, at Victoria Road Primary School, Northwich. It is the perfect opportunity for children to embark on an exciting chess journey in a welcoming and supportive environment.

Many parents have commented on the interaction of the children and it being much better than the kids playing on "all of those computer games".

It also gives the parents a short rest.

We only charge £30 per family per term and try and keep costs down for families.

We now have between 20 and 30 local children attending and the numbers are growing. In order to keep up and go to the next level we need to buy more equipment, mainly chess sets, clocks and books. Some of the parents can't afford to buy chess books for their kids so we try to run a library system. It would also be nice to be able to award some trophies for the kids.

I am DBS checked and comply with the English Chess Federation child safeguarding guidelines.

If the grant is approved it will help us achieve the next level, which would be great for the kids.

Northwich Town Council
Grants Application Form (maximum £1500)

Project title: CHRISTMAS HOUSE BOUND		
Organisation's Name: TOPPERS OF NORTHWICH		
Applicant's Name: Katie Brown		
Address: 55 MALPAS RD NORTHWICH CW9 7AZ		
Telephone 07800 7243 75	Mobile	e-mail Kathryn.brown1871@gmail.com

Estimated cost of project: £1500

Description	Materials	Labour	Total
see attached.			
Sub-total			1586-82
TOTAL			£ 1586-82

Details of contributions from other organisations? Rotary club to cover DBS checks.	£
Total amount of grant applied for	£ 1500

Project Description:

Please set out what your project aims and objectives are as clearly as possible – you may continue on a separate sheet if necessary

SEE attached Proposal.

Signed on behalf of the applying organisation:

K R Brown.

Dated:

26.10.23.

Position:

Founder.

Please return your completed form either via e-mail or by post.

Northwich Town Council Office, 78 Church Road, Northwich, CW9 5PB

e-mail theresacash@northwichtowncouncil.gov.uk

We also receive public donations to cover cost of the yarns for Pina Colada, Pokemon, remembrances sundry etc.

Grant Application Proposal From Toppers Of Northwich.

Toppers of Northwich meet twice a week.

Mondays 7-9pm @Very Green Grocery

Thursdays 1-4pm @Shurlach Methodist Church

Online via Facebook.

We offer free tuition, exciting crafting projects, a free yarn bank of donated yarns, a free pattern library.

Joining a crafting group creates an avenue for building relationships with like-minded individuals. These communities offer support, encouragement, and opportunities for learning and sharing. Connecting with others who share a passion for crafting can combat feelings of isolation and provide a sense of belonging.

Toppers Of Northwich has had a really successful year from the support of Northwich Town Councils grant.

We started off the year with a 6 week Pokemon Hunt in and around the town.

We thought it would be popular but never expected the numbers of individuals, teams and families that got involved. We made and gave out over 1000 handmade Pokeballs to children completing the hunt. With 37 locations, shops, cafes and postboxes, Pokemon were everywhere!

On the first weekend there were over 1000 extra people in the town and it increased the footfall by 20%. But more than that it engaged young and old and created a buzz in the town that we'd not seen before.

We were also this year approached by the BBC and were filmed at The Very Green Grocery with Jay Blades and Sir David Jason. They wanted to come and look at the groups work and speak to all the people involved. We hope that from this, others will be able to copy what we do and recreate it in their own communities. With the central idea that if we all create a little, when it comes together it creates something amazing that interacts and engages the local community and through the medium of arts and crafts we can change people's lives.

We then moved onto the Pina Colada Festival and even though we had a rough start with the vandalism of some of our work, we wouldn't let that set us back! We bounced back with more pineapples putting them out on shop signs and using steel cable ties to hold them down!

We have one special project that we would love to create, it would be our biggest project to date and we need the support of the town council to make it happen.

As a community group we are well aware that many people have struggled to re-engage with society after the pandemic. We have many members who access the group online because they struggle to engage physically. We want to do a Christmas project that will be created by housebound and vulnerable people in our community.

Crocheting, the art of creating fabric using a hooked needle and yarn, is not only a craft but also a powerful tool for promoting mental health and well-being. The rhythmic, repetitive motions of yarn crafts can also release serotonin, which is a natural analgesic and antidepressant associated with feelings of happiness it creates a flow state where your mind is at ease and clear by concentrating on the crochet until it becomes second nature like a natural form of meditative state.

We would like to create a 10 ft Christmas Tree made of over 2000 Knitted, crochet, stitched squares. We want to access doctors, social prescribers, charities etc to find people who are housebound or vulnerable. We will create kits for them and get them involved to create the squares which we will turn into a Christmas tree.

We would like to create a winter wonderland walk around the town which would lead to the Christmas tree, where we will display the names of the people who made the squares, so an unseen part of our community is seen by our community. We hope that by participating in this project, that we can be the bridge people need to be a first step to engaging with people. We want this to be our biggest project to date, we will be working on this project throughout 2024.



For This project to happen, we plan engage with other charities and community groups.

This is the breakdown of what will need to be put in place over 2024,

DBS Checks for volunteers to go into people's homes to teach crochet.

Kits with yarns and hooks or needles

Building of a frame to support the tree

Contact with Doctors, social prescribers and charities

Creation of a themed walk around the town

Stitching together of the squares

Support of The Very Green Grocery with space to construct the tree

We would like to ask the town council to support us with a bigger grant this year of £1500, so we can increase the size of this years Pokémon hunt, recreate the flower wall along the river by mounting them onto wooden panels for Northwich In Bloom, To decorate more areas for the Pina Colada Festival, to create the housebound Christmas project, to purchase 2 more circular knitting machines that can be used by the group and used to teach with and for the purchase of yarns, hooks, needles, cable ties, wires, stuffing etc.

Breakdown estimate of basic costs for the above projects

Stuffing 40 kilos £155.76

Christmas Yarn @£3 per Ball x 100 £300

Felt Roll Red, Black, White 3m x 40cm @£15.99x3 £47.97

Crochet Hooks @ £3.95 each x 30 £118.5

Cable ties 550mm x 9mm 100 pack x3 £15.99 £47.97

Cable ties short 100mmx2.5mm 100 @£0.98 x5 £4.90

Cable cutters £23.99

Heavy duty garden wire @£4.76 x 10 £47.60

Jamit electric knitting machine @ £79.99 x 2 £159.98

Wooden frame for Christmas tree estimate £400

Storage vacuum bags £13.99 x 2 £27.98

Laminating sheets £11.95

Elastic 130 meters x 2 £19.98

Organza project bags 100 30x40cm £32.99

Net fabric per meter @£5.99 x 5 £29.95

Glue Sticks 150 @£9.99x3 £29.97

Toy safety eyes 18mm 50 @ £9.11 x3 £27.33

Pokémon patterns and printing of them £100

Total: £1586.82

Northwich Town Council
Grants Application Form (maximum £1500)

Project title: Women's Health Drop-Ins, Share Hub Pop-Ups & Period Dignity Support			
Organisation's Name: Motherwell Cheshire CIO			
Applicant's Name: Kate Blakemore			
Address: 54-64 Beech Drive			
Wistaston			
Crewe			
CW2 8RG			
Telephone 01606 557666	Mobile 07734868325	e-mail kate@motherwellcheshirecio.com	
Estimated cost of project:			
Description	Materials	Labour	Total
Volunteer Costs		£250	
Marketing/Promotion Costs	£500		
Staffing Costs		£720	
Sub-total	£500	£970	
TOTAL			£ 1,470

Details of contributions from other organisations? Northwich Town council , Crewe Town Council, have contributed towards drop ins for their area, currently applying for Winsford. Brio leisure offer their space for free	£ 9500
Total amount of grant applied for	£ 1470

Project Description:

Please set out what your project aims and objectives are as clearly as possible – you may continue on a separate sheet if necessary.

As a charity we are growing our services into Northwich area and currently offering womens health drop ins and menopause cafes in Northwich and would like funding to sustain this.

These services are:

Provision of monthly Menopause Café in Northwich memorial court & monthly Women's Drop Ins which also take place in Northwich memorial court, money used for these is set up costs for the 1st year and will be sustained by volunteers in subsequent years. We have an excellent track record for both these provisions already set up across Cheshire.

Period Poverty - We would like to provide more period dignity packs to the local community & to local sport clubs to help women and girls feel more comfortable and confident while being active.

We believe that getting your period should not be a barrier to enjoying the activities you love! Our aim for Northwich this year is to be in the local community for them to understand the services that we offer.

About Motherwell Cheshire CIO

Motherwell Cheshire Charity was formed to encourage, inspire and empower all women and girls to improve their mental health and challenge the associated stigma. The promotion and protection of good health; for women and girls in the area of Cheshire.

VISION

Our vision is that women and girls are able to meet the challenges in their lives and access support, education and advocacy whenever they need it, in order to fulfil their potential.

MISSION

Encourage, inspire, and empower all women and girls to improve their mental health and challenge the associated stigma.

OBJECTIVES

In order to achieve Our Mission, we aim to:

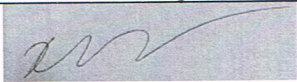
Expand our services for women and girls in Cheshire and beyond, allowing us to reach more people and change more lives.

Continue to grow as an organisation, developing and delivering new activities and projects and diversifying and maximising our income.

Maximise the skills and capacity of staff and volunteers and create training opportunities for people who want to volunteer to support, develop, and extend our services.

Ensure appropriate premises and infrastructure are in place to support our continued development.

Ensure the appropriate governance and leadership to improve Motherwell's sustainability, allowing us to be forward looking and continue to provide high quality services that are responsive to the needs of our beneficiaries.

Signed on behalf of the applying organisation:	
Dated: 8/11/23	Position: CEO

Please return your completed form either via e-mail or by post.

Northwich Town Council Office, 78 Church Road, Northwich, CW9 5PB

e-mail theresacash@northwichtowncouncil.gov.uk