



Grant application summary

Applicant: Burnham on Sea Motor Boat and Sailing Club, Gig Section

Category: Health & Wellbeing, Sport, Youth

Amount of funding previously awarded since 2014: £5,000 (not the Gig section)

Total number of applications: 3

Type of funding requested: Capital Project

Total cost of project: £3,766

Amount requested: £2,500

Total number of residents estimated to benefit from the grant: 191 members

Grant application detail

Type of organisation: Other Club

Please provide charity number, Company registration number or details if other:
Community Amateur Sports Club (CASC) Charity Ref CH12246

What is the current membership

Adults: 187

Children: 4

Please list any Burnham-on-Sea and Highbridge Town Councillors associated with your group: None

What are the main activities of your organisation? Include what type of group you are e.g. residents group, youth group, etc. and explain what your organisation does and its aims: Burnham on Sea Motor Boat & Sailing Club was first established on the 13th March 1948 with the direct support of the former Urban District Council with an original aim being to "To encourage knowledge of seamanship of the town and its residents."

A Cornish Pilot Gig Rowing section was created in September 2015 as part of the Sailing Club's diversity strategy with a core aim of widening the range of water based activities available in the local area and to attract new members. This development gained support from our local MP James Heapey and together with grant support (£1000:00) from Burnham & Highbridge Town Council plus additional donations from across the entire membership (Sailing & Gig Clubs combined) helped raised £10,000 towards the cost of our first fiberglass Training Gig, which was acquired in December that same year. A second wooden racing gig costing £12500:00 was subsequently purchased in 2016 to meet growing demand and was again funded via support from Burnham & Highbridge Town Council (£2000:00) with the balance raised via donations and a "100 Club" loan scheme from across the joint membership, plus a £5000:00



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direct investment from sailing club funds. Since the beginning of 2016 gig membership alone over the last six years has contributed over £23000:00 to central club funds and continues to aid on-going investment in additional club assets and infrastructure projects.

The Gig Club has representation on the main Sailing Club Management Committee but also has its own management structure, constitution and is registered with the Cornish Pilot Gig Association (CPGA). Currently there are now 86 community based clubs around the UK (predominantly in the South West, South Coast & the South East) with over 8000 active rowers and 200 plus registered wooden racing gigs. Within the Bristol Channel area there are currently nine gig clubs covering Ilfracombe, Porlock Weir, Minehead, Combswich, Burnham on Sea, Clevedon, Portishead, Clifton & Bristol. The primary aim of the Gig Club is to offer social rowing for improving wellbeing and general fitness and more competitive rowing for those interested in inter club competition. With our two gigs we operate with six rowers plus a cox in each boat and can offer rowing sessions across a wide range of ages, gender and ability and can also cater for individuals with differing health and disability issues, which currently includes one member who is a triple amputee. We also offer up to three free trial rowing sessions which since the end of lockdown earlier this year is increasingly becoming more popular with sessions run mid- week and weekends, subject to tides and weather conditions.

Type of grant: Capital Project

Please include: Why you need funding to support your community project? Briefly describe the project or purpose for which you require a grant. How will it benefit the community or residents of Burnham and Highbridge? Is it for the benefit of your members, or the wider community? Is it aimed at a particular group within the community: Primarily to help with acquisition costs of £3670:00 for gym equipment for a newly created health & fitness space that has been created following conversion of a former public convenience. The latter is situated at ground floor level within the footprint of the main club house building, ownership of which passed to the sailing club from Sedgemoor District Council in 2014/15 and remained an unused space until this project commenced last year. The work was completed at the end of July 2021 (the work having been subject to delay during the National Covid19 lockdown) -largely using free membership labour but also involved some professional electrical safety work at a cost of £1350:00, paid for out of club funds. The vacated space is now ready for re-use as an on-site gymnasium facility primarily for use by our gig rowers but will be available for use by all sailing club members with possible scope to open it up for other members of the local community in due course. Excluding temporary loan of two rowing machines from the Cornish Pilot Gig Association – now returned - and in the absence of any land based training facilities on club premises, any rowing is restricted by tides, weather and day light hours (particularly in the winter months) with the only option for those members wishing to maintain a regular exercise regime being to join a local gymnasium at additional cost, which for some is not an affordable proposition. Use of the new facility will be free to all members who come from diverse backgrounds and will be available throughout the



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working week and at weekends. Users will also benefit (by prior arrangement) from access to two qualified fitness trainers, who are also members of our gig group. As a newly established Community Amateur Sports Club or CASC (December 2020) we now have an obligation to provide additional facilities for use by club members as well as the wider community and see this development as part of our on-going diversity strategy. Covid Lockdown and “contact anxiety” (which to some degree remains on-going) did result in some reluctance across our membership to take part in group rowing sessions, which the club partly mitigated last year by buying two fibre glass single seat rowing skiffs at a cost of £8200:00 and now provide a separate form of water based activity.

Who will benefit from the project? Young people, Unemployed people, Older people, People with disabilities, People with low income, Ethnic or minority groups

How many people from Burnham-on-Sea and Highbridge will directly benefit from your project: All 187 members (Sailing & Rowing) but with scope to increase numbers, particularly from younger age groups as membership grows.

How will they benefit: Creation of a new health & fitness facility will enable individuals of all ages and abilities to manage their own training regimes throughout the year independently of tides, weather, daylight hours and at a time of their own choosing. All of the equipment has built in performance monitoring capabilities so they will be able to directly track measurable improvements over time. The equipment we aim to purchase is also suitable for adaptive use by rowers with disabilities. Government policy is to encourage people to get back into sport post lockdown and we see this development as being consistent with this central aim. Regular exercise will help to lower the risk of developing many long-term health conditions such as heart disease, type 2 diabetes, stroke and some cancers. It is also known amongst health professionals that regular exercise can boost mood, sleep quality and energy levels, which combined can have a significant impact on individual and overall community wellbeing.

How will you measure the success of your project? For example: footfall (how will you measure), positive press coverage (we may expect to see copies), delivered on time, on budget, increase in membership numbers, etc: Individuals will be able to log their own fitness gains with gym usage monitored through an in-house WhatsApp booking system. The latter will provide foot flow figures and help us to adjust our promotional activity to push up usage across the existing membership and to attract other users as both sections of the club continue to expand. Currently we have over 390 followers on Facebook and regularly see 500 plus hits per week which provides a wider audience to promote Cornish Pilot Gig Rowing here in Bridgwater Bay. Since easing of Lockdown at the end of May 2021 there have been over 410 participating rows up until mid-August which is indicative of the membership growth potential in the area.



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When do you intend to start and finish your project? Please note: we will not be able to fund projects that have already started or completed before the application has been considered: 01/10/2021 to 31/12/2021

If building work/improvements are being carried out as part of your application, will this provide access for people with disabilities – please give details and provide quotes:

Upload quotes: Quotes provided

Item description:

Concept 2 Indoor Rowing Machine x2 Cost:	£1,633
Ski-Erg Exercise Equipment Cost:	£608
Concept 2 BikeErg Exercise equipment Cost:	£816
Delivery Cost:	£80
VAT on the above Cost:	£627

Total project cost: £3,766
How much money are you requesting: £2,500

No other funding applied for

How do you intend to raise the remaining project cost required to complete the project? (proof of this funding will be required before a grant is paid): The remaining funding will be provided from Burnham on Sea Motor Boat and Sailing Club funds.

Most recent approved accounts summary

Opening balance: £251,792
Income: £65,042
Expenditure: £43,387
Closing balance: £273,447
Date of accounts: 31.12.2020