

Helping to fund BOSFIT @ GMLC

BOSFIT @ Boston Leisure Centre

BosFIT@Boston Leisure Centre (GMLC)

Private group · 474 members

Join Group

At the start of lockdown Geoff Moulder Leisure Centre (GMLC) created a Facebook page, initially to keep in contact with their members but it was identified from people's comments on the pages that people were feeling tired, stressed, worn out and that the lack of contact and exercise was starting to impact on individuals' mental and physical health.

The Centre started running online training sessions at the end of April, and within the first hour about 50 people had signed up. Individuals (they don't need to be GMLC members) can join via Facebook, they get information about the centre/sessions and need to complete a health screening form.

Feedback received shows that it has improved people's mental health, people not exercising before are now

exercising, people who are worried about going to the gym because of the virus are able to access the classes and do it in their own home.

They have 474 members and growing. Most are taking part in the classes.

BOSFIT are currently doing 6 classes a week including Clubbercise, aerobics and Yoga - they have introduced a children's class this week and also do a family clubbercise session and are also looking at introducing a mobility session.

BOSFIT were borrowing a staff member's personal equipment. But now with joint funding from BBL and Active Lincolnshire they are looking at purchasing equipment, using a dedicated room at the Centre for recording/broadcasting the sessions and looking to expand the range of



classes by being able to fund instructors to deliver these sessions.

BOSFIT are also starting post/pre-natal classes covering exercise and nutrition.

BBL residents can, until our funding runs out, access it for free. After which a small charge will be made to sustain this worthwhile project.

So if you want to get fit and healthy from the comfort of your own home why not sign up now.

JOIN BOSFIT

Visit Facebook and search BOSFIT or go to

[/groups/843448586167671](https://www.facebook.com/groups/843448586167671)

Monday	Tuesday	Wednesday	Thursday	Friday
Clubbercise 6pm to 6.45pm	Total Tone 9.30am to 10.15am	Clubbercise 7pm to 7.45pm	Family Clubbercise 9.30am to 10.15am	Yogalates 6pm to 6.45pm

Our vision is for a happy vibrant area where people feel a sense of belonging

Boston Big Local

Residents Leading Change

2020 Summer Edition

FACE MASKS

When Emma Whitton, a teacher at Boston High School, asked for help and support in making Face Masks for key services. We at Boston Big Local happily replied to her Facebook request.

At our panel meeting, we all agreed to set funding aside that

Emma could use as she required to purchase the materials she needed to make her face masks.

Due to the unusual circumstances that we found ourself in, we were extremely flexible, as is our strength, in how we got the materials to Emma as quickly as

she needed it.

Emma kept everybody informed with her Facebook updates and emails as you can see below:

Hi Katy [Our BBL Plan Coordinator], We have now made 3,200 visors and utilised all of the material purchase. I have circa 150 not allocated and will do so as they are requested. I think we are at the tail end of our requests for keyworkers and have supported:

- » Hospital wards
- » GP surgeries
- » Pharmacies
- » Emergency dentists
- » Large quantities of care homes
- » Home carer companies
- » Hospices
- » 2 schools

have taken a majority of our supplies.

Continues on page 3

In this issue:

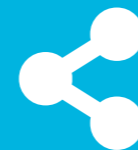
- Pg 2 Coffee Morning
- Pg 3 BBL Funding
- Pg 4 BOSFIT



Emma sharing the mask that she created.



To get updates on Boston Big Local, subscribe to our newsletter at bostonbiglocal.co.uk, like our Facebook page or follow @bostonbiglocal on Twitter



JOIN US ON SOCIAL MEDIA



facebook.com/bostonbiglocal/
twitter.com/bostonbiglocal/

VIRTUAL COFFEE MORNINGS



On the 15th May, Katy Roberts our plan coordinator arranged our first Virtual Coffee Morning over Zoom for different organisations that we had supported.

The aim was to discover if we could support them through the COVID-19 crisis and to see if there were any opportunities for the groups to collaborate and/or share ideas.

Promoted by Katy and Fran Taylor by email we had 21 participants attend the Virtual Coffee Morning. They came from organisations like Boston in Bloom, Butterfly Hospice, Samaritans of Boston, LHP, Age UK, NACRO and more.

With the popularity of the meeting, 3 breakout rooms were created on Zoom so everybody had a chance to share their views and ideas. Each breakout room had 7 participants and lasted for 40 minutes. It began with each person introducing themselves along with their

group's needs and requirements during this difficult time, an open discussion began.

After the 40 minutes, everybody came back together and the 3 breakout room facilitators shared the main points with the whole group. After which everybody was given a chance to share their thoughts and if anything had been forgotten.

The main outcomes and needs were to look at supporting the elderly with their loneliness by providing simple to use tablets and/or 4g routers, along with training. Thus enabling them to Video Conference face to face with others. Katy is looking into how we, at Boston Big Local, can best support this to make it a reality.

Another point that was raised was the need to provide training on how to offer emotional support to people who are struggling through this tough time. Samaritans of Boston said they would look at

providing their Workplace Training, which does just that, over Zoom as a solution.

A post-coffee survey discovered that this Virtual Coffee Morning was positively received and that most of the participants would like them to be held every month which we held on the 12th June.

This meeting was also well attended with 23 participants. There was a presentation by Dan Lewis from Geoff Moulder and Liz Hopkins from Centripoint Outreach. Both sharing how their organisation is coping with Lockdown and supporting their service users.

Future Virtual Coffee Mornings along with presentations from other organisations are planned in the coming months.

If you are in the Boston Big Local area and would like to come to our next Virtual Coffee Morning please email bostonbiglocal@gmail.com for more details.

FACE MASKS - CONTINUED FROM PAGE 1

I feel we are now at the tail end, I do anticipate that as business tend to find a path forward to operate safely we may experience some further requests. For example, a preschool

has contacted me this morning and the local spar shop.

Emma

We are extremely pleased to have

been able to facilitate this project and would like to say a huge thank you to Emma and everybody who supported her in doing this most amazing project.

APPLY FOR FUNDING

If, like Emma, you require funding to support you with any other projects that fit within the Boston Big Local themes of Health and Wellbeing, A More Attractive Environment, Building Community Spirit or Encouraging Enterprise, please do let us know by selecting an option below:

OPTION 1

COMMUNITY CHEST

up to **£1,500**

At the start of each year we have £12,000 to invest in Community Projects in the BBL area.

APPLY

OPTION 2

SMALLER EVENTS

up to **£1,500**

At the start of each year we have £5,000 to invest in small events in the BBL area.

APPLY

OPTION 3

LARGER EVENTS

up to **£4,500**

At the start of each year we have £5,000 to invest in large events in the BBL area.

APPLY

**FILL IN OUR SIMPLE FIVE MINUTE FUNDING FORM
WWW.BOSTONBIGLOCAL.CO.UK/FUNDING/**

The BBL funding panel meets on the 2nd Tuesday of May, September and January to consider all applications we have received since our previous meeting. Very soon after the meeting, we will let you know the outcome of your application. If successful we will transfer your funding to your bank account so you can fulfil your objectives. Once you have completed your project or event we request that you send us some photos and a few words of how everything went.

COMMUNITY CHEST MAY 2020

We had many applications for our last funding round back in May. It was the first one we have ever run over Zoom.

With lockdown and social distancing there were no applications for small and large events, so every application was for the Community Chest.

Most of the funding from this round helped support local charities like Centripoint Outreach, Butterfly Hospice and Boston Samaritans through the COVID-19 crisis.

To apply for September round please visit - www.bostonbiglocal.co.uk/funding/



DID YOU KNOW?

In 2012, The National Lottery gave the residents of Boston Big Local £1 Million to invest in their local area over ten years. Learn more at www.bostonbiglocal.co.uk

