

LISKEARD TOWN COUNCIL
GRANT APPLICATION FORM

Do not complete the Application Form until you have read the Grant Awarding Policy and believe that you comply with it.

By making the application you are giving consent for the information to be shared with Councillors and the public

**When you have completed this form please e-mail it to the Town Clerk
townclerk@liskeard.gov.uk or drop into the office mailbox:
The Town Clerk, 3-5 West Street, Liskeard PL14 6BW**

Name of Applicant / Organisation	Miles and Smiles Liskeard – Run Together Group
Charity Number or Registered Company Number (if applicable)	Not Applicable
Date of the Application	31 st August 2025
Person to contact Position Held	Vanessa Stiles Group Leader
What does your organisation do?	<p>Miles and Smiles is a local community-based running group that offers a social running programme and believes running/jogging is more fun and easier to become part of your lifestyle when shared with others. The group helps and promotes physical, social and mental wellbeing through exercise and social interaction.</p> <p>Miles and Smiles is all about community, friendships and the opportunity to experience running in a way that helps the social aspect of the individual.</p>
Website or Social Media addresses	https://groups.Runtogether.co.uk.MilesandSmile/ .
How is your organisation funded?	We haven't received funding as yet . Our Run Leaders are all volunteers, and all of our sessions are free, there is no cost to take part or join the group, we feel this is important to make it as accessible and inclusive to everyone.

<p>Give a brief description of your project.</p>	<p>Our project is an ongoing activity-based group which is offered to the local community of Liskeard to promote physical, mental and social wellbeing through running, jogging and walking.</p> <p>The group started in October 2024 and has been growing and developing ever since. Having started with a group of 3 people for a 8 week course we now have approx. 25 group members who join us on a regular basis.</p> <p>As the group has developed, we have been lucky that a member has donated to enable us to train a new run leader. All our leaders are people from within the group, they are a range of people from different backgrounds with different abilities and running experiences.</p> <p>They are all volunteers and give up their time to support others in the group. They have worked hard and shown commitment to take on training for a Leadership in Running Fitness qualification delivered by England Athletics.</p> <p>Each one brings their own unique qualities and connections with members of the group.</p> <p>The group meet every Tuesday and Thursday evening locally in Liskeard and offers a variety of supported running sessions for runners and Jeffers. Jeffing is a run/walk technique that is perfect for those that find running continuously is not for them and also enables us to make the group more accessible and inclusive.</p>
--	---

<p>What benefits will your project give to the town, visibly or in the impact that the project will have on specific groups or the wider Community? Who in the Town will benefit?</p> <p>Are there currently any similar projects / services available? If so how is your project different?</p>	<p>The run together group promotes physical, social and mental wellbeing through exercise and social interaction within the community.</p> <p>The group is open to everyone but has attracted older people who would like to improve their health and fitness, both physically and mentally. It has also attracted women who feel safer running as a group rather than on their own. There is also now a run/walk option for those who find running continuously is not for them. Our sessions are fun, inclusive and non-competitive – we strive to make everyone feel welcome, valued and supported within the group.</p> <p>The group meet locally twice a week (Tuesday and Thursday outside of Oaktree surgery car park and are visible as a group around the town. We have been involved in many fundraising initiatives for Cornwall Air Ambulance, Race For Life, the Cornwall and Devon Children's Hospice .</p> <p>We have raised awareness on our runs, for example, running a route that incorporates the defibrillators that are located around Liskeard, to raise awareness of them and where they are situated.</p> <p>There are similar services available in the form of running clubs, two local ones are East Cornwall Harriers and Looe Pioneers. And Power Runs Cornwall. Our group differ from most of these as you do not need to 'join' the group and pay a yearly membership to access the group. We also offer a more social and non-competitive environment for people to run and jeff in. Many people do not feel confident or 'good enough' to join a running club and can find it intimidating. Our group encourages people of all abilities, and focuses more on the social and mental benefits of running and jeffing.</p> <p>We feel that as our group has grown so consistently year on year demonstrates that there is a need for it and it is well supported by our community. We would also encourage people to move on to a club if they decide they would like to push themselves further or become involved in more competitive events and races</p>
--	--

<p>Have you previously received a grant from Liskeard Town Council?</p> <p>If 'Yes' please indicate</p>	<p>YES / NO NO</p> <p>(a) When (Date)</p> <p>(b) Amount received £</p> <p>(c) Purpose</p>
<p>What is the total cost of your Project?</p>	<p>We have no weekly running costs for our group as it is volunteer based</p> <p>However, we do require funding to enable the group to operate safely, as in training qualified run leaders. We have been building a group identity, so our group is recognisable, and people feel a sense of belonging. We have done this by providing a range of t-shirts and vests, offering a discount on the cost to enable people to purchase them. The tops have our logo on and have a good presence in the community. We would be willing to add the council logo if funding was given. These cost us £16.99 per person.</p> <p>We also from time to time need to purchase equipment such as first aid supplies and equipment to enable us to offer fun sessions</p>
<p>What sum of money are you looking for from the Town Council?</p> <p>What exactly will it be used to support?</p>	<p>The Council cannot fund the normal ongoing operating costs of organisations. This application should not contain such costs.</p> <p>We would like to request the sum of £400 to be used as follows:</p> <p>Some of the finding will help allow the members to buy a t-shirt or vest to help give them the identity of being in a social group at a discounted rate.</p> <p>We also need another member to be trained as a coach at a cost of £200 per person this covers a DBS, first aid and the coaching course as the group is growing rapidly.</p> <p>A collective identity promotes the group when we enter events or are taking part in our sessions in the town and makes us more noticeable as a community presence.</p> <p>People will also wear them when taking part in non- group activities which would hopefully promote and showcase our group (and the Liskeard Town Council) further to the wider community. Although the sum above is what we would ideally like, we would be grateful for any contribution.</p>

<p>How will the rest of your project be funded?</p> <p>Have these monies all been confirmed?</p>	<p>We are actively exploring other funding sources too so hope that we will be able to achieve our goal, however we cannot submit to the National Lottery Community Fund now until the end of the year but having some funding now would be favourable to enable us to provide the jackets going into the Autumn and Winter season.</p>
<p>Has your organisation adopted its own Safeguarding Policy?</p>	<p>Yes / No <u>Yes</u>, as part of our run leader training we have to pass a safeguarding module which then needs to be redone every three years to ensure that it is relevant and up to date. We apply the England Athletics Safeguarding Policy to our group and adhere to this.</p>
<p>Does your organisation conduct DBS checks on staff and volunteers?</p>	<p>Yes / No <u>Yes</u>, all of our run leaders have a valid and current DBS check which is undertaken by England Athletics during their training and renewed every three years.</p>
<p>Have you attached a copy of the accounts of your organisation?</p>	<p>Yes / No <u>No</u>, as we do not charge anything for our sessions we have no income, and no formal set of accounts. Any funding we may receive has been spent on run leader training, equipment and kit. Any costs not covered by funding comes out of my own pocket.</p>