

Manchester Wellness Coalition | Plan Year 4

NAME OF THE INTERVENTION	Dance Manchester!
CWF Element* to Impact	Move More; Connect with Others
Fiscal Agent	Manchester Wellness Center
Tax I.D	
Implementation Contacts (2 or more required)	Patti Swaeney;
Contact phones and emails	
Date Funding Required	
Implementation Date	
Estimated Completion Date	
Total Amount Requested from CWF	\$5400

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>We propose a Manchester Contra/Traditional dancing for adults of all age levels. Participating in dances will increase physical activities levels amongst adults in Manchester. Emmanuel Lutheran Church in Manchester will be the primary host site. Dances will be for Manchester residents 18 and up.</p> <p>The grant will pay for nine dances – one a month from September 2015 – May 2016.</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition?</p> <p><i>Please be specific and refer to the current documents stating the Coalition’s 1 and 5 year plans and goals.</i> <i>Should include specific health/wellness indicators.</i></p>	
<p>3. What are the specific goals for the intervention?</p> <p><i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and</i> 	<p>The primary goal of the intervention is to have at least 40 participants participate in each dance for a total of 360 participants. Patti Swaney will be responsible for tallying the number of attendees. We have a list of individuals who have already indicated they will participate in the dances. The timeline of September 2015 through May 2016</p>

<p><i>accomplishment of your goal</i></p> <ul style="list-style-type: none"> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>Goal No. Two – To raise \$5 per participant at each dance, with a goal of \$200 per dance. \$200 Jeannie Armstrong will collect funds and deliver donations to Riverfolk Festival The goal is attainable because other venues who host Contra dancing charge \$8-10 per event, and receive strong attendance. The goal is relevant to the coalition because of a desire to produce interventions that are sustainable. The timeframe for this intervention is September, 2015 through May, 2016.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Surveys Do you consider Contra Dancing a good physical activity? Would you consider participating in other social dance events, including family dances?</p> <p>Minutes of physical activity earned determined by time and number of participants per event (see units of engagement)</p>
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>40 people x 120 minutes x 9 events = 43,200 units of engagement in physical</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> 	<p>Marketing will be overseen by Eileen Parker. Signage around towns, information in mailing lists, river folk, senior news letter and the Manchester Mirror. Patty Swaney will be responsible for collecting data and reporting back to the coalition. Riverfolk will be the fiscal agent. Patty Swaney and Eileen Parker are responsible for intervention/programming improvement. Times will be scheduled in concert with Emanuel Church of Christ.</p>

<ul style="list-style-type: none"> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>Yes – Emanuel Church has given permission to use the facility. Manchester Wellness Center has agreed to be the fiscal agent.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Manchester Wellness Center will provide marketing support and potential collaboration on a couple dances. Manchester Seniors Emanuel Church will provide the location at a discount.</p>
<p>9. If this is a continuing intervention: A. How many years has this intervention been funded by the coalition? B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i> C. Describe how the intervention will be improved</p>	<p>A trial run for the dance happened on April 11th, in partnership with Emanuel Lutheran Church and Manchester Wellness Center.</p> <p>45 Manchester residents took part in the dance and 40 returned surveys. The survey results are below:</p> <p>Age – Under 30 – 1; 30-45 – 1; 46-55 – 8; Over 55 – 30</p>

(also include past improvements if this is the 3 or more year of funding). D. Has the amount requested from the coalition increased or decreased? Why? E. How many more years will this intervention request funds from the coalition?	Did the dance meet your expectation? 39 Yes 1 No Would you come to another dance – 40 Yes, 0 No 16 participants came solo and 24 with a partner.
10. Provide citation(s) of similar programs used as a model in developing this intervention.	

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$5400	
Total funds from other sources		
Marketing/Advertising		
Compensation – to one or more people	\$500 for musicians (9 times)	
Infrastructure (structure that lasts 5 years or more)		
Other expenses	\$25 for Hall Rental (9 times) \$50 for sound rental (9 times) \$25 for bottled water (9 times)	

Plan Year	Amount \$\$ granted	Amount Spent	Amount carried over	Amount returned to CWF
Year 1				
Year 2				
Year 3				