



## Heartsease Healthy Living Fund

**The Heartsease Healthy Living project aims to encourage healthier and more active lifestyles for people of all ages living in the Heartsease area.**

Small grants are available to kickstart local projects that make a difference by supporting residents of Heartsease to make lifestyle changes that can lead to health and wellbeing improvements.

**The deadline for applications is 29 November 2019.**

Applications will be shortlisted, and those selected will be put to a public vote where local people will have their say in which projects receive a grant.

### **How much can you apply for?**

Grants of up to £2,000 are available.

### **Who can apply?**

If you have a great idea that matches with the aim of the Heartsease Healthy Living project, we want to hear from you.

We generally expect applications to be made by an organisation that has a constitution, or a business. We expect those applying to have a bank account, and have policies and procedures in place to show that their project will be safe and inclusive.

However, we may be able to support other types of applicants to develop their idea in partnership with a local organisation if you cannot meet this requirement. This could be a local community centre, church, or other local charity that could help you to get your project started. Contact us for advice.

Organisations who work elsewhere but have a project idea that directly benefits people in Heartsease are welcome. All projects need to demonstrate they are clearly working in partnership with local organisations and assets, and have strong links within the Heartsease community which the project can build on.

### **What types of project are we looking for?**

Projects must be focused on creating opportunities for people in the Heartsease area to improve their health and get active, by providing a new activity or substantially develop an existing one to reach a new audience or deliver on different outcomes.

Example activities may include:

- Eating a nutritious diet, including by being able to access healthy food, and having the confidence and skills to prepare meals – projects could include community growing projects, cooking or engaging activities that promote healthy eating messages or access to fresh food.

- Being more active, whether this is through sports, walking or cycling, gardening or just generally being out and about more – projects could include cycling sessions for children or families, community events encouraging people to get out and about in local parks, gentle yoga for older people or those with disabilities, or intergenerational gardening sessions.
- Increasing access to services locally – projects could include innovative ways of encouraging people to access free Slimming World classes, be more aware of their weight through provision of scales in public places, or make better use of other advice and services available.
- Improving wellbeing and healthy lifestyles more generally – projects could include stop smoking support sessions, mindfulness groups or budgeting advice.

We would like you to think about who might want to take part in your project, and how many people could get involved.

Applicants should consider the need for their project, and how you know there is interest in it – this may be based on your own conversations with local people, or learning from a previous activity.

Based on findings from the first round of funding, in this round we are particularly interested in projects that will involve local children and young people and families. Interest was expressed in intergenerational activities, art classes, gardening activities, stop smoking advice, healthy cookery sessions, walking groups, yoga and support for young people with mental health issues.

We would like projects to be able to get up and running from March 2020, and run for a maximum of one year.

Applicants should consider the potential to enable project activities or outcomes to continue in some form after the grant has ended.

### **What we won't fund**

We don't expect to support projects to improve buildings or facilities, or projects that need a lot more funding to be raised before they can go ahead.

We can't cover costs that have already been incurred – so we can't reimburse you if you have spent money already.

### **Application form**

A simple online form is available to submit your project idea at <https://tinyurl.com/yalbda28>. You can also complete a paper form and submit by post if you prefer.

The guidance below will help you fill in your form, and explain your idea.

<b>1. About the organisation applying and main contact</b>	<p>We generally expect an organisation to be making the application. If you are a business, please enter your business details. If you are an individual or representing a group that does not have a constitution, please contact us for advice – we may be able to suggest a local partner organisation who can help you make an application.</p> <p>The person given as the main contact is the person we will contact if we have any questions about your application.</p> <p>We'd like to know what kind of organisation you are – it will help us understand how you will deliver your project.</p>
<b>2. About your project</b>	<p>This is your opportunity to tell us what you would like to do with a grant, if successful.</p>

	<p>Tell us as much about your plans as you can - where you think your project may take place, how often, and when.</p> <p>Tell us who you think will be interested in taking part in your project – it might be aimed at teenagers, young mums, older people, or everyone in your neighbourhood. If you have planned your project with a particular type of person in mind, let us know.</p> <p>Tell us how many people you expect to take part - some activities may need to restrict numbers because of safety, space or equipment. How will you promote your activity, and encourage people to get involved?</p> <p>As part of your application we will ask you to tell us how you plan to measure the success of your project, and feed this back to us.</p> <p>This is also your opportunity to ‘pitch’ your project – the words you enter here will be included on the voting forms to get local support for your plans.</p>
<b>3. Project budget</b>	<p>Grants available are up to £2,000 – tell us what you can about how much it would cost to get your project up and running.</p> <p>You might need to buy a few pieces of equipment, or pay for the use of the community centre, for example. Your project might not have any direct cost, but think about whether you would find it helpful to print some flyers or posters to get people involved.</p>
<b>4. Supporting information</b>	<p>The online application form will allow you to upload any supporting information you would like to share at this stage – you can also send to Norfolk Community Foundation by post or email.</p> <p>There is no requirement to send additional information at this stage, unless you would like to.</p> <p>If your application is successful, and is selected through the final vote, we may ask to see some details about your organisation to check that everything is in place for the project to be well run and to keep participants safe.</p>
<b>5. Declaration</b>	<p>Check the box to confirm that you have understood the terms stated.</p> <p>Please note this includes giving your consent to be contacted by the independent evaluators for the Heartsease Healthy Living project, who will ask about your project and experience.</p>

### What happens next?

All the applications we receive will be reviewed, and those shortlisted will be advertised to local people so they can vote for the projects they feel they would most like to see in their community.

People voting will be asked to choose their Top 3 from the projects presented, and can vote via an online survey or using paper forms.

The vote will take place in February 2020, and results will be announced in March 2020.