

Wellbeing Fund

Grants of up to £1,000
for Health & Wellbeing projects



Closing Date
25.06.18



Supported by



Salford CVS
making a difference in Salford

NHS

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What is the Wellbeing Fund? This fund is for small voluntary, community or social enterprise sector organisations (with less than £100,000 turnover per year), for projects which help to improve the health and wellbeing for Salford residents.

What sort of projects are eligible? We use the 'Five Ways to Wellbeing' to define health and wellbeing. These five ways are outlined below, with some examples of the sorts of things a project might focus on. If you're not sure if your project is eligible for a Wellbeing Fund grant, please contact us.

Connect	Be Active	Take Notice	Keep Learning	Give
Reduced social isolation	Increased amount of physical activity	Increased confidence and self-esteem	Raised personal aspirations	Improved self-esteem from volunteering
Increased activity within communities	Improved ability to manage long term health condition(s)	Taking responsibility for activity in their local community	Ability to progress in life & achieve personal aspirations	Increased feeling of being valued by others
Increased connection between generations	Improved posture and stability in over 65s	Increased sense of belonging to your local community or feeling connected to the world around you	Increased employability	Improved happiness and feeling of wellbeing
Improved social networks and personal relationships			Improved life skills	

Priorities for this round of the Wellbeing Fund Applications from all groups will be welcomed. However organisations which support under-represented sections of the community (in past funding rounds) will be prioritised. In addition, organisations that have become Salford CVS members in the last 12 months, OR have only formed in the last 12 months will be prioritised. All these priority groups are outlined below:

Equalities Groups		New Groups
Disabilities	Lesbian, Gay, Bisexual or Trans	Groups formed in the last 12 months
Black or Minority Ethnic community	Age (youth, older age)	Groups joining Salford CVS in the last 12 months
Women		

Please note that organisations that have received a Wellbeing Fund grant in the last 12 months are not eligible under this round of funding .

Application Form Guidance Notes



About your project Please outline what you intend to do in the project and how you will deliver it. Describe the scale of the project (e.g. how many exercise sessions will be delivered and over what period such as 2 x 1hr session a week for 10 weeks). Also tell us who will be delivering the project (e.g. staff, volunteers, external sessional staff etc.)

It is essential that you explain how your project will improve the health and wellbeing of Salford residents. Have a look at the '5 Ways to Wellbeing' for examples of how we describe wellbeing.

Maximising the benefits for Salford We are keen to see all projects contribute to improving the social, economic and environmental wellbeing of Salford. This is sometimes referred to as 'social value'. By making small changes at the design stage, you can make a big difference in helping create added social value in Salford. For practical suggestions please see the 'Social in Salford' section on the following page.

About Money Please apply for the amount you actually need for your project and break these costs down in your application. Please state any match funding that is supporting this work.

Deadline for applications All bids must be returned by 12.00noon on **Monday 25th June 2018**. Please email your completed application form and any supporting documentation to: grants@salfordcvs.co.uk or post to: Salford CVS, The Old Town Hall, 5 Irwell Place, Eccles, M30 0FN

Need any help?

Completing the Application Form If you have any difficulties with any of the questions, please contact Ashley, Jon or Simon on 0161 787 7795 or email grants@salfordcvs.co.uk Applications must be returned by **12.00 noon on Monday 25th June**.



Calling all groups in Salford...

Unleash your creativity and go **Social in Salford**



When **planning your project** have a think about how you can deliver your activities for the benefit of Salford

You could support other community / voluntary organisations and independent local businesses by shopping locally and keeping the money in Salford!

You can also do your bit for the environment by choosing greener products as well as reusing, recycling or composting any waste.

As you already support volunteering you're doing great things for local people. However you might be able to involve new groups in the project or help people develop new skills.

One way of describing these added benefits is 'social value'.

Spending with Salford in mind

1) Venue Hire Hiring community owned or managed venues helps maintain Salford's important assets.

2) Refreshments Will refreshments be healthy? Will you include vegetarian, vegan, kosher and halal options? Will you be supporting local, independent shops or businesses?

3) Marketing and Publicity Have a think how you can support local printers or suppliers. Will you be using recycling paper, card or other materials?

4) T-shirts and other merchandise Whilst the vast majority of merchandise is manufactured in the far east, you can still do your bit for Salford and support local suppliers and shops. Organic cotton t-shirts are now more readily available.

5) Entertainment / activity costs Help keep your money within Salford and use local, independent businesses and suppliers where possible.

6) Awards and Certificates These could be hand-made by local people, and reflect the culture of Salford.

...plus lots of other amazingly creative ideas from your project team!

