

Little Hulton Healthy Hearts

Guidance for Project Proposals

About the Fund

The Little Hulton Healthy Hearts Fund is a new project delivered in partnership by Salford CVS and CommUNITY Little Hulton. The aim of this fund is to support community led activities that support Cardiovascular Disease Prevention in Little Hulton.

We are looking to support projects that encourage beneficiaries to have healthier hearts, such as through moving more, eating more fruit and vegetables, and reducing stress.

In line with the aims of GM Live Well, funding decisions and awards will be made by the local community in Little Hulton.

What is cardiovascular disease (CVD)?

Cardiovascular disease (CVD) is a general term for conditions affecting the heart or blood vessels. For more information, please visit the NHS website:

<https://www.nhs.uk/conditions/cardiovascular-disease/>

There are several ways to reduce risk of developing CVD. For more information, please visit the NHS website: <https://www.nhs.uk/conditions/coronary-heart-disease/prevention/>



How much funding can we apply for?

The amount your organisation can apply for depends on whether your organisation requires an accountable body (please see below information on accountable bodies)

Organisations who require an accountable body are invited to apply for up to £500.

Organisations that do not require an accountable body are invited to apply for up to £1,000.

Accountable bodies

Accountable bodies are VSCE organisations who are willing and able to take the accountability of a project on behalf of another organisation. This allows groups who would otherwise not be eligible to apply for funding and be provided with support to manage the money and report on their project.

All accountable bodies must meet the eligibility criteria below.

Does my organisation require an accountable body for this fund?

Your organisation will need an accountable body if you **do not meet both of the following criteria:**

- 1) Constituted as a voluntary, community, or social enterprise (VSCE) group or organisation
- 2) Have an organisational bank account with two signatories who are not related to each other OR a holding account at Salford CVS

Please note: Organisations who wish to apply for this fund are responsible to find their own accountable body, this must be agreed before making an application.

Who can apply?

To apply, your **organisation or accountable body** must meet the following eligibility criteria:

- Constituted as a voluntary, community or social enterprise (VCSE) group or organisation or

- Full membership of Salford CVS at the time of application
- Currently adhere to the eligibility criteria for full membership of Salford CVS – more details available at <https://www.salfordcvs.co.uk/membership-0>
- Have an organisational bank account with two signatories who are not related to each other **OR** a holding account at Salford CVS **OR** an accountable body
- Fully up to date with grant reporting to Salford CVS (if applicable)
- Based in Little Hulton or have a strong track record of working in Little Hulton

Important dates

Organisations receiving a grant will have **6 months** to spend the grant.

Fund opens	1 st April 2026
Application deadline	12pm, 22 nd May 2026
Decisions expected	Early June
Approximate delivery period	June – November
End of project report due	1 month after project completion

Examples of projects

The Healthy Hearts Little Hulton fund is designed to support a range of activities which encourage beneficiaries to make changes in their lives that will help them to reduce their risk of developing cardiovascular disease

- A weekly walking group with a focus on attendees to use local green space regularly
- Allotment project with cooking classes to encourage using vegetables in home cooking
- A weekly movement and mindfulness class designed to reduce stress, with resources for participants to use at home

What resources and support will be provided to deliver the project?

Groups will be supported by new Healthy Hearts Community Champions, based at CommUNITY Little Hulton. The community champions will support groups by offering blood pressure checks, provide information, and signposting where appropriate.

The community champions can also support beneficiaries of your project to make positive lifestyle changes through the purchase of specific items such as healthy food vouchers, suitable shoes for outdoor activity, etc. Further details will be provided to funded groups.

Funded groups will also have the opportunity to attend a Know Your Numbers training event which provides information on the key health measurements that influence cardiovascular health and the impact daily lifestyle habits can have.

What can the grant be spent on?

Most reasonable costs that are necessary to run your group or project, including (but not limited to):

- Venue hire
- Purchase or hire of equipment/materials
- Sessional worker/facilitator and/or staffing costs
- Volunteer expenses (linked to the project)
- Healthy refreshments (including for volunteers), for information on healthy eating please see NHS guidelines: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
- Promotion
- Public liability insurance
- A contribution to overheads/management costs (must be proportionate to the project)
- Event costs

What can't the grant be spent on?

- Retrospective costs (i.e. costs that have already been incurred or for activities that have already happened before a grant has been awarded)
- Costs for work that statutory bodies (such as schools or local authorities) have a duty to fund
- Projects or activities taking place outside Salford, unless a clear rationale is given
- Alcohol
- Foods and drinks high in fat, salt and sugar

What policies and other documentation are required?

All **organisations or accountable bodies** will be expected to have the following policies in place at the time of application:

- a) Health and Safety policy
- b) Equality/Diversity Statement or Policy
- c) Public Liability Insurance (cost can be included in budget)
- d) Risk assessments

...and if applicable to project activities:

- e) Volunteer Policy
- f) Safeguarding Adults policy
- g) Safeguarding Children policy

What are the evaluation requirements for this fund?

You will be expected to provide feedback to Salford CVS in the shape of a simple report form when your project is complete. We may also select your project for a monitoring visit (in person or remotely) to help us understand how you are getting on and if you're in need of any support.

Salford CVS has a three-fold approach to evaluation:

- **Assessing impact** – the difference your project made in words, numbers, stories, quotes and photos
- **Gathering learning** – what you have learned as an organisation, how your organisation has developed and what you would do differently next time
- **Providing assurance** – demonstrating good management of public money

As guardians of public money, Salford CVS requires all funded organisations to keep receipts for all projects spend. We undertake spot-audits every year and you may be asked to provide evidence of your spending.

With your help in providing simple feedback Salford CVS can demonstrate how grants and investments can make a real difference to the health and wellbeing of local people. This is important in helping us report back to our funders and wider partners and helps secure investment in our sector over the years to come.

How do we apply & how will applications be assessed?

To apply send a completed application form to grants@salfordcvs.co.uk before the deadline. A community panel of Little Hulton residents will be convened to read the applications, assess the proposed projects, and make funding decisions.

What happens if we are awarded a grant?

Successful applicants will be notified of their grant by email. Please read the offer letter attached to the email in full, which contains important information about the grant including the amount awarded, any conditions, and next steps to claim the grant. Once the required documents have been received, we aim to issue the grant by bank transfer within 5-10 working days.

What support is available for applicants?

Accessibility

We want our grants programme to be accessible to everyone. If any part of our application process is a barrier to applying, please contact the Honor from the Grants Team at honor.johnstone@salfordcvs.co.uk or phone 0161 787 7795.

Support with your application

If you have any questions or concerns about completing the application form, or you would like to discuss your project proposal with a member of the Grants Team, please contact the Honor from the Grants Team at honor.johnstone@salfordcvs.co.uk or phone 0161 787 7795. The Grants Team are also available to provide a pre-application read-through and feedback.

Any further questions?

Please contact the Grants Team by phone 0161 787 7795 or email honor.johnstone@salfordcvs.co.uk