

## Wellbeing Service Grant Application Guidance

The Barnsley Wellbeing Service is designed to provide place-based support for people who are not engaging services that can help to improve their physical and mental well-being. In line with local and national strategies the service is designed to reduce health inequalities, all of which are linked to circumstances in which people are born, grow, live, work and age, and broadly described as the social determinants of health.

The *Five Ways to Wellbeing* offers an evidence based framework that can be used to motivate behaviour change in individuals across a number of different settings, as well as supporting population level initiatives aimed at the general public.

There are opportunities to support specific community/population groups e.g. older people, social housing tenants, men's groups, pregnant women, staff or volunteers or offer population level approaches in universal settings or through social media and community events.

### CRITERIA FOR THE WELLBEING GRANT

Five Ways to Wellbeing will be used as the criteria/framework on which applications will be evaluated. Every application must provide evidence that their proposed project supports at least two direct links to the following themes and some indirect links to all the others of the following themes;

**CONNECT** – Provides opportunities to promote/offer regular contact with people such as family, friends, work colleagues or neighbours e.g. through local interest groups, cook & eat sessions for families, luncheon clubs, reducing social isolation/loneliness, peer support initiatives

**BE ACTIVE** – Links to activities promoting Physical activity or ways to reduce inactivity through e.g. walking groups, dancing, gardening, or just keeping moving.

**TAKE NOTICE** – Encouraging awareness of the world around and its impact on individuals/communities. Be curious and notice what needs to change and how that might happen. Reflecting on experiences to help appreciate what is important. E.g building healthier, supportive and strong communities

**KEEP LEARNING** – Opportunities to learn or try something new, or rekindled a previous interest, e.g. developing skills and knowledge around healthy lifestyles (weight management, smoking and alcohol), supporting access to employment (job clubs, budgeting) housing (warm homes, fuel poverty)

**GIVE** - Provides opportunities to give time to something or someone in the community e.g. volunteering, time-banking, befriending

Funding will be available for each of the six Area Teams, with an allocation for each area to fund projects/campaigns/services based around the Five Ways to Wellbeing. Applicants will be required to identify at least one of the five themes that their proposal will support and how the impact of the project will be evaluated in line with these themes and public health outcomes. This fund can help with but is not limited to;

- Developing/extending a service/support group based on the needs of your population
- New support groups addressing local needs including equipment for existing services or costs of venue hire.
- Promoting use of technology, communication or promotional material in local communities
- Funding interim roles to extend capacity in existing services
- Promoting opportunities for joint commissioning between area councils where appropriate

## LINKS TO PUBLIC HEALTH & WELLBEING OUTCOMES

The key wellbeing outcomes linked to the Five Ways to Wellbeing framework that applicants will be measured against are:

- Build infrastructure and resilience in Communities
- Empower people to feel more in control of their health and wellbeing
- Increase access to appropriate support and connections within local communities to enable people to be more independent and live well for longer.

Appropriate evidence of how the outcomes will be achieved will need to be provided as part of the terms and conditions of the funding. Examples include; demographic data collection, case studies, customer feedback, use of validated measurement tools for improved levels of wellbeing e.g. Warwick Edinburgh Mental Wellbeing Scale.

In addition, evidence of impact or contribution to the achievement of specific Public Health Outcomes will also be required. Applicants are also asked to see how their project links to one or more of the following Public Health domains as part of their application – a full list of the Public Health outcomes in each domain will be included in the appendix.

1. **Wider Determinants of Health** – these are the elements in our lives that can make a difference to our health and wellbeing e.g. where we live, having a job, attending and achieving at school, access to services, support from friends and family, feeling safe in our communities
2. **Health Improvement** e.g. reducing the number of people who are overweight, those who smoke, drink too much alcohol, and how to make people more active and improve their mental wellbeing
3. **Health Protection** – increasing vaccinations e.g. flu, HPV and screening for cancers,
4. **Preventing early death** - How do we help people to live a longer and healthier life

## AVAILABLE FUNDING

Interim Period 1 – 1<sup>st</sup> Jan 2019 – 31<sup>st</sup> March 2020

Total Funding for Area Teams is £130,000

This will be allocated on the basis of the number of Local Super Output areas linked to the indices of deprivation. Allocations will be made across the following localities.

Dearne  
North East  
Central  
Penistone  
South  
North

This process will be evaluated by the Healthy Communities Public Health team both during and at the end of the funding period. Following the success and impact of the grants, a decision regarding budgets and any future funding will be made on the effectiveness of the Wellbeing Service Approach.

## WELLBEING SERVICE GRANT TIMETABLE

The timetable for this funding round is from Jan 2019 – March 2020;

The decision on the frequency of funding rounds can be made locally, but monitoring of this fund is planned to be undertaken on a quarterly basis.

Ensure plans for spend is committed before end March 2020.

- Applications must be considered using the Wellbeing Service criteria by the appropriate Area Team Funding Panel
- A member of the Public Health team must be included on funding panel to provide some external verification for the grants.
- Written confirmation and terms and conditions will be sent to successful applicants and monies will be released on receipt of signed/dated returns. All monies should be spent within 12 months from allocation
- Quarterly Project Monitoring/Evaluation Forms will be requested, as well as an end of report to provide evidence of outcomes

## ELIGIBLE ORGANISATIONS OR GROUPS

Applicants from both statutory and non-statutory organisations are encouraged to apply for grants to develop existing services, make joint bids and fund one off projects or pieces of work which will have an impact on improving Health & Wellbeing by contributing towards the Public health Outcomes Framework and Council corporate plan.

All organisations or groups applying for a grant must have an independent bank account for the grant to be paid into. Grants of over £5,000 will require that a Group has a written constitution.

## CONTACTS:

Please do not hesitate to contact the Area Team Manager in the first instance. If you want more details about the grant criteria, please contact the Healthy Communities Team **Tel:** 07500 891582 **Email:** [Samuelcrowson@barnsley.gov.uk](mailto:Samuelcrowson@barnsley.gov.uk)