

# South Area Council

## South Health and Wellbeing Fund



*Working together to build stronger communities and improve health and wellbeing across the South Area Council*

### GENERAL GUIDANCE

#### **What is the South Health and Wellbeing Fund and who is it for?**

The South health and wellbeing fund has been established for 2019/20 as a one off fund to encourage approaches to address identified South Area Council priorities, complement existing services, and support the 5 ways to wellbeing framework.

The funding is provided by the South Area Council and the Healthier Communities team as part of the development of the new Wellbeing service for Barnsley.

The fund is aimed at voluntary and community sector organisations, local businesses, social enterprises, South Area Ward Alliances and public sector organisations including BMBC services (such as libraries, parks). The fund will be one off funding with a maximum delivery period of 12 months. All delivery should be completed by the 30<sup>th</sup> June 2020.

Projects should be delivered within the South Area with all beneficiaries/participants living within one of the 4 wards that make up the South Area Council area. The 4 wards are: Darfield, Hoyland Milton, Rockingham and Wombwell.

#### **Who can apply to the Wellbeing Fund?**

- Any voluntary or community group which is locally led and run
- Registered Charities
- Social Enterprises & not for profit organisations
- Local businesses
- Public service organisations
- Ward Alliances with in the South Area Council

Any group or organisation applying should have a written constitution and independent bank account.

Applicants will need to demonstrate a good knowledge and understanding of the local needs and priorities of the South Area and show that:

- Their activities and services are open and accessible and inclusive
- Promote social action and volunteering where appropriate
- Add value to existing provision and services
- The project is deliverable as a one off project and / or is sustainable without this fund after the agreed delivery period

#### **How much can be applied for?**

The South Area Council has made £10,000 available alongside £25,000 from the Healthier

Communities Team to help address South Area Council local priorities, complement existing services, and support the 5 ways to wellbeing framework.

Awards will range from £2000 - £5000.

Groups are eligible for up to 100% of the project costs however the Stronger Communities Health and Wellbeing Panel appreciates efforts made by groups to contribute to or find other funding which will help towards the total project costs.

Applications are welcome for delivery in one or more Wards or across the whole South Area. However, the panel will ensure a balance of projects and delivering across the 4 wards and as such may promote and prioritise particular wards where applications have been low. Successful proposals will aim to provide a coverage and spread of provision across the 4 South Area Council wards.

### **What kind of projects can be funded, when should they be delivered and what needs to be covered?**

This fund will be looking for projects / activities that make a difference for individuals and communities. As an applicant you need to be clear about your projects aims and outcomes and how it will deliver against the priorities. Project delivery is for a maximum of 12 months and all delivery should be completed by the 30<sup>th</sup> June 2020.

The Aims, Outcomes and application should:

- Focus your project including being clear on which wards or area wide is being covered and who the beneficiaries are and why they are being targeted
- Provide a statement of purpose for your project reflecting the differing needs and challenges of an area
- Clearly demonstrate how the project contributes to one or more of the Area Council priorities and support the 5 ways to wellbeing framework
- Explain the changes your project will bring about to meet the needs you have identified and identify the specific changes you want to result from the project
- Explain why your project should be funded and how it is meeting a gap
- Demonstrate how you will encourage people to access your project and how barriers will be addressed
- Demonstrate how your proposal will inspire and encourage people to become more confident, healthy and active
- Explain how your proposal will complement existing provision including South Area Council commissioned services.
- Highlight how you will share information on your project and celebrate its achievements
- Outline how you will develop, implement and manage your project so that you are able to report and evaluate the project

Project examples:

- Increasing the use of outdoor space for physical activities i.e. new walking group
- Projects encouraging people to be more physically active i.e. armchair aerobics, strengthening and movement class
- Projects empowering people to feel more in control of their health and wellbeing

- Projects that improve people's mental health and wellbeing i.e Stress busting workshops, mindfulness support
- Tackling social isolation i.e. Befriending projects and activities, Singing for wellbeing
- Building self-esteem and self-confidence initiatives
- Intergenerational, community cohesion and families together projects
- Positive behavioural change programmes – fitness in the community, smoking cessation, weight management

## How to apply?

There is an application process to follow and funds will be recommended for approval by a Panel.

- All application forms should be completed and submitted by 12 noon on Friday 31<sup>st</sup> May 2019
- The South Area Team will complete a criteria check and put forward all eligible applications to the panel. The panel will be informed of any ineligible applications
- A panel will meet to consider all application that meet the set out criteria. The panel will take place the week commencing 03/06/19 and 10/06/19
- You may be asked to do a presentation at a panel meeting
- You will be notified of the decision within 4 weeks of the closing date

If successful you will need to work with the South Area Team to agree how your project will be evaluated, what targets and outcomes will be set, in order for formal approval to be granted.

N.B If the panel have any questions relating to an application, a representative may be called upon to meet with a member of the South Area Team.

For further information and to request an application pack please contact: The South Area Team on 01226 355866 or 355865 [lisalyon@barnsley.gov.uk](mailto:lisalyon@barnsley.gov.uk)

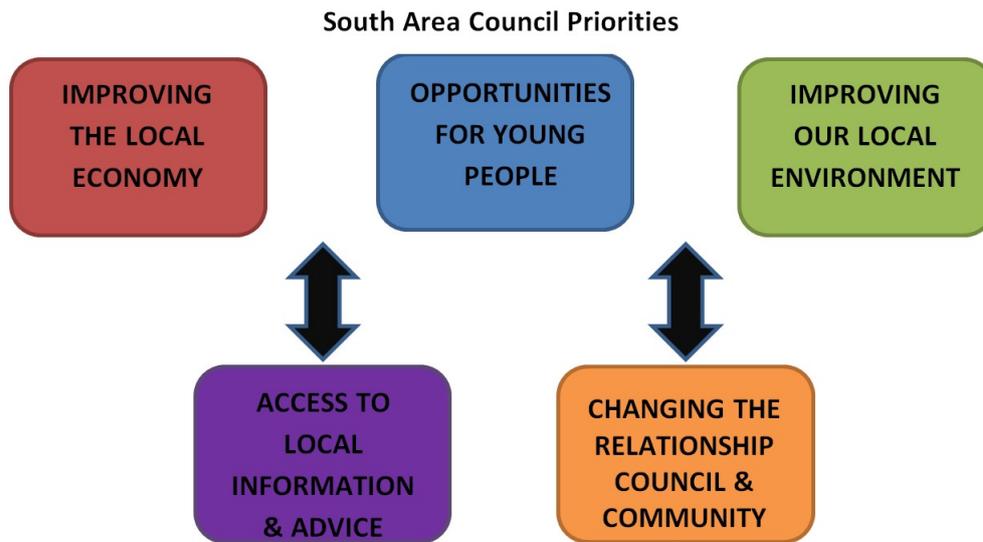
This is a one off grant for projects to be delivered by 30<sup>th</sup> June 2019 and as such if all the fund is allocated at the panel meeting in June 19 there will be no further panels. If there is any allocation of the fund left there will be a further fund advertised in July 19, the panel would reconvene in August /September with decisions being notified 4 weeks following the closing date. If the full fund amount is allocated at the June 19 panel meeting then the fund will close at this point and there will be no further call outs for applications.

## Is there support to help groups develop their ideas and/or complete the expression of interest form?

Yes, support is available from Lisa Lyon, South Area Council Manager on 01226 355866 or email [lisalyon@barnsley.gov.uk](mailto:lisalyon@barnsley.gov.uk) For specific queries regarding the health and wellbeing aspects of the application, please feel free to contact Sam Crowson ([Samcrowson@barnsley.gov.uk](mailto:Samcrowson@barnsley.gov.uk)) or Cath Bedford ([Cathbedford@barnsley.gov.uk](mailto:Cathbedford@barnsley.gov.uk))

An ideas drop session will be held on the 20<sup>th</sup> May for anyone wanting advice and guidance on a potential application.

## The South Council priorities



## Five Ways to Wellbeing:

### 5 Ways to Wellbeing Criteria

Five Ways to Wellbeing will be used as part of the criteria on which applications will be evaluated. Every application must provide evidence that their proposed project supports one 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