

Summer Health Promotion Programme 2017 Small Grants Programme



Age UK Lewisham & Southwark's Summer Health Promotion Programme (SHPP) provides support and advice for older people in Southwark on how to maintain their wellbeing, independence and safety, and provides easy access to services to support vulnerable older people through the summer months.

As part of the project we have small grants available for local organisations and groups towards the cost of activities or events they would like to host in the community to reach vulnerable older people who live in Southwark this summer. Through the event or activity, our Summer Health Promotion Programme team and partners will be able to reach more older people and ensure they receive the information and support they need to keep well this summer.

Grants criteria

Grants will only be awarded to organisations and groups that are based in Southwark and that work with older people, particularly those with pre-existing and long-term illnesses and chronic medical conditions; including dementia, learning disabilities, enduring mental health problems, arthritis, limited mobility or otherwise at risk of falls, or who are living in deprived circumstances including those at risk of fuel poverty or at risk of social isolation. The title of the event will need to be related to summer health promotion. Examples of previous events include tea parties, picnics and fêtes, cultural exchanges and international food events. We want you to be as creative as possible so that we can reach as many people as possible who may not normally engage in events and hear health messages.

The activities or events that we will fund will be ones that will:

1. Provide a lunch/ main meal for older people in the community
2. Reduce social isolation amongst older vulnerable people
3. Raise awareness of summer health messages, including:
 - Staying hydrated
 - Healthy eating
 - Protection from the sun
 - Checking on friends and neighbours

We would also like groups to invite speakers along to raise awareness of support services available. We have:

- SAIL Care Navigators who can support people to access social groups and support services including information on how SAIL can help
- Advisers from Age UK or Citizens Advice Southwark who can support people with accessing benefits and provide housing and welfare advice. They can also help older residents save money on gas and electricity bills
- GSTT physios who can provide advice on exercise classes available and staying safe at home

'Improving life for older people in Lewisham and Southwark'

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Please let us know on your application form whether you would like to invite one of these speakers or if you would like a speaker from somewhere else and we can see how we can support this.

Where possible, we would like events to include an optional physical activity that older people can take part in (e.g. games, dance, singing or exercise.) GSTT physios will be able to attend a limited number of events to potentially include a physical exercise class/ demonstration so please let us know on your application if you would like to be put in touch with them.

Leaflets/ promotional material

We will not be providing summer packs this year but leaflets will be sent out to successful applicants including top tips to stay cool and safe this summer, Age UK booklets on 'Staying cool in a heatwave', 'Staying Steady' and 'Healthy eating'.

All successful applicants will be required to:

1. Give a survey to fill in to their participants at the beginning and end of their event
2. Provide a brief evaluation on how their activity has achieved the above outcomes

Successful applicants will be expected to return participant surveys and the SHPP Event/Activity Evaluation form within two weeks after their event/activity takes place.

The small grants are available for up to £400.

We will award grants of different amounts dependent on the numbers of expected attendees and the type of event/ lunch provided. **Any event or activity should be for a minimum of 10 people.**

We particularly welcome joint applications to provide an event in collaboration with another local community group and these will be awarded at a higher rate dependent on numbers of attendees.

All events and activities must take place BEFORE 30th September 2017.

To apply for a small grant please complete the attached application form.

The last date for receipt of applications is Friday 30th June 2017

Please email your completed application to: rachel.henry@ageuklands.org.uk

The small grants will be allocated on an on going basis so we recommend that you send your application form back as soon as possible. You will be notified whether your bid has been successful after the closing date.

If your application is successful, Rachel will organise a time to speak with your event contact.

If you have any queries or require support in completing your application, please call Rachel on **020 7358 4077**

Priority will be given to groups and organisations who have not previously received a Weathering Well (Warm and Well in Winter or Summer Health Promotion) small grant.