

Warm and Well Winter Health Promotion Programme 2017 Small Grants Programme



Age UK Lewisham & Southwark's Warm and Well in Winter Health Promotion Programme (WWHPP) 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 cold winter months. The programme runs from October to March.

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 winter. Through the event or activity, our Warm and Well Winter Health Promotion Programme team and partners will be able to reach older people and ensure they receive the information and support they need to keep well throughout the winter.

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 winter health promotion. Examples of previous events include health and spa days, winter lunches and parties, cultural exchanges and international food events. We want you to be as creative as possible so that we can reach people who might not normally engage in activities and events.

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 and inform older people of the Winter health messages, including:
 - Staying Warm
 - Eating well
 - The importance of getting a Flu jab
 - Checking on friends and neighbours
4. Include exercise e.g. dancing, yoga, chair based exercise

Age UK Lewisham and Southwark will support organisations receiving a grant with one or more of the following:

- **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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The small grants are available for £100 to £250 for single events and up to £400 for larger or joint events.

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.

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.

Leaflets/ Promotional Material

We will not be providing winter packs this year but we have poster, leaflets and Age UK booklets on Winter Wrapped up, 'Staying Steady' and 'Healthy eating' which will help the successful applicants to communicate the warm and well in winter messages and provide useful information.

Requirements

All successful applicants will be required to return participant surveys and the WHPP Event/Activity Evaluation forms within two weeks after their event/activity takes place.

All events and activities must take place BEFORE 31st March 2018.

Process

To apply for a small grant (£100 -£250) please complete the attached application form.

The grants programme will be divided into 2 rounds (please note you can only apply in one round)

Round 1 will cover events held in **November or December** and the last date for receipt of applications is **Friday 27th October 2017**

Round 2 will cover events held in January, February or March 2018 and the last date for receipt of applications is **Friday 15th December 2017**

Please email your completed application to: living.well@ageuklands.org.uk

Applicants will be advised of the outcome of their application by **31st October for Round 1** and by **20th December for Round 2**

If your application is successful, you will be contacted by a member of the Winter Warm and Well team to organise the collection of resources and book a team member to support your event.