

THIS FUND WILL BE OPENING SUMMER 2018. PLEASE GO TO <https://londoncf.org.uk/> FOR UPDATES.

**The London
Community
Foundation**

The Lambeth Wellbeing Fund 2018 Fund Guidelines

About the Fund

We are delighted to offer the Lambeth Wellbeing Fund for third year, thanks to a continued partnership with NHS Lambeth, the Lambeth Public Health Directorate and the London Borough of Lambeth. The programme contributes to the Lambeth Health and Wellbeing Strategy.

This small grants programme includes funding from Lambeth's 'Project Smith', a local community approach, and Lambeth Public Health Directorate's 'Wellbeing Community Fund', both of which promote communities to support each other to improve their health and wellbeing. The approach encourages solutions from the ground up and builds on local skills and knowledge.

Project Smith funds are targeted towards improvement of adult health and wellbeing in eleven priority wards, covering three Local Care Network (LCN) areas:

North LCN	Ferndale, Larkhall and Stockwell
South East LCN	Vassall and Coldharbour, Gipsy Hill
South West LCN	Streatham Hill, Streatham Wells, St Leonard's, Thornton and Streatham South

Successful applicants supporting adults in these wards will become part of Project Smith, joining a network of local organisations and individuals who are collectively working to improve the health and wellbeing of local communities in the borough. Unlike other grant programmes, you will have access to additional support from our partners in health and social care, who are there not only to help your project grow, but also to learn from you to inspire their work.

Lambeth Public Health funding will be available for all sections of the community across the whole of the borough. Successful applicants receiving this funding will have the option to join the Project Smith network if they wish. However, all successful applicants will be expected to take part in two training sessions and contribute to sharing and learning.

Fund Themes

Lambeth residents identified three priorities through the Big Lambeth Health Debate and the Southwark and Lambeth Integrated Care Citizens Forum. Projects must support participants to address at least one of them.

1. Being able to **manage their own health and wellbeing** (or condition) and being supported to do so. This also includes having access to the right information and support, and being able to stay healthy;
2. Being able to have the right things in place to help them to **avoid a crisis**, or to limit the impact of a crisis, particularly for people who are living independently;
3. Feeling that they are **part of a community**.

In addition, we know that loneliness and isolation can contribute to poor physical and mental health. People who have good social connections are healthier and better able to deal with health problems if they arise.

We are looking for projects that promote wellbeing, help people to connect with others and address what is known as the *Wheel of Wellbeing*.



Wheel of Well-being

The six spokes of the wheel are: *Be Active*, *Keep Learning*, *Give*, *Connect*, *Take Notice*, and *Care*. These activities are simple things individuals can do in their everyday lives to increase their wellbeing. If someone is able to do them all then they have a better chance of feeling good about themselves and having better health. Please visit www.wheelofwellbeing.org for more information.

We are inviting organisations and individuals to apply for grants to deliver projects that will help us to meet the three priorities above. We are particularly interested in projects which are designed and led by those who will benefit. This fund is about developing and supporting local people to create their own solutions to improve the health and wellbeing of people in their communities.

Criteria

Projects will also need to address the following criteria.

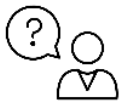
All projects must:

- Demonstrate how they contribute to improving the health and wellbeing of Lambeth residents;
- Seek to engage those who are not currently accessing activities/services. We are interested in projects that will help break down barriers to engagement. We are not looking to fund activities supporting an existing cohort of well engaged residents, but we will support the expansion of an existing service to reach out to new participants;

- Meet an identified need. You will need to demonstrate that the project is wanted and needed by communities who will benefit, for example, through consultation or informal feedback.
- Be working with or seek to work in partnership with other local organisations, community groups or service providers including GPs, pharmacies and local facilities such as extra care and sheltered housing schemes;
- Have a sustainability plan for continuation beyond this funding period.

The majority of funding in this round comes from Project Smith and is for projects which:

- Support older residents of Ferndale, Larkhall, Stockwell, Vassall, Coldharbour, Gipsy Hill, Thornton, Streatham Wells, St Leonard's, Streatham Hill and Streatham South wards;
- Are led by the communities who will benefit;
- Improve mental wellbeing; and/or
- Work with men, people with dementia or carers.



NEED HELP?

If you would like to discuss your project idea please call us on 020 7582 5117. We can advise you on how to address the fund priorities and criteria in your application.

Who can apply?

- Individual Lambeth residents or groups of residents – we want to support your ideas, and you do not have to be part of an organisation to apply to this fund. You can apply with the support of an organisation that can hold the funding for you and act as a ‘nurture organisation’. If you don’t already know an organisation that can do this for you we can help you to find one. See appendix 1 for more detail on the role of a nurture organisation.
- Community groups, Tenants and Residents Associations (TRAs), registered charities and social enterprises/Community Interest Companies (CICs), Charitable Incorporated Organisations (CIOs) and companies limited by guarantee with an income of less than £100,000 per annum (in the last accounting year) are welcome to apply. The income threshold does not apply to nurture organisations.

All organisations applying (including nurture organisations) must have:

- A governing document (e.g. a constitution or memorandum & articles of association);
- An active management committee of at least three people who are not related (for CICs this can be two people);
- A bank account in the name of the organisation, with at least two unrelated signatories;
- Recent financial accounts or records of income and expenditure (unless the organisation is new) and sound plans for managing money;

- A safeguarding policy for working with children or vulnerable adults, if relevant. Guidance to develop a policy is available on our website if you do not currently have one.

If you are unable to provide any of the above, please call us before you apply. You may need to find a nurture organisation to apply on your behalf.

If you have previously received a grant from the Lambeth Wellbeing Fund, you may apply for funding for a different project or to work with a different target group, but we won't fund the same project twice.



NEED HELP?

If you are unsure whether you are eligible to apply please call us on 020 7582 5117.

How much can I apply for?

Grants of between £1,000 and £5,000 are available for projects of up to 12 months starting no earlier than 28th January 2019 and ending no later than 31st March 2020. Any management costs for nurture organisations must be included in the requested amount.

Funding available in this round

£60,000 Project Smith funding – for adults in the eleven priority wards
 £18,000 Public Health funding – for residents of all ages across the borough, with a particular focus on improving mental wellbeing.

How to apply

Applications are submitted through an online application form including all supporting documents. If you have no access to the internet, please call the office and ask to speak with the Programme Manager for the Lambeth Wellbeing Fund.

The link to the online application form will go live during Summer 2018. Please check our website for updates. We recommend you download and read the guidance notes for completing the online application form which will be available when the fund opens.

What can I apply for?

Funding is available for projects which benefit all Lambeth residents, however Project Smith funds is for projects which support older residents of Ferndale, Larkhall, Stockwell, Vassall, Coldharbour, Gipsy Hill, Thornton, Streatham Hill, Streatham Wells, Streatham South and St Leonard's wards. This includes intergenerational projects which bring together residents of all ages.

You can apply for any costs towards your project, including for example, volunteer expenses, venue hire, equipment, insurance, and staff costs associated with delivering the project. We encourage applicants to follow the principles of 'full cost recovery' and include core costs within the budget, i.e. including an appropriate portion of the organisation's rent, administrative costs etc. For further information please see: www.culturehive.co.uk/wp-content/uploads/2014/05/Full-cost-recovery.pdf.

Examples of projects funded through the Lambeth Wellbeing Fund

- Drumming workshops for older men, to improve confidence and wellbeing;
- Singing for Health group for older people with lung conditions;
- Chair-based exercise classes to help prevent falls, or help people recover from them;
- Peer-led mentoring and support for people with mental health difficulties;
- Laughter yoga and lunch sessions;
- Monthly musical performances and weekly arts and crafts sessions for isolated older people, based out of a care home;
- Horticulture therapy to support people with mental health problems, and their carers;
- Weekly two-hour knitting sessions for isolated or lonely older people;
- Pottery classes for people living on low incomes;
- Digital technology workshops to help older people access online information and make positive connections;
- Trips and well-being events for isolated older Muslim women.

What can't we support through this Fund?

There are a few things we are unable to support through this Fund:

- Projects which have been previously funded through the Lambeth Wellbeing Fund;
- Projects where the majority of beneficiaries will not be Lambeth residents;
- Projects or spending that has already taken place;
- Commercial activities – the fund can only support activities that are not for profit;
- Activities which are political or religious in nature;
- Activities which are a statutory responsibility;
- Major capital or 'bricks and mortar' projects;
- Organisations and/or residents with unsatisfactory or overdue monitoring for any of The London Community Foundation's grant programmes.

Deadline for applications

5pm on 26th October 2018 (tbc)

How will we capture the learning from these projects?

We are keen to learn from this programme to help shape future programmes. In your application, make sure you tell us how you will demonstrate the success of your project in addressing the fund priorities. We will be asking all grant recipients to contribute to an overall evaluation of the programme, and by applying to this fund, you are agreeing to work with our NHS and Local Authority partners, and external evaluators NEF Consulting at certain points throughout your project. You will also be required to attend one-two training sessions in January/February and in May/June to help you to develop the right tools to be able to measure

an improvement in the wellbeing of the people you work with. This will help you to evidence the impact of your organisation and its work, which will in turn improve your ability to fundraise. We will, of course, be mindful of your time and capacity when planning this aspect of the programme.

Contact details:

Deborah Brodie
Senior Programme Manager
The London Community Foundation
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deborah.brodie@londoncf.org.uk
www.londoncf.org.uk

Project Smith

NHS
Lambeth
Clinical Commissioning Group


Lambeth

The Lambeth Wellbeing Fund is managed by The London Community Foundation,
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Appendix 1: Applying with a Nurture Organisation

If you are an individual or a group of residents who are not part of an organisation or you are an organisation which does not meet the organisational requirements above under 'Who Can Apply?', we can help you to apply with the support of a 'nurture organisation'.

Nurture organisations can receive a grant on your behalf and help you manage your project. The role of the nurture organisation will be to hold any funding awarded and keep track of grant expenditure, as well as providing you with any support you need to manage your activities. They should also be able to support you with areas such as safeguarding (ensuring the protection of any vulnerable people that will be taking part in the project), insurance and capturing the activities from your project. They are liable for the grant, which means you will need to work together to ensure the project is delivered successfully. We recommend that an agreement is drawn up between yourself and the organisation to ensure you are both clear on your roles and responsibilities. You should also plan regular meetings to update your nurture organisation on the progress of the project so that they can offer you support to overcome any challenges. These meetings should also include an update on expenditure, so you can keep track of your project budget.

You may already know an organisation that will be able to manage the funds for you if your application is successful – but if not – we may be able to help. It is always better if there is an existing relationship with a nurture organisation, for example you may be a volunteer of a local organisation or have benefited from their services. If you need help finding a nurture organisation, contact us and we can help to link you up with one.

Both the Nurture organisation and the individual they are supporting should be based in Lambeth. The income threshold for applicants does not apply, however they will need to have been established and operating for at least 12 months prior to the application.

We are able to make a contribution towards the management costs of the nurture organisation of a maximum of 15% of the project budget.

Appendix 2: Key Contacts

The London Community Foundation

For advice on applying to the Fund or developing your project idea please contact the Programme Manager for the Lambeth Wellbeing Fund. We can also help you to make links within your chosen area of Lambeth.

Contact: Deborah Brodie, Senior Programme Manager, The London Community Foundation, deborah.brodie@londoncf.org.uk, 020 7582 5117

Lambeth Clinical Commissioning Group (CCG) and Lambeth Council

Project Smith is funded by NHS Lambeth and Lambeth Council, and is supported by Healthwatch Lambeth. There is a strong emphasis on linking the local community with health providers within their areas, such as GPs and pharmacies.

For groups wishing to work with adults in the eleven priority wards, the Project Smith Programme Manager can offer advice on developing your project.

Contact: Dave Goslyn, Project Smith Programme Manager, Lambeth CCG, 07540 095696, dave.goslyn@nhs.net

Community Workshops

We will be holding workshops during September 2018 at neighbourhood forums in each LCN area. We recommend you come along to meet other organisations, and to ensure that your work supports local plans and addresses gaps in provision. You will find out about the fund and Project Smith, and you can tell us about your project idea. Please visit our website nearer the time to find out the dates and venues: <https://londoncf.org.uk/>.

We will also be holding three **Project Smith Ideas Days** where we will offer 30-minute surgery slots to discuss your projects and applications with us face-to-face. Please visit our website nearer the time to find out the dates and venues (<https://londoncf.org.uk/>), or contact Deborah Brodie at deborah.brodie@londoncf.org.uk or 020 7582 5117.