

## Community Public Health Fund guidance and fund criteria

### Community Grants

### 1 What is the purpose of the fund?

The **Community Public Health Fund** is a grant giving scheme that supports a number of key public health priorities aiming to improve the quality of life for people living in the Carlisle area through community based and community led projects. Community public health funding is available for projects, across the Carlisle district, that aim to support people to make **informed healthy lifestyle choices** which will have a long term positive effect on the health and wellbeing of their group and/or community.

The intention is to extend our previous Carlisle public health grants as follows to cover the following priorities:

1. Encourage healthy lifestyles to reduce risk factors of cardiovascular disease
2. Encourage community projects that help to support older people, with a particular focus on:
  - reducing social isolation
  - dementia awareness and/or prevention

Further data and evidence for the above priorities may be found at:

#### **Reducing social isolation:**

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/461120/3a\\_Social\\_isolation-Full-revised.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/461120/3a_Social_isolation-Full-revised.pdf)

<https://www.campaigntoendloneliness.org/wp-content/uploads/downloads/2013/07/Public-Health-Approaches-to-Social-Isolation-and-Loneliness-Part-1.pdf>

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/460708/3b\\_Reducing\\_social\\_isolation-Briefing.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/460708/3b_Reducing_social_isolation-Briefing.pdf)

#### **Dementia:**

<https://www.gov.uk/government/publications/health-matters-midlife-approaches-to-reduce-dementia-risk/health-matters-midlife-approaches-to-reduce-dementia-risk>

<https://www.alzheimers.org.uk/>

#### **Cardio Vascular Disease:**

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/556135/Action\\_on\\_cardiovascular\\_disease-getting\\_serious\\_about\\_prevention.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/556135/Action_on_cardiovascular_disease-getting_serious_about_prevention.pdf)

## 2 What is on offer

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This year a fund total of £60,000 will be available for the Carlisle area. The funding is for projects that support any of the above priorities. Projects will support people to make informed healthier lifestyle choices.

Applications will be invited up to a maximum of £8,000 for projects delivered within or across the Carlisle area.

We would like to see applications that use the fund to attract additional funding opportunities, or that supports or complements other resources from public, private and voluntary organisations in supporting community public health aims.

## 3 Guidance and criteria for funding

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All applications must meet the criteria set out in the document: **Community Grants: General Criteria, Guide to the Application Process and Terms and Conditions of Funding**.

Additional guidance and criteria for Community Public Health Funding are as follows:

- 3.1 Grants for Community Public Health Funding will only be awarded to community based projects and initiatives that support people to make informed healthy lifestyle choices which help to support the public health priorities in section 1 above. These could include interventions/projects that will aim to:
  - Help people to stop smoking
  - Support people to reduce their consumption of alcohol
  - Increase physical activity and encourage people to take regular exercise
  - Encourage/educate people to have a balanced diet and reduce salt intake
  - Improve access to healthy food
  - Support individuals who are overweight or obese to lose weight
  - Adopt a holistic approach to health and wellbeing
  - Improve dementia friendly services and/or support networks
  - Improve engagement within local communities to all those at risk of social isolation
  - Build knowledge, skills and capacity in the local community to enable people to live healthier lifestyles
- 3.2 All applications for Community Public Health Funding must be submitted on the **Community Grant Application Form** and **Section 6: Additional Information for Community Public Health Funding Application** which is on page 3 of this document.
- 3.3 Applications will be welcome for new projects and to support existing worthwhile projects to continue or diversify. Those applications for support which demonstrate that they are closely aligned with the aims of public health will be given priority.
- 3.4 It is preferred that the grants will fund community groups, voluntary organisations or social enterprises; but, we will consider applications from other agencies if they can demonstrate that they will work closely with the local community and local assets
- 3.5 We will look favourably on projects that demonstrate an innovative approach to reducing the risks of cardiovascular disease and can be used as models of good practice in achieving the strategic aims of public health.
- 3.6 We would welcome applications that demonstrate social value, positive behavioural change and/or lead to sustainable improved health outcomes.
- 3.7 Funded activities may be one or more of the following
  - A new activity
  - Developing or improving an existing activity

- Extending the range or scale of an activity that the applicant already does such as offering an activity in a new area or with a different population/group
- Help to develop activities to sustain them in the future – such as training staff or volunteers (or both) to provide support or buying new equipment that will be used well in the future
- A pilot.

#### **4 What are the desired outcomes?**

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4.1 Outcomes should show that people are making informed healthier lifestyle choices which might include:

- Reducing their consumption of alcohol; stopped smoking; managing weight (where previously there had been issues of obesity or overweight) or increased exercise.
- Improving how people are able to live with dementia through the creation of 'Dementia Friendly Communities'.
- Reducing the risks of falls.
- Improving access to services which will reduce the incidence of social isolation.

4.2 Where possible outcomes should be measurable.

#### **5 How do I apply for a Community Public Health Grant**

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Community Public Health applications can only be made via the Community Grant Application Form and additional criteria which is available online:

**[cumbria.gov.uk/yourcommunitysupport/communitygrants.asp](http://cumbria.gov.uk/yourcommunitysupport/communitygrants.asp)**

It is recommended that you contact your local Community Development/Area Support Team to discuss your application prior to submission:

**Community Development Office  
Cumbria County Council  
Cumbria House  
107 -117 Botchergate  
Carlisle  
CA1 1RD**

**T: 01228 226730**

**E: [Carlisle.areasupport@cumbria.gov.uk](mailto:Carlisle.areasupport@cumbria.gov.uk)**

## **6 Additional Information for Community Public Health Funding Application**

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Name of Group/Organisation

Contact Name

Ref (office use only)

6.1 How do you know that this project/initiative is needed and wanted?

6.2 How will you deliver the project?

6.3 Who will benefit from this grant and what do you hope to achieve?

6.4 How does the project help to support people to make informed healthy lifestyle choices, and which priority does your project aim to support?

6.5 How will you find out what difference your project has made?