

# **Active Belfast Grants 2016-17**

## **Welcome** Information session



# Meet the Active Belfast Team

Kim Kensett | **Health & Social Wellbeing Improvement Senior Officer (Active Belfast)**

Andrew Steenson | **Project Development Senior Officer (Active Belfast)**

Gráinne McMacken | **Health Promotion Specialist Dietitian**

Rachel O'Reilly | **Physical Activity Referral Officer**

Zahara Burnison | **Contracts Officer**

Margaret Devlin-Hania | **Advanced Health Improvement Practitioner**

Laura Taylor | **Health and Social Wellbeing Improvement Officer (Belfast)**

Laura Evans | **UU Placement Student**



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# Today's Session

- Active Belfast and our aims
- Active Belfast Grant 2015-16 Project Examples
- Application process and considerations for 2016-17 grants





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# **Our mission**

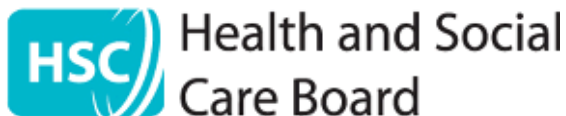
*People in Belfast will be  
more active and healthier*

## **Belfast Strategic Partnership**

*Focusing on Life Inequalities*



# Active Belfast Partnership (strategic)





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# Health inequality in Belfast

## Life expectancy at selected points along a Belfast Metro bus line (2006-08)

Metro **8**

**Donegal  
Square**

**Queen's  
University**

**Upper  
Malone Road**

**Finaghy Road  
South**



**Male life expectancy**

**71 years**

**74 years**

**79 Years**

**80 years**

**Female life expectancy**

**77 years**

**81 years**

**82 Years**

**83 years**

**NYDMN Ward rank**

**22**

**237**

**328**

**550**

**(1-most deprived ward**

**582=least deprived ward)**



# Inequalities in physical activity levels

<b>Participation*</b>		<b>Belfast</b>
<b>Overall</b>		<b>34%</b>
<b>Gender</b>	<b>Female</b>	<b>25%</b>
<b>Social class</b>	<b>Manual / unskilled</b>	<b>24%</b>
<b>Age</b>	<b>50+</b>	<b>17%</b>
<b>People with disabilities</b>		<b>12%</b>

•At least 30 minutes of at least moderate intensity in last 7 days

# Chief Medical officer's physical activity recommendations for adults

- 150 minutes moderate activity or 75 minutes of vigorous activity per week
- Plus strengthening exercises on at least 2 days of the week
- **Reduce sedentary time**

NB\* Recommendations for other life stages

<https://www.gov.uk/government/publications/uk-physical-activity-guidelines>

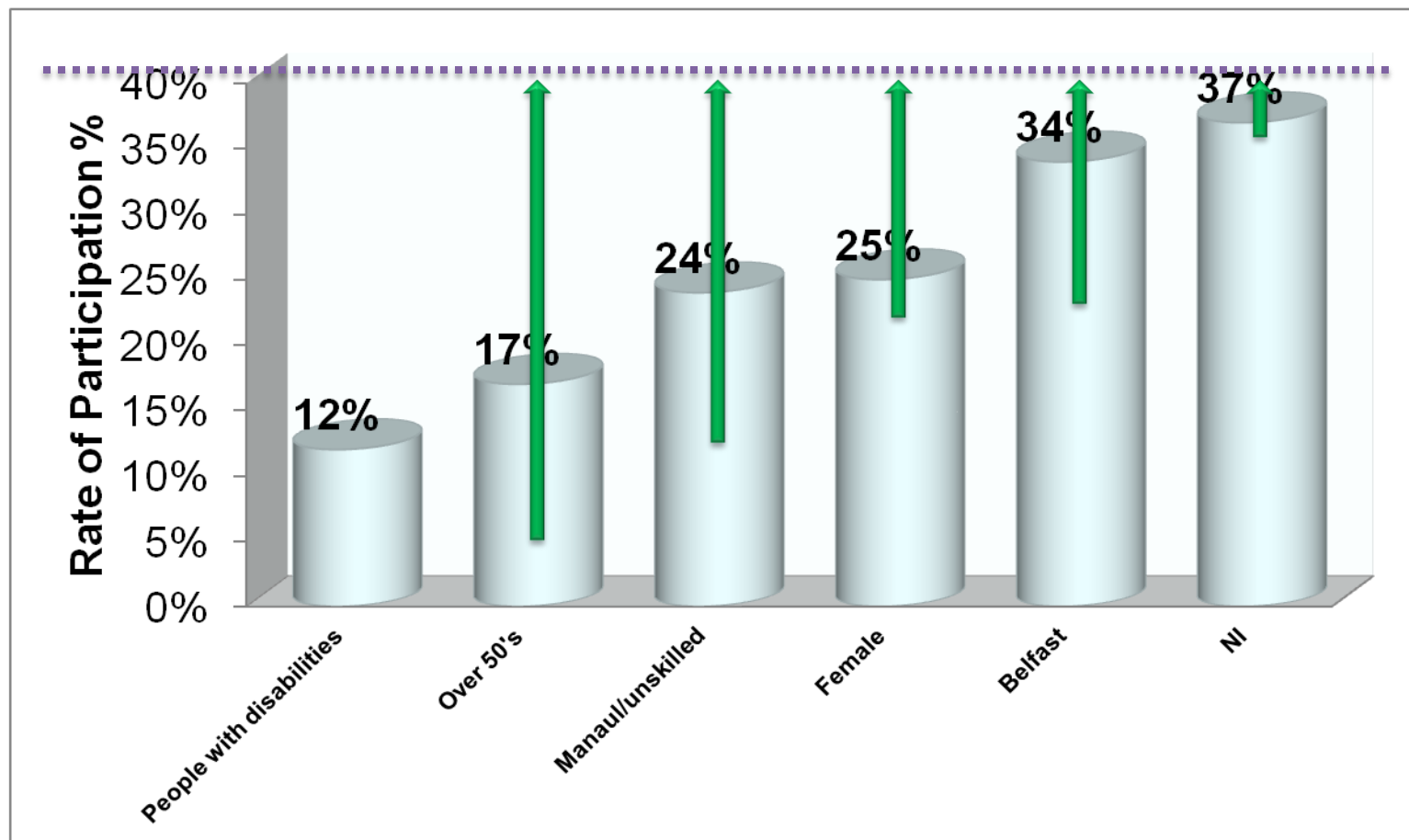




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# Starting point...SAPAS (2010)





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# Active Belfast Vision

- People in Belfast will be more active and healthier
- Mission statement - Working together to inspire more people to be active more often.



# Active Belfast Grants

Aim to

- Create opportunities for people to participate in physical activity **and** to eat more healthily within Belfast
- Increase awareness of benefits of regular, moderate activity **and** eating more healthily



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# Active Belfast strategic priority themes





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# AB Strategic objectives

- Provide and support a range of training and education opportunities
- Extend the range and quality of spaces and activities available
- Develop and provide a range of activities to increase awareness and participation
- Work better together to create wider connections
- Increase the awareness and benefits of being active and eating more healthily



# Barriers to physical activity & good nutrition

- Socio-cultural
- Practical
- Knowledge



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# Active Belfast nutrition

- New focus!
- Good nutrition integral part of a healthy lifestyle
- Diet related disease rates higher in areas of social need.

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



# Nutrition component

Last year...

- Nutrition programme delivery- e.g. Food Values, Cook it!, Weigh to Health etc.
- Sessions themed on nutrition e.g. Weaning, toddlers, family eating, older people.
- Programme or session delivery costs- venue, materials, facilitator fees (if required)
- Nutrition training or provision of high quality accurate information



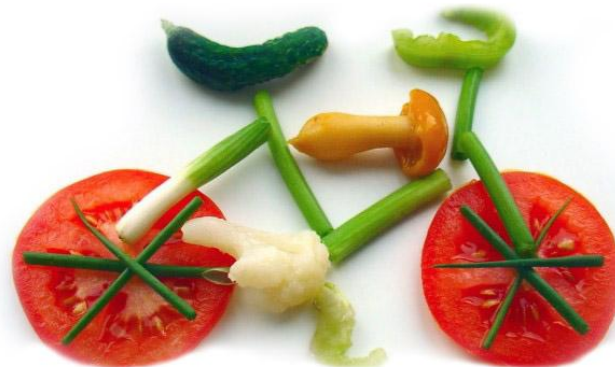


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# Nutrition

- Integrate nutrition messages into ongoing programmes?
- Add value by including nutrition information or skills – cooking, food budgeting, growing fruit, vegetables, herbs?



# Introducing the 2016-17 Grant Scheme

- c. £170,000 to support **innovative, new, sustainable** projects

## Themes

- Active Travel
- Active Neighbourhoods
- Includes larger citywide (£26k) and local community (£11k) projects – up to £1K for nutrition
- All include nutrition



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# Active Travel





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# What we mean by active travel...



‘....physically active,  
human powered  
modes of  
travel/transport as  
opposed to  
motorised ones’.







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# Active Travel



**Being active e.g. Walking and cycling has many positive health benefits :**

↓ risk of CHD, stroke, obesity and type 2 diabetes

Good mental wellbeing and feelings of self-worth

↓ Smoking and substance misuse

Short journeys to shops or work are likely to be sustained.\*



\* Belfast Active travel action plan 2014-2020





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# Active neighbourhoods

- Use or enhance indoor or outdoor spaces
- Building capacity/ developing skills of local people
- Walking programmes using green spaces
- Community based facilities including gardens or allotments



 **Belfast**



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# Active Belfast Grants Scheme 2015-16

## Project Examples



# Greater Shankill Partnership

## ‘Strictly Active’ | Overview

- Making use of public space through a new initiative ‘Distance Dancing’ engaging with older people and people living with dementia in dance to encourage and enable physical activity and positive mental health
- The project supports the city as whole but located key activity at a grass root community level, by establishing a first dancer residence scheme in 4 settings in each quarter of the city
- Hosted community based showcase events drawing in other participants for an end of project central showcase and celebration event



## Develop New Skills/Increase Knowledge:

- Increase the awareness of the benefits of physical activity
- Dance plays important role- reigniting skills and confidence
- Professional staff, careers to build dance skills
- Toolkit to be developed

Support Neighbourhood & city to be more active:

- Offer resident the opportunity to experience dance
- Enables staff, careers & volunteers to participate and support the residents
- Inviting members of the community to the showcase event to view the dance performance and to join in
- Final city-centre celebration showcase, to celebrates with the general public

## Progress to Date

- Sessions have concluded at Hemsworth Court
- Sessions still happening in Sydneham and Chestnut Court
- Fairholme commenced sessions in January
- Toolkit in final agreement and production has been confirmed to capture and collate footage
- Links with other agencies have been formed

Target Group	Annual Target	Quarter 1	Quarter 2	Quarter 3	Quarter 4 (in progress)
Children & Young People (0-18)	0		0	95	
Older People (65+)	90		32	38	
People with Disability	30		18	35	
Inactive people	70		30	30	

- Increase levels of physical activity
- Increase engagement of older people/people living with dementia
- Positive feedback from all settings in regards willingness and enjoyment and confidence

**Progress= Very Good!**

# East Belfast Sure Start

## SHINE TOO | Overview

- To target families during pregnancy and with children up to the age of 3 who are unlikely to participate in physical activity or to engender ethos in their children.
- Intervention will enrich the bonding and attachment, enabling families to enjoy quality time in physical activities together for mutual benefit, redressing health inequalities
- Supporting the neighbourhood by encouraging active participation in fun, family friendly activities that are accessible and free

## Develop new skills/increase knowledge

- Enhances bond and attachment from bump to baby with parent
- Empowers and motivate parents with knowledge to have an active healthy lifestyle
- Engaging families less likely to participate in physical
- Taking use of facilities in area
- Physical activity can makes positive



## Support Neighbourhood/city

- Encourages active participation in fun family friendly activities that are accessible and free
- Targeting families with mental health problems, poor diet and nutrition and experiencing poverty
- Provide swimming sessions
- Information workshops for people in the community



## Physical Activity Component

- **Baby massage**
- **Aqua Natal swimming sessions for ante/post natal**
- **Aqua Babes swimming session for babies and parents**
- **Infant Yoga**

## Nutrient Component

### Main Outcome: Healthy Living: Diet & Nutrition

- Information workshops:
  - Diet & Nutrition
  - Healthy Diet and Weaning for Babies
- 
- Cook it! Sessions

## Progress to date

- X2 workers have completed training in Aqua yoga, to be delivered in the next quarter
- On target to deliver ante swim services in 3<sup>rd</sup> & 4<sup>th</sup> quarter
- X4 baby swim programmes completed with parents and babies under 1 (positive feedback!)
- Relationships have formed with local leisure centres facilities
- Parents have started to access other Sure Start groups



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Target Group	Annual Target	Quarter 1	Quarter 2	Quarter 3	Quarter 4 (in progress)
Children & Young People (0-18)	60	42	39	25	
Women (19-64)	55	41	43	36	
People in Deprived Areas	60	43	43	61	
Inactive people	60	12	37	61	





- Increase levels of physical activity
- Increase engagement of women and children & young people
- Positive feedback from participants attending classes

**Progress= Very Good!**



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# **Grant Application Process 2016-17**

## **The Essential Guide**



# Application Process | The Essential Guide

## What are we looking for...?

- **Innovative**, **new** and **sustainable** projects
- **Partnership working** – projects must be delivered in partnership with at least two other organisations
- A project which encourages **people in Belfast** to be **physically active** and **eat more healthily**

# Application Process | The Essential Guide

## Stage 1 | Self Assessment Form (SAF)

- SAF is designed to assist you in deciding whether your organisation will be eligible to apply for funding
- All organisations must complete a SAF
- Categories of funding are Active Travel & Active Neighbourhoods

## Points I'll cover

- Project types we will not fund
- Policies & Procedures Checklist
- Information regarding the project you are requesting funding for





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# Application Process | The Essential Guide

## Stage 1 | Self Assessment Form (SAF)

**Active Belfast Grants will not cover projects which involve;**

- Applications from individuals
- Activities promoting political and religious beliefs; this does not preclude Faith Community Groups applying for activities related to the aims of the scheme
- Groups or travel outside Belfast City Council boundaries  
<http://www.belfastcity.gov.uk/council/Yourcouncil/yourcouncil.aspx>
- Existing projects or one-off events
- Funding to set up a new club
- General running costs which are not related to the specific project for which funding is sought to include endowments/loan payments
- Costs already incurred (retrospective funding)
- Donations (to individuals, groups or charities)
- Fundraising events or activities
- Projects indicating a disproportionate cost for transport
- Management costs of more than 15% of overall grant awarded
- Affiliation or professional membership fees.

*Please note: Previously funded organisations who did not submit quarterly monitoring returns and end of project evaluation reports are not eligible for application.*





# Application Process | The Essential Guide

## Stage 1 | Self Assessment Form (SAF)

### Policies & Procedures Checklist

Your organisation must have the following policies in place to assure compliance with the law;

- |  |                           |                          |
|--|---------------------------|--------------------------|
| • Finance Procedures Policy  | <input type="radio"/> Yes | <input type="radio"/> No |
| • Health and Safety Policy   | <input type="radio"/> Yes | <input type="radio"/> No |
| • Equal Opportunities Policy   | <input type="radio"/> Yes | <input type="radio"/> No |
| • Child Protection Policy [if applicable]  | <input type="radio"/> Yes | <input type="radio"/> No |
| • Vulnerable Adults Policy [if applicable]                                       | <input type="radio"/> Yes | <input type="radio"/> No |
| • Freedom of Information Policy<br>[applicable to all non charity organisations] | <input type="radio"/> Yes | <input type="radio"/> No |
| • Data Protection Policy   | <input type="radio"/> Yes | <input type="radio"/> No |
| • Fraud Policy   | <input type="radio"/> Yes | <input type="radio"/> No |
| • Bribery Policy   | <input type="radio"/> Yes | <input type="radio"/> No |

Have all of the above systems been approved  
by the management committee?

☐ Yes ☐ No

Are all of the above reviewed regularly?

☐ Yes ☐ No



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## Stage 1 | Self Assessment Form (SAF)

# Application Process | The Essential Guide

Active Belfast Grant Scheme 2016/17 is available for new projects or initiatives only  
- please indicate which category you are requesting funding for;

☒ Active Travel ☐ Neighbourhoods

Is your organisation involved in partnership working with at least two other organisations for the proposed project or initiative? ☒ Yes ☐ No

Are the beneficiaries of your project Belfast based? ☒ Yes ☐ No

Please describe in no more than 100 words the nature of your project or initiative:

Organisation Name:

Address:

Postcode:

Lead Project Officer:

Email:

Phone:

Mobile:



# Application Process | The Essential Guide

## Stage 1 | Self Assessment Form (SAF)

SAF can be completed electronically but should be printed and returned **no later than 12 noon, Monday 7 March 2016** to

**Zahara Burnsion | Contracts Officer**  
**Belfast Health Development Unit**  
**5 Floor, 9 Lanyon Place | Belfast | BT1 3LP**



# Application Process | The Essential Guide

## Stage 2 | Grant Application Form (GAF)

- You will only receive a Grant Application Form if you have been successful in Stage 1 | Self Assessment Form (SAF)
- To note | **Application Form deadline is 12 noon, Monday 11 April 2016**
- Application Form can be completed electronically but **MUST** be printed, signed and returned to **Zahara Burnson | Contracts Officer | Belfast Health Development Unit | 5 Floor, 9 Lanyon Place | Belfast | BT1 3LP**

Application Form **MUST** be returned with following documents

Policies

# Application Process | The Essential Guide

## Stage 2 | Grant Application Form (GAF)

Upon submission of application you must provide a hardcopy of;

- Governing document/Constitution
- Current Audited/Unaudited accounts
- Current bank statement
- List of current Committee Members/Trustees/Directors
- Organisational chart

*Please note: Failure to submit the above documentation with your Active Belfast Grant Application will result in immediate dismissal of your application.*

# Frequently Asked Questions

## Self Assessment Form (SAF)

**Q |** What happens If I answer no to any questions on the SAF?

**A |** You can contact a member of the Active Belfast team on email at [activebelfast@bhdu.org](mailto:activebelfast@bhdu.org) or telephone 028 9050 2073

**Q |** If I only have one partner organisation on board am I still eligible to apply

**A |** Sadly not, you must deliver your project with a minimum of two partner organisations

**Q |** Can I deliver my project outside of Belfast?

**A |** The beneficiaries of your project **MUST** be Belfast based. New council boundaries can be found on Belfast City Council website | [www.belfastcity.gov.uk/council/Yourcouncil/yourcouncil.aspx](http://www.belfastcity.gov.uk/council/Yourcouncil/yourcouncil.aspx)

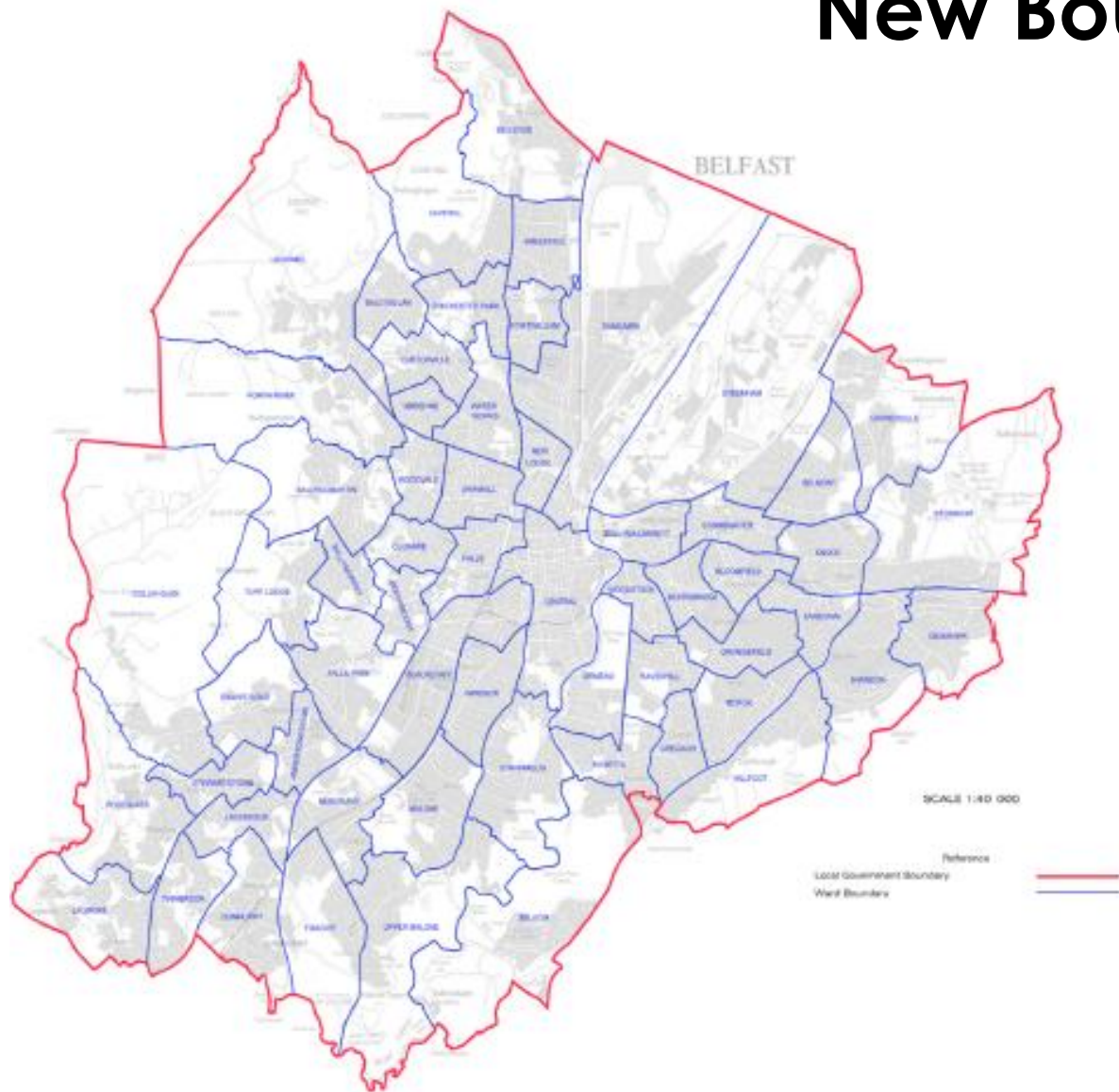


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# Belfast City Council

## New Boundaries







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# Quick Recap...



- Grants available for 2016-17 | Citywide £26K, Locality £11K (for e.g £10K physical activity, £1K nutrition)
- Projects should be innovative, new and encompass both physical activity and healthy eating
- **SAF deadline is 12 noon, Monday 7 March 2016**
- **GAF deadline is 12 noon, Monday 11 April 2016**
- More information on Grant Scheme including option to download SAF is available on our website | [www.makinglifebettertogether.com/active-belfast](http://www.makinglifebettertogether.com/active-belfast)





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# **ANY QUESTIONS...??**

**Please don't forget to complete the  
Evaluation Form – your feedback is  
important to us. Thank you!**



# Active Belfast Team

## Contact us...



Belfast Health Development  
Unit | 5 Floor | 9 Lanyon  
Place | Belfast | BT1 3LP

E | [activebelfast@bhdu.org](mailto:activebelfast@bhdu.org)

T | 028 9050 2073

[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)