

Active Belfast Grants 2017-18

Welcome Information session





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Today's Session



- Active Belfast & our aims
- Active Belfast Grants & themes
- Grants Process & consideration for 2017-18



Meet the Active Belfast Team

Kim Kensett | **Health & Social Wellbeing Improvement Senior Officer**

Andrew Steenson | **Project Development Senior Officer**

Gráinne McMacken | **Community Dietitian**

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

Zahara Burnison | **Contracts Officer**

Margaret Devlin-Hania | **Advanced Health Improvement Practitioner (BHSCT)**



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Active Belfast Partnership (strategic)



Public Health
Agency



Belfast
City Council



Belfast Health and
Social Care Trust



Health and Social
Care Board



Department for
Infrastructure
An Roinn
Bonneagair

www.infrastructure-ni.gov.uk



Queen's University
Belfast





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Our mission

*People in Belfast will be
more active and healthier*

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Focusing on Life Inequalities

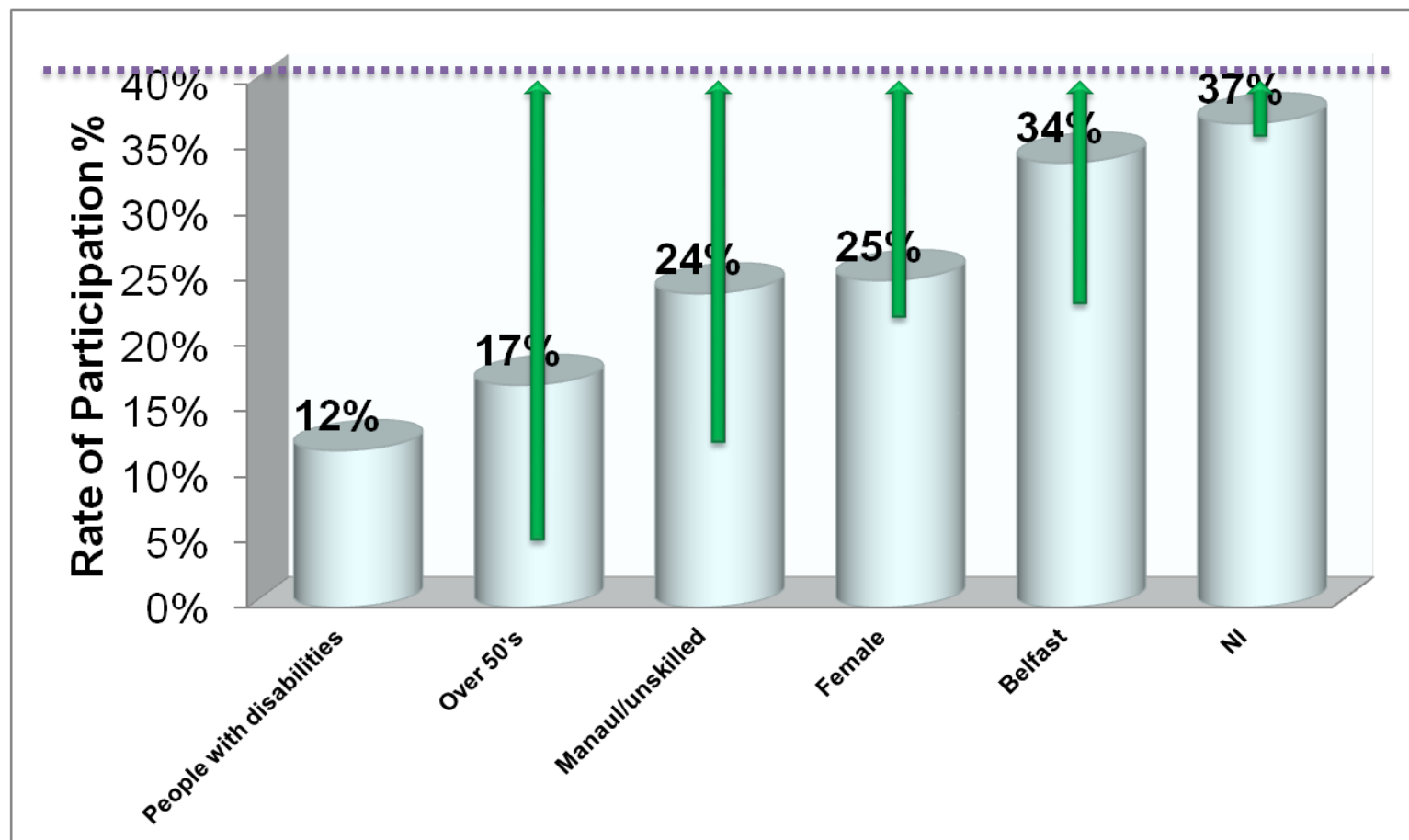




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Starting point...SAPAS (2010)



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





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Physical activity benefits for adults and older adults

- BENEFITS HEALTH**
- IMPROVES SLEEP**
- MAINTAINS HEALTHY WEIGHT**
- MANAGES STRESS**
- IMPROVES QUALITY OF LIFE**

REDUCES YOUR CHANCE OF	Type II Diabetes	-40%
	Cardiovascular Disease	-35%
	Falls, Depression and Dementia	-30%
	Joint and Back Pain	-25%
	Cancers (Colon and Breast)	-20%

What should you do?



UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>





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Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK

Aim for
at least
60
minutes
everyday



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Sit less



LOUNGING

Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active:** www.bit.ly/startactive

 **Active
Belfast**



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Chief Medical Officer's physical activity guidelines

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





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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 within Belfast
- Increase awareness of benefits of regular, moderate activity **and** promote healthy eating



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Active Belfast strategic priority themes



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

Introducing the 2017-18 Grant Scheme

- Aims to support **innovative, new, sustainable** projects
- **Themes**
 - Active Travel
 - Active Neighbourhoods
- Includes larger citywide (£25k) and local community (£10k) projects
- All projects should promote a healthy eating



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Active Travel



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BELFAST ACTIVE TRAVEL

ACTION PLAN 2014 – 2020



**Active
Belfast**



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What we mean by active travel...



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



Active Travel



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

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
- Community based facilities including gardens or allotments



 **Belfast**



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Active Belfast Grants 2016-17

Examples

www.makinglifebettertogether.com/active-belfast





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Grant Application Process 2017-18

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 **promote healthy eating**

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 required regarding the project you are requesting funding for

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
[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? | <input type="radio"/> Yes | <input type="radio"/> No |
| Are all of the above reviewed regularly? | <input type="radio"/> Yes | <input type="radio"/> No |

Application Process | The Essential Guide

Stage 1 | Self Assessment Form (SAF)

Active Belfast Grant Scheme 2017/18 is available for new projects or initiatives only
– please indicate which category you are requesting funding for;

☐ Active Travel ☐ Active 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:

Organisational Name:

Address:

Postcode:

Lead Project Officer:

Email:

Phone: Mobile:

Application Process | The Essential Guide

Stage 1 | Self Assessment Form (SAF)

SAF should be completed electronically and sent to Active Belfast Team by email at activebelfast@bhdu.org **no later than 12 noon, Fri 10 March 2017**



Application Process | The Essential Guide

Stage 2 | Grant Application Form (GAF)

- You will only receive a GAF if you have been successful in Stage 1 | Self Assessment Form (SAF)
- To note | **Grant Application Form deadline is 12 noon, Monday 3 April 2017**
- GAF MUST be completed electronically & returned to Zahara Burnison, Contracts Officer by email zahara.burnsion@bhdu.org

Application Process | The Essential Guide

Stage 2 | Grant Application Form (GAF)

Copies of the following policy documents **MUST** accompany your GAF

- 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

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

A | **Contact a member of the Active Belfast team on 028 9050 2073 or email activebelfast@bhdu.org to discuss**

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**

The Next Step...#ActiveBelfast

So picture this...you've been awarded an Active Belfast Grant (YAY) – this year to help you promote your project we will provide you with a promotional toolkit.

This toolkit will include

- Key messages
- Sample Social media templates
- Press release templates
- Case study template
- Active Belfast logos and branding guidelines





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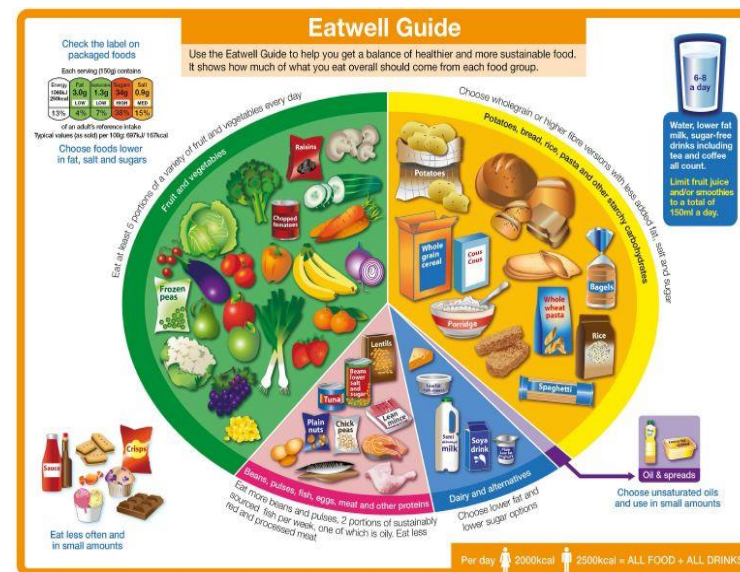
Nutrition | Following grants assessments



Active Belfast Dietitian arranges a meeting

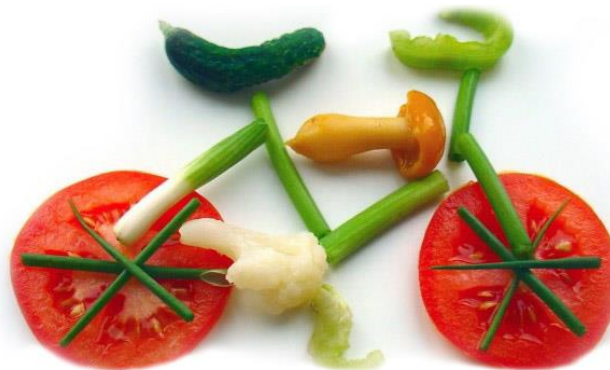
Focus on 4 Key Areas

- Participants eating more healthily
- Upskilling staff/coaches in nutrition
- Promoting healthy eating messages
- Developing healthy eating ethos/policies for your community or organisation



Nutrition | Benefits

- Targeted approach and tailored to your needs
- Development opportunities for your group/community
- Help address identified issues and challenges around diet and nutrition
- Opportunities to work with others and share good practice.





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Quick Recap...



- Grants available for 2017-18 | Citywide £25K, Locality £10K
- Projects should be innovative and sustainable
- Commitment to work with Active Belfast Dietician
- **SAF deadline is 12 noon, Fri 10 March 2017**
- **GAF deadline is 12 noon, Mon 3 April 2017**
- More information on Grant Scheme is available on our website |
www.makinglifebettertogether.com/active-belfast





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ANY QUESTIONS...??





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Active Belfast Team

Contact us...



028 9050 2073



@bspmlbt



www.makinglifebettertogether.com/active-belfast



www.makinglifebettertogether.com