

## Funding to improve health and wellbeing of residents in East Hertfordshire

Deadline to apply to East Herts Council for a grant to improve the health and wellbeing of residents in East Herts is the end of this month. So if you have any ideas or projects come and talk to us.

To find out more about how you could successfully apply for up to £3,000 to deliver a long-term project or up to £8,000 for a building improvement project, visit [www.eastherts.gov.uk/communitygrants](http://www.eastherts.gov.uk/communitygrants) for an online application.

Successful projects will focus on the council's priorities, including:

- Healthy living, specifically obesity, support for people living with dementia, promotion of physical activity and other long-term health conditions plus tackling loneliness and isolation
- Projects to support people living on low incomes
- Improvements to well-loved community buildings and green spaces contributing to health and wellbeing
- Cultural opportunities for vulnerable children and young people.

While we will consider any bids that meet our criteria we are keen to grant aid projects based on tried and tested methods such as those below:

- Men in Sheds <https://menssheds.org.uk/>
- Cycling without Age <http://cyclingwithoutage.org/>
- Sporting Memories <http://www.sportingmemoriesnetwork.com/>
- Fit and Fed <http://www.streetgames.org/fandf/fit-and-fed>
- The Together Project <http://www.bbc.co.uk/news/av/stories-43006631/the-children-keeping-their-local-care-home-young-and-fun>
- Participatory Arts in Health <http://www.artshealthandwellbeing.org.uk/what-is-arts-in-health>
- Connecting Lives (Chatter Tables, Getting Together Clubs) <https://www.hertfordshire.gov.uk/services/Adult-social-services/news-and-campaigns/connecting-lives.aspx>

**Deadline for all applications is 5pm 29 April.** If you miss this first funding round, don't worry as there will another round in the autumn. To discuss your ideas, contact me on the details below.