

**Bolton CVS**



# **Bolton Health and Wellbeing Community Investments**

*Investment Themes and Priorities*

## Our funding priority is to improve people's health and wellbeing

The most important thing about your proposed project are the changes it will bring about for people's health and wellbeing.

**Below are ten wellbeing priorities identified in Bolton's Locality Plan.**

We will ask you to address at least one of these in your application. You can select two if it is appropriate, but it will not reduce your chances of success if you only select one.

We will then ask you to tell us how you will demonstrate you have achieved this. Applicants asking for funding over £5,000 will be prompted to identify more specific, measurable outcomes on the online application form. Please contact the investments officer if you would like further information about this.

1. Encouraging people to be physically active
2. Encouraging people to reduce their alcohol consumption
3. Supporting people to have a healthier lifestyle
4. Helping older people reduce their risk of falling at home or outside
5. Supporting people to be less socially isolated
6. Supporting people to improve their mental wellbeing
7. Enabling people to get involved in their local communities – enabling people to meet with others or to be more active in their communities
8. Improving people's access to community groups and activities
9. More volunteering in Bolton\*
10. Improved partnership working across Bolton's workforce eg Bolton Council, health or social care providers\*

\* If you select 9 or 10 please select you will need to select one additional outcome from numbers 1-8.

**Please follow links for details of each round**

[Round 1: 5pm, Wednesday 31<sup>st</sup> January 2018](#)

[Round 2: 5pm, Friday 30<sup>th</sup> March 2018](#)

[Round 3: 5pm, Friday 29<sup>th</sup> June 2018](#)

[Round 4: 5pm, Friday 28<sup>th</sup> September 2018](#)

# Funding Themes

You can apply under any one of these themes – *if you are unsure which theme to apply under please contact the investments officer.*

## Round 1: 5pm, Wednesday 31<sup>st</sup> January

### 1. Arts based activities in communities – round 1

There is a lot of evidence showing the therapeutic benefits that art can bring to mental health and wellbeing. Creative activities can improve how people feel about their ability to cope with stress and can help them find creative solutions to problems. Creative activities can provide a way to relax and enjoy the moment as well as to develop confidence and find meaning in the world.

***Some examples of the types of activities this theme could fund include:***

- Crafty Brew
- Creative writing
- Community Choir
- Stand-Up Comedy – eg see *Headspace's work at the Octagon.*

See: <https://100momentsuk.wordpress.com/> for some inspiring ideas.

### 2. Activities in local green spaces – round 1

There is growing evidence to show that being connected to nature and wildlife brings substantial mental health benefits and at the same time, physical activity is known to result in positive physical and mental health. See for example [www.wildlifetrustswellbeingresearch](http://www.wildlifetrustswellbeingresearch)

***Some examples of the types of activities this theme could fund include:***

- Green Gym
- Buggy Bash
- Community Food Growing
- Mud Pack – carrying out maintenance or conservation work
- Young Person's Fishing Group

### 3. Mental wellbeing and early intervention – round 1

Prevention is better than cure. We all face challenges every day but some of us find it easier to bounce back than others. This funding theme would like to support

projects which promote mental resilience by providing people with skills and tools they can use to help cope with the challenges that life throws us.

***Some examples of the types of activities this theme will fund would include:***

- Ways to help people cope better with stress and anxiety such as deep relaxation sessions, Tai-Chi, Yoga or karate
- Support for people who are experiencing major life stresses such as bereavement, separation or abuse.
- Sessions to understand and learn about developing mental resilience.

#### **4. Promotion of good health – round 1**

Again prevention is better than cure. This theme focusses on the promotion of good physical health in order to prevent ill health. Individuals can face challenges and barriers to making healthy life choices. These could be related to eating, exercise, smoking or drinking. This funding theme would like to support projects that find effective ways of supporting people to overcome barriers to healthy choices and lifestyles.

***Some examples of the types of activities this theme would fund would include:***

- A “Diabetes stop here!” project
- Projects that embed physical activity in them
- Health focused projects for specific communities or groups eg a Better Man health project

**Round 2: 5pm, Friday 30<sup>th</sup> March 2018**

#### **5. Healthy Lifestyle Activities – round 2**

##### **Obesity and Smoking**

The reduction of Heart disease and Diabetes are important priorities highlighted in the Bolton Locality plan. Importantly, these diseases affect our “Disability Free Life Expectancy” – this is the average number of years a person can expect to live free from a limiting long-standing illness or disability.

The most common cause of heart disease is unhealthy diet, lack of exercise, being overweight and smoking. Trends in both heart disease and diabetes are strongly influenced by rising rates of obesity.

We also know that children are more at risk of obesity when one or both parents are overweight or obese.

## Alcohol

There are significant proportions of the Bolton population that drink at a level that increases their risk of ill health. Excessive alcohol consumption has consequences for both the health of the individual – such as chronic liver disease, heart disease, cancer, accidents, poor mental health and wellbeing – as well as having wider impacts– such as family breakdown, and crime.

***Some examples of the types of activities this theme could fund include:***

- Healthy cooking sessions which introduce people to alternative ways of preparing food for families, help with diets for diabetes and blood pressure etc.
- Sessions addressing attitudes to weight and weight loss, addressing weight within the family
- Stop smoking sessions/sessions including information/advice about the risks smoking, including shisha/access to online stop smoking sessions
- Exercise sessions, dancing, swimming, dog walking clubs, walking football etc
- Projects that address the needs of different drinkers such as the elderly, younger women, “home drinkers” and other hidden groups.

## 6. Information Resources – round 2

We would like to support small community groups to improve the ways they communicate what they are doing to enable more people to access their services and activities.

***Some examples of the types of activities this theme will fund would include:***

- Social media training / setting up a website
- Shout about it – word of mouth project

## 7. Physical Activities – round 2

According to the NHS, adults need to do two types of physical activity each week: aerobic and strength exercises. There is clear evidence that regular activity has both preventive and beneficial effects on many chronic conditions such as heart disease, cancer, obesity, diabetes, and mental health. Research in Bolton, shows that people living in more affluent areas of the borough are more likely to participate in physical activity. There are many barriers to getting involved in physical activity and these include body image, social peers, having a health problem, previous inactivity, lack of money, lack of facilities, family pressures, and weather. We also know that there are some groups of people who are more at risk of a sedentary lifestyle such as people (both adults and children/young people) with mental health problems.

***Some examples of the types of activities this theme will fund would include:***

- Projects that involve people who don't usually get involved in physical activities
- Physical activities decided upon by your group
- Activities that are inclusive and involve people who feel less confident about their body image or their physical abilities
- Physical play and activities for families with children

See Bolton Wanderers Community Trust for some inspiring ideas: [www.bwct.org.uk](http://www.bwct.org.uk)

## Round 3: 5pm, Friday 29<sup>th</sup> June 2018

### 8. Finance and Budgeting Support – round 3

Money and mental health are often linked. Poor mental health can make managing money harder and worrying about money can make your mental health worse. We also know that people who take an active role in planning and learning about their finances are more likely to feel less stressed and more confident.

***Some examples of the types of activities this theme will fund would include:***

- Peer led money group – individuals helping each other to reduce their debt by sharing money-saving techniques etc
- Projects and groups who are providing informal support around finance and money
- Support to help people access formal money advice and/or provide help and support putting the advice into action

### 9. Inclusion and Access to Services – round 3

There are many things that can make it hard for people to access community activities and services. These can include lack of money, transport problems, caring responsibilities, poor computer skills, language difficulties or lack of confidence.

***Some examples of the types of activities this theme will fund would include:***

- Community taxi service
- Bringing services to different locations and venues
- Digital training
- Befriending or peer support to access services

## Round 4: 5pm, Friday 28th September 2018

### 10. Self-care - round 4

Life expectancy in Bolton is lower than the national and regional average. We also know that the average life expectancy for people living in more deprived areas around the town centre is significantly lower than for other parts of the borough. We know that the average age where people can expect to live a disability free life is again lower for people living in the more deprived areas of Bolton and is particularly low for men.

***Some examples of the types of activities this theme will fund would include:***

- Activities that build confidence in people's sense of their own ability and value
- Activities that address attitudes to health and challenge ideas that there is nothing you can do to improve your health
- Running a self-care course that takes a holistic approach to health
- Activities that support people to set personal goals
- Providing information and support to help people access local services to improve their health

### 11. Befriending and Connecting to Community Resources - round 4

With an ageing community, it is more important than ever to have support for our older people who are more likely to experience social isolation as a result of a bereavement, distant family or limited mobility. Many 60 and 70-year olds don't want or need to be a service user but instead they become volunteers and use their skills and talents to run groups and clubs.

Social isolation isn't just a potential issue for older people. Individuals can become separated from a supportive community network as a result of many different life circumstances. A befriending service can link people up to each other and provide company to attend a group or a club.

***Some examples of the types of activities this theme will fund would include***

- Setting up a new befriending service
- Adding a befriending element to your existing group to support people who don't come perhaps because they have been ill or bereaved etc.
- Developing a new group that brings people together around a common interest

## 12. Support and Respite for Carers - round 4

National research has shown that carers' health suffers as a direct result of caring as personal health needs are often neglected when faced with the priority of caring for somebody else. Caring can affect anyone at any age and includes young carers under the age of 18 caring for adults or siblings. Carers could be caring for disabled children, a partner or relative or child with mental health problems, drug and alcohol issues as well as physical ill health or disabilities.

***Some examples of the types of activities this theme will fund would include;***

- Setting up a new carers support group
- Providing support for people who don't class themselves as carers
- Providing access to information about the support that is available to carers
- Providing carers with the opportunity to have a break from their responsibilities

## 13. Peer Support Development- round 4

People, families and communities can play a key role in managing their own health and wellbeing. Peer support involves people sharing knowledge, experience or practical help with each other. Peer support involves people drawing on shared personal experience to provide knowledge, social interaction, emotional assistance or practical help to each other, often in a way that is mutually beneficial. Disruption of social networks (particularly peer groups and friendships) can lead to feelings social isolation.

Peer support could be provided by individuals, volunteers or trained peers. It can be one to one in small or large groups, by telephone or internet based.

***Some examples of the types of activities this theme will fund would include:***

Setting up a new peer led group or adding peer-led support sessions within your current activities. Any peer led activities which encourage people to take more care of their physical or emotional health such as peer led activities:

- providing information
- smoking cessation counselling
- Befriending
- Information or education
- Emotional support
- Practical support

## Further information and help

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