Harrow Giving

Community Health Champions & Outreach - Programme

We are looking to grant two organisations to manage a health champion and outreach programme in the following areas:

- Organisation 1 - Diabetes & Hypertension
    - Diabetes is manageable through physical activity, diet, and appropriate use of medications to lower blood sugar (glucose) levels. You'll play a critical role in educating and facilitating patient access to health care and social services that support pre-diabetic and diabetic patients, and their families, in understanding and managing their chronic illness.
    - High blood pressure, also known as hypertension, is a common disease that can lead to heart disease and other serious health conditions. Your outreach efforts will help to educate people about how to prevent high blood pressure.
- Organisation 2 - Mental Health
    - Good mental health is essential for individual wellbeing, and for a happy, healthy society. You'll be championing efforts to promote emotional health and wellbeing, providing information and resources to help educate communities, raise awareness and remove stigmas.

The focus of the work will be to tackle inequalities through population health management in areas of high deprivation to improve the health and wellbeing of local residents and address local issues of concern.

We have created an Additional Document [.pdf] that sits alongside this Guidance Document to help cover the type of approach we are keen for organisations to take.

Champions

This programme will build on the strength, networks, skills and knowledge of local communities, by recruiting local people as volunteer Champions who will promote healthy lifestyles by inspiring others to take a more active role in their health.

Champions will:

- help and support information dissemination
- relay relevant health & wellbeing information
- promote clear and transparent information
- raise awareness of health and wellbeing services
- connecting and supporting local activities
- breaking down barriers to access
- organise low level neighbourhood activities
- gather and share relevant insight from communities to help partners understand deep-rooted attitudes, behaviours and perceptions
- help highlight priority areas for action

Champions will be sources of information on chosen aspects of health and wellbeing you decide to focus on (diabetes & hypertension or mental health), and able to support and signpost to make positive behavioural changes.

How Many Champions? In the application, you will be allowed to state how many champions you can recruit and their predicted reach into communities. Your numbers should be realistic and attainable. There is no set expectation of how many champions should be recruited through this programme.

Harrow Giving

Outreach

Part of the grant programme aims to resource your organisation to educate communities about your chosen health area, and to help support communities to maintain healthy lifestyles.

You'll be increasing awareness, advocating for local and health policies to improve healthcare, reduce health disparities, and reduce social and cultural stigmas that prevent people from seeking help.

Champions recruited will be one of the ways to do this, but you can also spread accurate information about health in an engaging manner to raise awareness and build momentum.

It is the goal of all outreach to improve communities' health awareness by offering health-related activities. This might look like; information events, fitness groups, walking groups, coffee mornings, distributing fact sheets, health fairs, community events, social media, newsletters, websites, blogs, one-to-one activities and much more.

In addition, your communities will be able to get health checks at your events and activities, so they can get advice on how to keep healthy and active. The health check is a free examination of a person's overall health. It usually takes 20 - 30 minutes to complete and involves little more than a conversation about lifestyles, measuring, and doing a blood test. Health checks would be done by a clinical provider, at your request.

We recognise that taking on health outreach and education may be a new space for some, so we are providing an opportunity to start the engagement process with resources in a way that is fit for your community.

Organisation Specification

What organisations we're looking for:

- Community-based organisation, with established social and peer networks in the borough of Harrow.
- Demonstrated experience in successful outreach programmes which engage with the local community in an informative and collaborative fashion.
- Organisations that have demonstrated skill and knowledge of the varying needs of the communities.
- Demonstrated ability to reach all members of a community – not limited to a specific interest, age, or ethnic group.
- Demonstrated ability to reach the communities most likely to face barriers and inequalities.
- Demonstrated experience in recruiting, supporting, training and managing volunteers
- Located within the Borough, or have a high profile and good reputation within the Borough with the communities where the project will be based, and the ability to operate within the area.
- Able to work in partnership and be an active member in a steering group and collaborate effectively in a multi-agency approach.

Support

Support organisations will receive:

- Capacity Building – Help with managing programmes, training development, operations, strategy and monitoring and evaluation frameworks.
- Volunteering – Help with promotion, management and recruiting of volunteer champions.
- Health Training – Expertise will be shared through meetings and training from local NHS, Public Health and partner agencies.
- Engagement Strategy – Help with engaging and reaching the seldom heard and minoritised communities.
- Stakeholder Relationships – We will help you develop your contact base to develop your programme and influence within
- Health Checks – We will be contracting separately a provider who will conduct health checks at your events and outreach activities.

Harrow Giving

Reporting on the Grant

You will need to report back to Harrow Giving.

We understand that disproportionate amounts of reporting can be time consuming and restrict the work being conducted to support those in need. However, it is also critical that we understand the impact the funds are having, along with what does and doesn't work, to inform future delivery and sustainability of programme activities.

We will be encouraging organisations to keep in touch on a monthly to quarterly basis to let us know how their programme is going.

More formally, monitoring will be captured using: a project evaluation form, project meetings, a case study (written, images or video) and/or interviews.

There will be training and capacity building offered to help strengthen your research and monitoring processes.

We will also be creating a public list of the grants awarded and to which organisation and for what.

Eligibility

This fund is only open to non-profit organisations.

To apply you must:

- Be a constituted not-for-profit organisation (Registered, exempted or excepted charity, Charitable Incorporated Organisation (CIO), Company Limited by Guarantee, Community Interest Company limited by guarantee, Charitable Community Benefit Society (Industrial and provident society))
- Have a minimum of 2 unrelated trustees / directors
- Have a bank account in the name of the organisation

The activities which you are applying for funding for the need to be legally charitable and benefit Harrow residents.

We will not fund unincorporated organisations through this programme.

Total Funds Available

- Diabetes & Hypertension - £60,000

- Mental Health - £55,000

One application per strand. If you are interested in applying for multiple strands you will need to submit an application per health strand. For example, applying to for mental health and diabetes and hypertension will require two applications.

Duration of Activity

At least, 18 months activity.

How To Apply

Please send a completed application to: grants@harrowgiving.org.uk by 11am, 7th March 2023.

Harrow Giving

Key Dates & Grant Outcome

- Deadline Submission – 11am, 7th March 2023
- Grant Shortlisting Panel – 10th March 2023
- Shortlisted Groups Interview Invite – w/c 13th March 2023
- Delivery Start – Groups will be expected to start delivery within two months of signing the contract.

Other Funding Available

Voluntary Action Harrow has compiled a list of other funding available. This document will be updated on a regular basis so please keep the document link saved.

https://docs.google.com/document/d/1aroa5KlVQr04gaHEoVwmv2AhoO_mOXNOG7PPAEj5as/edit?usp=sharing

Application Support & Questions

If you need support with completing the application or have any queries, please email Voluntary Action Harrow - contact@voluntaryactionharrow.org.uk