

Harrow Out Of Hours Fund Guidance [Grant Ref: OOH1124]

Guidance Document

Grants of up to £10,000 are available to deliver out-of-hour projects and activities that support the health and wellbeing of Harrow residents.

Fund Aims

Reduce Health Inequalities - Health inequalities are unfair and avoidable differences in health across the population and between different groups within society. These include how long people are likely to live, the health conditions they may experience and the care that is available to them. Your project should improve the health and wellbeing of people within a population while reducing health inequalities.

Reaching Communities - This funding is particularly aimed at supporting people who experience social, economic and health inequalities. This includes people with protected characteristics defined under the Equalities Act 2010, people who are homeless or insecurely housed, people on low incomes, and/or living in areas of high deprivation. We are also looking for projects that reach communities that do not routinely access mainstream services that operate during working hours.

Community Champions – Healthy Harrow is a community champions programme which equips residents with the knowledge and skills to communicate health messages. Your project will help to promote the champions scheme amongst your community and should be open to visits from champions and other health professionals.

Fund Priorities

There are five themes to this fund, and organisations must apply under at least one of these:

1. **Cancer** – A cancer diagnosis can be overwhelming for the person, their friends, families and carers. For people facing a high risk of developing cancer, awareness of signs and symptoms is very important in early detection and diagnosis.
2. **Diabetes** - Diabetes is manageable through physical activity, diet, and appropriate use of medications to lower blood sugar (glucose) levels.
3. **Hypertension** - High blood pressure, also known as hypertension, is a common disease that can lead to heart disease and other serious health conditions.
4. **Maternal Health** - Maternal health during and after pregnancy is critical for foetal development, improving breastfeeding, child immunisation, and reducing childhood obesity, as well as tooth decay.
5. **Mental Health** - Good mental health is essential for individual wellbeing, and for a happy, healthy society.

Fund Activities

Ideally, activity will start in late January or early February 2025 and must run until at least March 2026. However, there is flexibility around this. Please outline your proposed timeline, including any factors that may influence the start and end dates, and how this could align with the overall project goals and objectives.

Examples of support we'd be looking to fund through this grant include, but are not limited to:

- Support groups and befriending services
- Awareness and information sessions
- Peer and self-help support groups
- Projects that promote and raise awareness
- Education, learning and training opportunities (including courses)
- Combating conspiracy, barriers, stigmas and myths
- Projects that reach out and engage seldom-heard communities
- Activities that help people make informed choices about their health
- Conduct outreach efforts which help inform
- Activities that support individuals who are isolated, lonely or digitally excluded
- Activities that promote physical activities that improve health

All proposed activities must be out-of-hours, such as evenings, weekends, or public holidays.

Eligibility

You need to be applying as:

- a constituted not-for-profit organisation (company limited by guarantee, community interest company (non-profit and limited by guarantee), registered charity, co-operative, unincorporated organisation)
- with a minimum of 2 unrelated trustees/directors (these trustees / directors should be as listed where relevant on the Charity Commission / Companies House)
- with a bank account in the name of the organisation

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

We will only fund organisations that have a track record of working in Harrow.

Your activity should be freely accessible, though you may ask for donations. Please specify in your application form if this is the case.

Monitoring - Reporting on the grant

You will need to report back to Harrow Giving who are committed to light-touch reporting for grants.

We can help and support you with completing the monitoring form.

We will also be creating a public list of the grants awarded, detailing the organisations and their respective funded projects.

Amount Available

Organisations can apply for up to £10,000.

There is a total of £35,000 available for this fund.

What can the funding be used for?

- People – staffing and volunteer costs associated with delivering the work you are applying for.
- Communications - marketing and advertising costs associated with promoting messages for this work.
- Equipment – any equipment you need to deliver this work that is not already in your budget.
- Resources – any project activity costs needed for your team to do this work.
- Overheads – direct additional costs (e.g., increased hub costs).
- Transport – for individuals on low incomes who have no other way to get to the hub.

We cannot fund:

- activities that make profits for private gain
- religious activities (we can fund religious organisations if their project benefits the wider community and does not include religious content)
- activities that benefit individuals, rather than the wider community
- projects where political activities are the main purpose, or that support or oppose a specific political party
- lobbying activities
- things you've spent money on in the past and are looking to claim for now (retrospective costs)
- loan repayments
- the topping up of organisation reserves.

Deadline

10am, 13th January 2025

How To Apply

Please send a completed application to: grants@harrowgiving.org.uk

We will aim to inform you if you have been successful within two weeks of the deadline.

Application Support

If you need support with completing the application, please email Voluntary Action Harrow – contact@vah.org.uk

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/1ar0a5KIVQr04gaHEoVwmv2AhoO_mOXNOG7PPAEj5as/edit?usp=sharing

About Us

Harrow Giving is a local charity that funds small local projects to make a positive difference in the lives of Harrow residents. Harrow Giving is a trading name of Harrow Together (registered charity no. 1167770) and is managed by Voluntary Action Harrow (VAH).

www.harrowgiving.org.uk

About Healthy Harrow [Fund Partner]

Healthy Harrow champions health and wellbeing, ensuring that no resident is left behind. Through strong partnerships with Harrow residents, community groups, charities, the local authority, and local NHS providers, we strive to create a fair and just health system for all. Managed by VAH.

www.healthyharrow.org.uk

About Harrow Borough Based Partnership [Fund Partner]

Harrow Borough Based Partnership (BBP) brings together our NHS organisations, Harrow Council, our GPs, local Voluntary & Community Sector and our citizens

www.harrowbbp.nhs.uk