

Healthy Fenland Project

The Healthy Fenland Project is part of the Engaging and Strengthening Communities in Fenland Programme, funded by Cambridgeshire County Council. As part of the project there is a team based in Fenland who are working with communities to help them make the changes that they want to improve their health and wellbeing.

The "on the ground team" (contacted via [Care Network Cambridgeshire](http://www.care-network-cambridgeshire.org.uk) (01945 464289)) work with people who want to make a positive change in their "community", which might be geographically defined, interest or experience based).

Support is offered to both existing organisations, wanting to do something new, and to members of the public who want to get involved and have no previous experience. The help is based around the "Five Ways to Wellbeing" [**Connect. Be active. Take notice. Keep learning. Give.**] developed by New Economics Foundation.

As well as practical support and guidance, the Project also offers financial support from The Healthy Fenland Fund.

The Healthy Fenland Fund

Applications to The Healthy Fenland Fund for funding for charitable projects are invited from existing **and newly forming groups** that are/will be constituted, and based in Fenland. Groups must be local as the aim is to build local capacity (as the name of the Programme "Engaging and Strengthening Communities in Fenland" suggests).

Charitable projects will be supported if they seek to improve the health and well being of people living in Fenland. Projects will need to report the impact of their project by measuring one or more of the following:

1. Number of activities promoting healthy lifestyles
2. Number of people participating in activities promoting physical /mental health.
3. Number of people reporting improved physical / mental / emotional health.
4. Number of people who gain new skills as part of the project
5. Number of new volunteer opportunities as a result of the project
6. Number of people who participated in community activities as a result of the project
7. Number of people accessing support services as a result of the project

Support for new groups and new initiatives is being offered by [Care Network Cambridgeshire](http://www.care-network-cambridgeshire.org.uk) (01945 464289) and Support Cambridgeshire- [http://enquiries@cambridgecvs.org.uk](mailto:enquiries@cambridgecvs.org.uk) or 01223 464696

Eligibility

Grants will be offered normally in the range of £500 to £5,000, although in exceptional circumstances higher sums may be considered.

Newly formed (or forming) groups can seek support to reach a position where they are "grant ready" for the purposes of this fund from [Care Network Cambridgeshire](http://www.care-network-cambridgeshire.org.uk) (01945 464289) and Support Cambridgeshire - email info@supportcambridgeshire.org.uk

Existing organisations must have three or more independent people on their management committee, an up to date Equality Policy, a bank account with two or more independent signatures and a Safeguarding Policy if working with either children and/or vulnerable adults. If groups need help with the preparation of any of these documents or their constitution, please contact CCF who will refer you to organisations that are to help.

If the applicant is an unincorporated voluntary body or not-for-profit Limited Company with an annual income over £5,000, it will need to be one of the recognised not-for-profit structures we support listed below, before applying for a grant:

- Registered Charity
- Exempt Charity
- Excepted Charity
- Parish Council
- Community Interest Company (CIC)
- Charitable Incorporated Organisation (CIO)
- Community Amateur Sports Club

If the group is a registered charity its submissions to the Charity Commission must be up-to-date.

Grants will not be made retrospectively so no commitment for expenditure should be made before the date of the grant offer letter. Funding will not be provided to support projects promoting political or religious views, for sponsored events or to cover expenditure considered to be a statutory responsibility.

Funded Projects

Black Panther Events received £3,705 to organise cultural events involving local organisations in Wisbech to foster community cohesion.

Breathe Easy Fenland (March) received £1,080 to provide equipment and software to enable its members to use ICT.

Viva Families and Communities received £1,280 to organise cultural events to bring communities and families together to celebrate various summer festivals.

Association of Mindfulness Arts received £5,000 to to run a 10 week mindfulness programme for prison staff and inmates in order to reduce the impact of negative mental health issues.

Shedders and Fixers received £5,000 towards establishing a shed to be used as a workshop and meeting place for the local community.