

Hampshire Active Health Programme



www.energiseme.org

Introduction

Health inequalities are avoidable, unfair and systematic. The pandemic did not affect all people equally, and exacerbated pre-existing physical and mental health inequalities.

Many people who experience health inequalities are also less likely to be physically active.

The Hampshire Active Health Programme, funded by Hampshire County Council and managed by Energise Me, will help to tackle these health and activity inequalities head on.

The national funding is ring-fenced, as part of the Government allocation. Energise Me will co-ordinate distribution of the £1.4 million funding to promote activities and schemes that benefit Hampshire's local communities.

Together, we can help make physical activity accessible for everyone.

Aims of this funding

The Hampshire Active Health Programme has been created to:

- Reduce health inequalities, in particular those impacted by COVID-19
- Improve health outcomes, in particular those impacted by COVID-19
- Increase access to and participation in physical activity



Our priority communities

Projects funded by the Hampshire Active Health Programme should target at least one of the following priority groups:



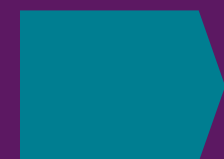
Carers



Older people (55+) who are physically inactive



People above a healthy weight
(BMI of 30+ or 27.5+ for some people)



People experiencing income deprivation
(NS SEC 6-8)



People from Black, Asian or ethnic minority communities



People living in areas of high deprivation
(IMD 1-3)



People with a disability
including learning disabilities, neurodivergence, or sensory impairment



People with a long term health condition
in particular: diabetes, hypertensive diseases, chronic kidney disease, and chronic obstructive pulmonary disease

Key Ingredients

We will prioritise applications that:

- Are needs-based, insight-led, and person-centred.
- Are co-designed or co-produced alongside the priority audience they are to serve.
- Can demonstrate clear plans for enabling participants to continue to participate in physical activity beyond the funding.
- Encourage behaviour change to increase use of active travel modes or contribute to carbon reduction.



Who can apply?

Eligible organisations for this grant:

- Not-for-profit organisations (including constituted community groups or clubs, registered charities, CIOs, CICs, social enterprises).
- Local authorities, schools, NHS trusts and primary care networks.

Eligibility criteria:

To be eligible for Hampshire Active Health funding, we will ask you to share some financial information about your organisation and your safeguarding policies. We will also ask you to demonstrate that you can provide a safe and inclusive environment, free from discrimination.

We encourage collaboration among similar projects. If you are happy to collaborate with others, please let us know on the expression of interest form.



How can funding be used?

Funding can be used for:

- New physical activity interventions, or the expansion of a previously trialled intervention to new areas or communities.
- Direct project costs.
- Training costs to support the sustainability of the project.
- Travel costs to enable access.
- Salaries or contributions to salaries related to direct delivery of the funded project.
- An appropriate and proportionate share of an organisation's overheads linked to direct delivery of the funded project.

Funding can NOT be used for:

- Hampshire Active Health funding must not duplicate the purpose of any core or grant funding already held by the applying organisation.
- One-off events.
- Retrospective costs.
- Capital works.
- Activities promoting religious or political beliefs.
- Contingency costs and VAT organisations are seeking to recover.
- Activities serving people living outside of the Hampshire County Council area.

The practical stuff

How much can you apply for?

Projects can receive £10,000 - £95,000 in funding.

How do you apply?

Step One: Check your eligibility on our website

Step Two: Fill out the expression of interest form

Step Three: Join a collaboration event (November 6th and 15th)

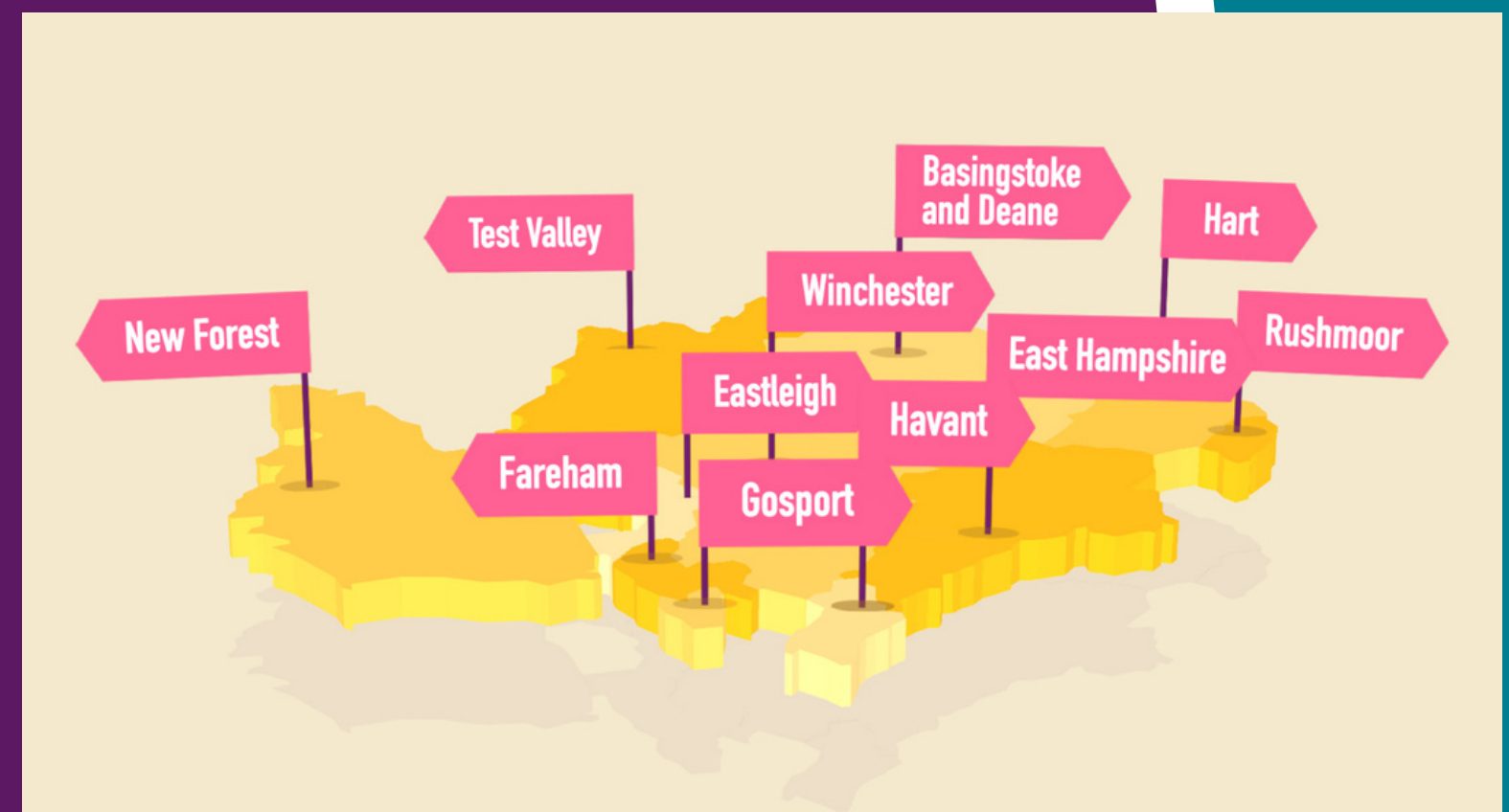
Step Four: Develop your idea and apply online

Where can your project take place?

All projects funded must support communities living in the Hampshire County Council geography.

When must your project run?

Projects supported by this fund should run between January 2024 and December 2024 for a minimum of 12 weeks. Longer delivery times will be prioritised.



Timeline



Workforce Development

As part of ensuring sustainable impact, we will expect all funded partners to attend 4 workshops throughout 2024. These could be:

- Becoming trauma-informed
- Beginning to understand Autistic people
- Working with LGBTQ+ young people
- Supporting the person in front of you
- Club Matters: legal structures and governance
- Inclusive communications
- Making every contact count

4 x drop-in networking sessions

You will be assigned an Energise Me team member to support you through the application process. The topics you attend will be developed in partnership with you and your point of contact.



Monitoring, Evaluation and Learning

The full monitoring and evaluation requirements will be discussed with each applicant during the development stage, but will need to be embedded in your project from the very beginning. As a guide, we would expect you to be monitoring:

- Number of people who register with and take part in your project.
- Demographic profile of your participants.
- Attendance registers for all participants over the funded period.
- Impacts such as health outcomes, wellbeing, confidence, etc.



Quantitative:
who and how
many.



Quantitative:
activity and
health.



All
expenditures
related to the
project.



Qualitative:
how and why?

Get in touch

To see if you are eligible for the Hampshire Active Health Programme, please fill out our eligibility checker on our website:

energiseme.org/

Then fill out the expression of interest form and one of our team members will be in touch.

If you have any questions, please contact us:

grants@energiseme.org

