

Healthy Norwich - Health Wellbeing Innovation Grants

Innovation to Support Sustainable Healthy Communities Fund

Grant Application Name	Organisation details	Project Area	Project Description - Summary	Awarded
GoodGym	activity with supporting the most vulnerable and isolated people in the local area. Through workouts they aim to reduce social isolation and increase wellbeing by making social visits and completing household tasks for older people who would struggle to do them alone. For more details (and to sign up!!) www.goodgym.org	Norwich	To contribute to the trainer/co-ordinator salary in order to establish Good Gym in Norwich.	£5,000.00
New Routes	Aims to promote social inclusion for the public benefit by preventing newly settled ethnic minority individuals, families and communities, including refugees and asylum seekers, from becoming socially excluded.	Norwich	To develop the Women's International Friendship Group to include healthy eating, dance/ exercise and other skills linked to healthy lifestyles.	£1,000.00
The Conservation Volunteers	Aims to create 1. A better environment. 2. Environmentally active citizens, 3. Improved health and wellbeing 4. Employment and skills for the future:	Lakenham	To run at least 20 activity/training sessions giving local residents the opportunity to work together to grow food sustainably, and cook and eat it.	£4,999.00

Mental Wellbeing Innovation Fund:

Grant Application Name	Organisation details	Project Area	Project Description - Summary	Awarded
Age UK Norwich	Age UK Norwich is dedicated to making later life the best it can be for anyone aged 50+.	Norwich	To help people caring for someone living with dementia to gain the skills and confidence they need to communicate more effectively with their loved one.	£5,000.00
GoodGym	As above	Norwich	To contribute to Befriending co-ordinator salary costs.	£5,000.00
LTC Green Spaces (Lakenham and Town Close Green Spaces)	LTC Green Spaces (Lakenham and Town Close Green Spaces) is a constituted community group, which came together in 2013 to improve green spaces in its areas of interest in Norwich for the benefit of the community.	Lakenham and Town Close	To undertake a range of gardening projects in the Lakenham and Town Close areas.	£2,000.00

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MensCraft	MensCraft has two priorities - 1. To provide programmes that support the personal development and wellbeing of men and boys.2. To contribute to and shape the work and priorities of service providers in promoting positive masculinity.	Norwich	To appoint an Outreach Worker at Norwich Men's Shed.	£5,000.00
Opening Doors	The charity objectives are to provide/assist in the provision of training/education for people who would qualify to register as having Learning Disabilities	Norwich	To provide specialist training in how to cope with mental health issues for members in Norwich.	£4,990.00
Outsiders Community Consultants	The outsiders are a CIC who address social issues and promote cohesion. Particularly interested in facilitating social contact between the wider public and groups and individuals who may experience exclusion, prejudice, stereotype or discrimination	Norwich	To run a new 12th Man Barbershop project, where barbers are trained in mental health first aid.	£3,000.00
St Martins Housing Trust	St Martins Housing Trust strives to address the needs of homeless people in Norwich	Norwich	To provide Community Reporter training for service users.	£3,370.00
Total awarded				£39,359.00