



Grow, cook, eat – seed funding guidance information

Applications for grow, cook, eating projects now being accepted through Groundwork Northamptonshire

Grant range: £300-£3000

Aim:

The Grow, Cook, Eat initiative seeks to support communities, build resilience and promote healthy lifestyles through growing, cooking and eating activities. With grants from **£300-£3000** available and training/support to assist with your endeavours, Groundwork Northamptonshire encourage applications from any community groups or not-for-profits across NN who share the GCE ethos, aiding local communities through empowering and skill sharing in green projects.

Supporting a wide range of projects/activities run by community organisations the scheme aims to provide longevity and sustainability for their continued success - intentions of such projects should be to alleviate social isolation whilst addressing our mental wellbeing through access to creative and green spaces.

Eligibility:

Groundwork Northants encourage applications from any community groups across North Northamptonshire in need of resources to provide an effective and sustained service to

The Grow Cook Eat initiative funded by Public Health offers grants between £500-£3000 available to community projects across North Northamptonshire and include any (or all of) growing, cooking & eating activities.

Must be registered as a constituted organization as funds will not be released to an individual, however there is the possibility of having a registered organisation to sponsor and hold funds (for more information please contact farah.rizvi@groundwork.org.uk or call on 07595710050)

Priority areas

CORBY	KETTERING	WELLINGBOROUGH	EAST NORTHANTS
Central	Avondale	Rixon	Rushden Hayden
Kingswood & Hazel Leys	Grange	Queensway	Rushden Pemberton
Beanfield	Allsaints	Swanspool	
Weldon & Gretton			
Rowlett			



We want to help create communities that are thriving not just surviving.

Themes:

The grant covers the scope of three themes; growing, cooking, eating.

Building capacity within our local communities in aid of

Growing, cooking & eating initiatives should aim to;

- Connect individuals with green spaces
- Reduce social isolation
- Increase nutritional knowledge
- Expand cooking confidence and skills
- Improve growing knowledge and skills
- Develop skills to support behavioural change in connection to eating a healthy diet. - Neighbourhood revitalisation

Timeframe:

- 75% funds to be released to successful projects on commencing and 25% on project completion

Proposal requirements:

We would like to encourage applicants to apply in any means which you would deem best captures the projects aims, vision and impact. This could be;

- Video
- Presentation
- Word document
- Poster

An application pack will be provided to submit alongside your proposal to capture the essential information required.