



# About the Greenwich Healthier Communities Fund



**Easy  
Read**

# Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



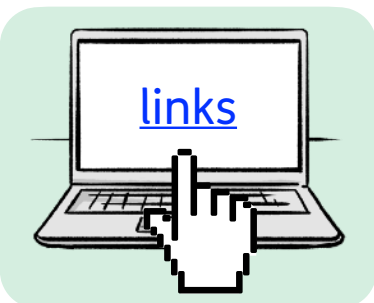
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

# What is in this booklet

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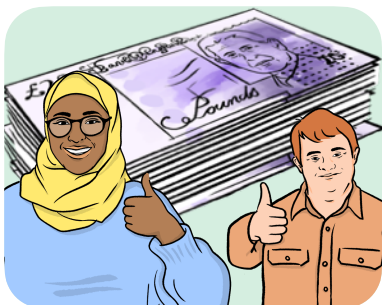
# About this booklet



**Groundwork London** and the **NHS Greenwich Charitable Funds (GCF)** work together to manage the Greenwich Healthier Communities Fund.



**Groundwork London** and the **NHS Greenwich Charitable Funds (GCF)** are charities.



The Greenwich Healthier Communities **Fund** is money for organisations that are working in Greenwich.

**Fund** means money.



We have about £6 million to give to organisations and projects that help people's health and wellbeing in Greenwich.

This booklet explains more about:



- The types of projects we want to support.



- The types of organisations that we want to help.

# About the Fund

With the Greenwich Healthier Communities Fund, we want to:



- Make sure everyone in Greenwich has the same chance to live a healthy life.



- Help groups of people who cannot always get access to good healthcare.

With the Greenwich Healthier Communities Fund, we want to support projects that help people to:



- **Start well.** This means helping young children to have the best start in life.



- **Be well.** This means helping people to be more active and eat well.

We also want to support projects that help people to:



- **Feel well.** This means helping people to have good mental health.



- **Stay well.** This means helping everyone to get the right healthcare when they need it.



- **Age well.** This means helping older people to stay healthy.



This is part of the Greenwich Health and Wellbeing Strategy, which you can download and read here:

[www.royalgreenwich.gov.uk/downloads/file/6311/health\\_and\\_wellbeing\\_strategy\\_2023\\_to\\_2028](http://www.royalgreenwich.gov.uk/downloads/file/6311/health_and_wellbeing_strategy_2023_to_2028)

# 3 Strands

The Greenwich Healthier Communities Fund is split into 3 parts:



- Money for helping organisations to grow and work well - we call this the Enabling Strand.



- Very small amounts of money called Micro Grants to set up new projects or to help small projects carry on.



- Money for helping organisations run large projects - we call this the Delivery Strand.

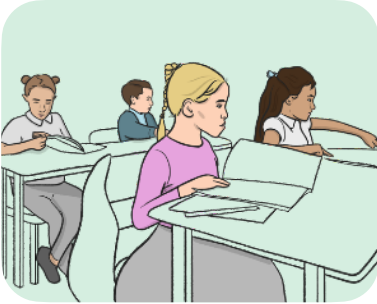


We will explain more about these strands later on in the booklet.



# Who the Fund is for

You can apply for the Greenwich Healthier Communities Fund if you are in Greenwich and are a:



- School or college.



- Religious organisation.



- Charity or community organisation - this is an organisation that works to improve the local area.



- Local group.



- Housing organisation.



- Local business or company.



Local businesses or companies cannot use the Fund for **profit**.

**Profit** means making more money than what they spend.

# How we work



We involve local people when we decide what projects and organisations need the Greenwich Healthier Communities Fund.

We involve local people by:



- Talking to them by email, phone or video call.



- Running workshops, where local people can meet and talk about the work that we should do.



- Talking about our work at events that other organisations run.

We also involve local people by:



- Listening to anyone we have helped in the past.



- Asking them to answer some questions online.



You can find the questions and get involved here:

[www.groundwork.org.uk/london/greenwich-healthier-communities-fund-grants/greenwich-healthier-communities-fund-consultation-hub](http://www.groundwork.org.uk/london/greenwich-healthier-communities-fund-grants/greenwich-healthier-communities-fund-consultation-hub)

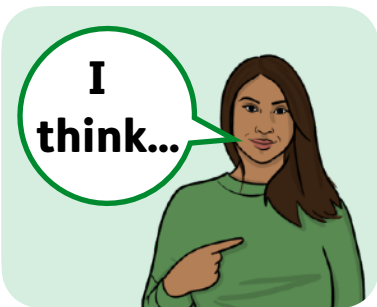
We meet 2 times a year to talk about:



- How the Greenwich Healthier Communities Fund is working.



- How the projects that we support are working.



- What people are telling us.

# The Enabling Strand

If an organisation gets the Enabling Strand of the Greenwich Healthier Communities Fund, it includes:



- Money for helping the organisation work well.



- Help with improving the way the organisation works.



The Enabling Strand is for organisations that could do more to help people have healthier lives.

# Help with improving

We help organisations improve by:

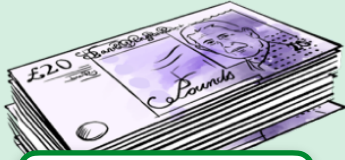


- Paying for training so they learn new skills.



- Helping them to grow so they can do more work.

# Money to help organisations grow

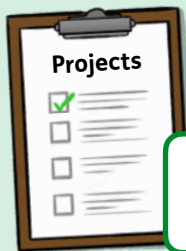


**£500 and  
£5,000**

We will give organisations between £500 and £5,000 to run projects over 6 months.



We give most of the money at the start of the project, but only give the rest after the project has finished.



**1**

We will only support an organisation with 1 project at a time across all of the strands.



We are holding information sessions for organisations that want to apply for the Enabling Strand.



We will also speak to organisations one-to-one.



You could spend the money from the Enabling Strand on:



- Improving your building or your services.



- Buying equipment or other things for your organisation.



- Support to register or set up your organisation.



- Training staff and volunteers.

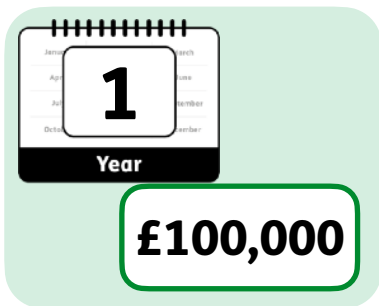


If you are interested in the Enabling Strand, you can email or phone us if you want more information.

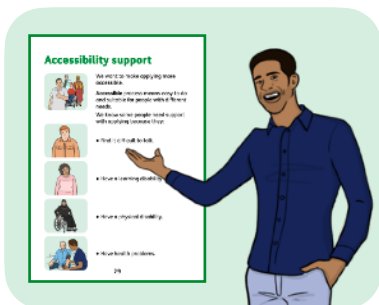
# How to apply



If your organisation would like to get the Enabling Strand, you will need to apply.



Applications will be open for up to a year or until we have spent all of the £100,000 we have to give out.



If you need support with applying, we can help you pay for this. There is more information about this on page 51.

# The first round



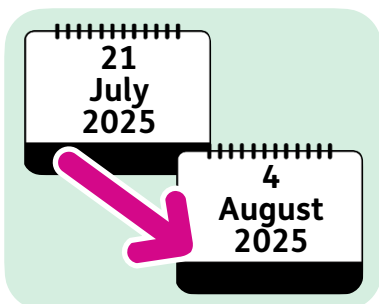
You can apply from April 2025.



We will hold information sessions regularly, please see our website to find out when they are.



You must apply by 9:00am on 21 April 2026.



Applications will be closed for a short time from 21 July 2025 while we update our computers. Applications will reopen the week of 4 August 2025.



We will look at applications regularly and tell you if you have got the Enabling Strand.

# Micro Grants



**Micro Grants** are to support organisations to set up new projects or to help small projects carry on.



The projects should be about improving the health of people who might not have as good health because of their background.



You will have to show how you will do this in your application.



We are interested in projects that:

- Try out new ideas or,
- Include something learned from other projects in the past.





We will only support an organisation with 1 project at a time across all of the strands.



In your application, you will need to tell us:

- Why your project is still needed.



- What you have learnt from projects in the past.



We expect that organisations that get a Micro Grant will then apply for another strand when they have spent the Micro Grant money.

# Money to help with new projects



**£500 and  
£5,000**

We will give organisations between £500 and £5,000 to run projects over 6 months.



**£100,000**

We can give out up to £100,000 in Micro Grants in the next year, from 2025 to 2026.



We give most of the money at the start of the project, but only give the rest after the project has finished.

You could spend the money from the Micro Grant on:



- Costs of the project, like paying to hire a building or equipment.



- Money you need to spend to run the project, like paying for staff.

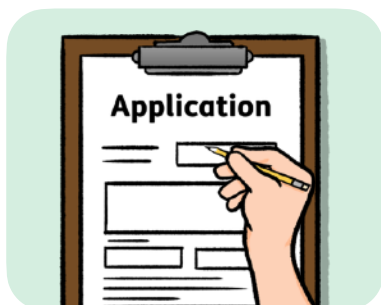


- Paying for the costs of volunteers to take part, like their travel costs.

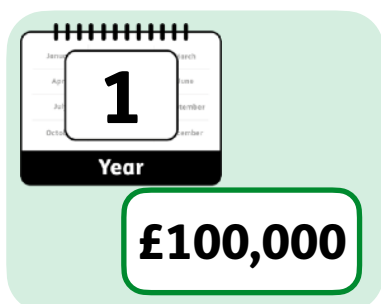


- Costs that your organisation has to pay to run the project.

# How to apply



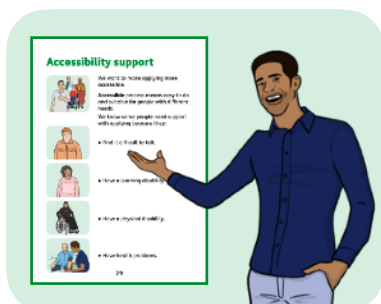
If your organisation would like to get a Micro Grant, you will need to apply.



Applications will be open for up to a year or until we have spent all of the £100,000 we have to give out.



We will check to see if there is still enough money to give out every 3 months.



If you need support with applying, we can help you pay for this. There is more information about this on page 51.

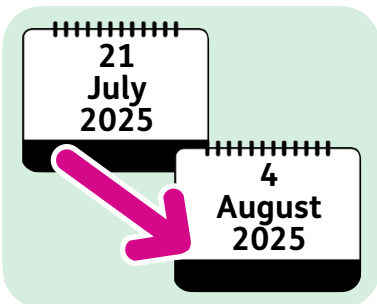




We will hold information sessions regularly, please see our website to find out when they are.



You can apply from April 2025.



Applications will be closed for a short time from 21 July 2025 while we update our computers. Applications will reopen the week of 4 August 2025.



You must apply by 9:00am on 21 April 2026.

# The Delivery Strand

If an organisation gets the Delivery Strand of the Greenwich Healthier Communities Fund, it would be:



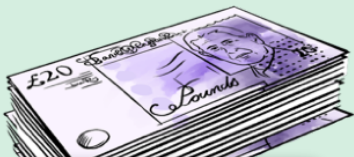
**£5,001 and  
£20,000**

- A smaller amount of money, between £5,001 and £20,000.



**£20,001 and  
£50,000**

- A medium amount of money, between £20,001 and £50,000.



**£50,001 and  
£200,000**

- A large amount of money, between £50,001 and £200,000.

Organisations should use the money to:



- Run services that help people to be healthy.



- Start and support healthcare projects.



Organisations can also use the money to work with other organisations to help people to be healthy.

# Money for health projects

We will give money to organisations for projects that last up to:



- 6 months for smaller amounts of money.



- 12 months for medium amounts of money.



- 18 months for large amounts of money.

For the small and medium amounts of money, we will give:



- Half of the money at the start of the project.



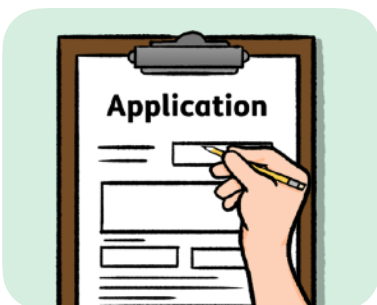
- A quarter of the money half way through the project.



- The rest of the money at the end of the project.



For the large amounts of money, we will work with you to decide the best way to pay the money to your organisation.



We will ask you to tell us about this in your application.



We will only support an organisation with 1 project at a time across all of the strands.



We are running information sessions for organisations that want to apply for the Delivery Strand.



We will also speak to organisations one-to-one.

You could spend the money from the Delivery Strand on:



- Starting a new project.



- Improving projects that have already started.

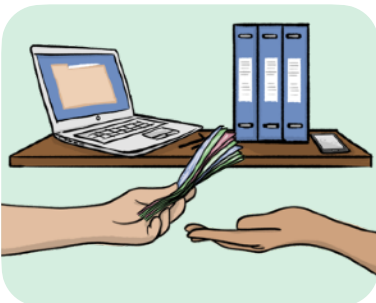
You could also spend the money from the Delivery Strand on:



- Supporting projects that help people with their physical and mental health.



- Helping to run a larger project.



- Hiring rooms or equipment.



- Training for people to work on the project.

# Themes for medium and large amounts of money

Themes are types of health support that projects should work on.

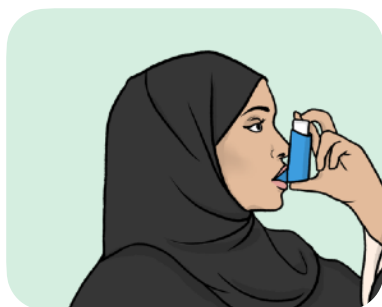
The themes are:



1. Improving the health of people with learning disabilities and autistic people.



2. Working on making people less isolated. People who are isolated do not have the support or contact they need.

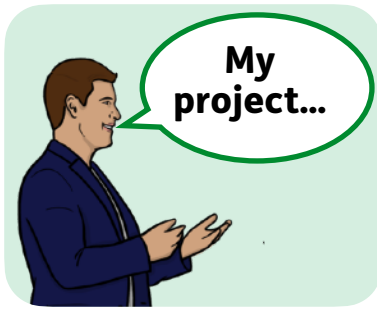


3. Working on long-term health conditions, like asthma or heart disease.



4. Helping children and young people to be active and healthy.





You will need to explain how your project will help with 1 of the themes.



We will tell you more about each theme on the next pages.



The themes are only for applications in 2025.



We will decide on new themes for 2026.

# Theme 1: Improving the health of people with learning disabilities and autistic people



Some people with learning disabilities and/or autism do not live as long as other people.



In South East London, people from minority ethnic communities with a learning disability and/or autism often die earlier than white people.



The reasons for this are things like:

- Being very overweight.
- Not being able to get the right healthcare.





It can be very hard for people with learning disabilities and/or autism to get healthcare for many reasons.



They may need changes to be made so they can get the right support.



Projects that get money under this theme will help to make people with learning disabilities and/or autism healthier.



The projects will need to work with services in Greenwich and make sure they are safe for everyone taking part.

# Examples of projects in this theme

Projects might help with things like:



- Giving people an advocate - this is someone who can speak up and support someone so they get the right care.



- Providing information that is easy to understand, like Easy Read.



- Providing activities for people to join in with.



- Providing activities that help people improve their diet.



- Providing activities that are outdoors, like gardening or walks.

## Theme 2: Working on making people less isolated

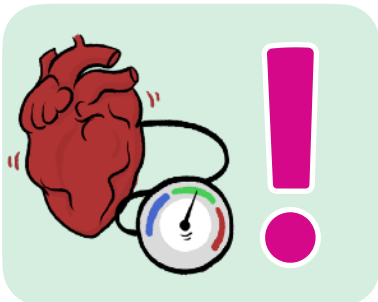


Lonely people can get sicker and die earlier.



They might:

- Feel very sad.



- Have high blood pressure.



- Have problems with their memory.



- Need help for a long time.



Lonely people might go to the doctor and hospital a lot, but they might not do things to stay healthy.



Being with other people can help stop health problems you get from loneliness.



The projects that get money from us will help people, especially older people, to:

- Be with other people.



- Stop loneliness.



- Stay healthy.



The projects for this theme can aim to help different people with different health issues.



You should tell us who your project will support and why.

# Examples of projects in this theme



Projects might help with things like:

- Telling people about activities and services they can take part in.



- Providing activities that bring people together.



- Providing group or 1 to 1 activities for people feeling isolated.



- Making sure the places where activities take place feel welcoming and can be used by everyone.



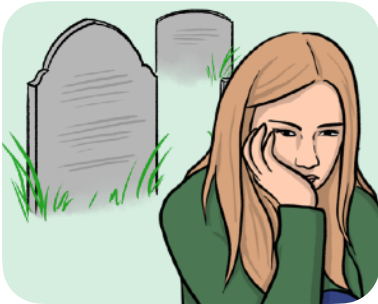
- Providing support for older adults to carry on doing things for themselves.



## Theme 3: Working on long-term health conditions, like asthma or heart disease



**Long-term conditions** are illnesses or health problems that last a long time.



They are a big reason why people get sick and die, and they can affect different groups of people more.



People with long-term conditions are more likely to have more than one of these illnesses, which makes things harder.

You cannot cure long-term conditions, but you can:



- Stop them from happening in the first place.



- Manage them with medicine or other support.

Projects funded under this theme will help people to:



- Stop getting long-term conditions in the first place.



- Stop their conditions getting worse.



They will also help people feel more comfortable using healthcare services.



Projects in this theme should support people in at least 1 of these areas of Greenwich:

- Abbey Wood.
- Middle Park and Horn Park.
- Woolwich Dockyard.
- Plumstead and Glyndon.
- Wollwich Common.

# Examples of projects in this theme



Projects might help with things like:

- Providing activities that help more people to get NHS Health Checks.



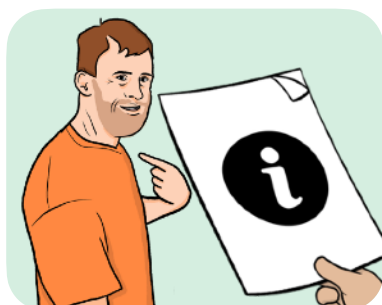
- Setting up groups of people who can help each other to manage their health conditions.



- Providing training for people who have just been told that they have a long-term health condition.



- Providing activities that help people move their bodies, especially for people who have low strength or balance.



- Providing easy-to-understand health information to people about their condition.

## Theme 4: Helping children and young people to be active and healthy



Children and young people in Greenwich have said they want help to live healthy lives.



They want to be able to do healthy things, and know what support they can get to stay healthy.



This includes:

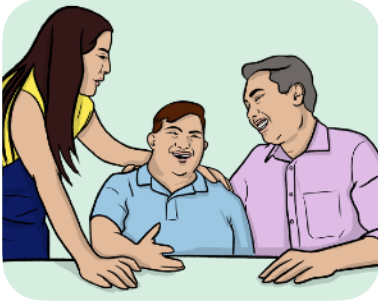
- Knowing more about mental health.
- Having activities that young people and their families can take part in.
- Support to eat healthy food.





Projects in this theme will give extra help to children and young people to:

- Live healthy lives.



- Support their families.



The projects will also help stop **obesity** and mental health problems.

**Obesity** means being very overweight.

# Examples of projects in this theme



Projects might help with things like:

- Setting up activities especially for children and young people.



- Supporting the mental health of children and young people.



- Providing activities that support a healthy life, like healthy eating.

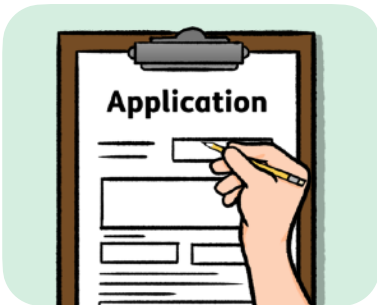


- Providing activities that children, young people and their families can do together, like family cooking or sports.



If you are interested in the Delivery Strand, you can email or phone us if you want more information.

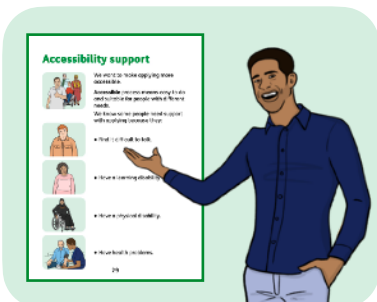
## How to apply



If your organisation would like to get the Delivery Strand, you will need to apply.



You can apply for the first round or the second round of the Delivery Strand.



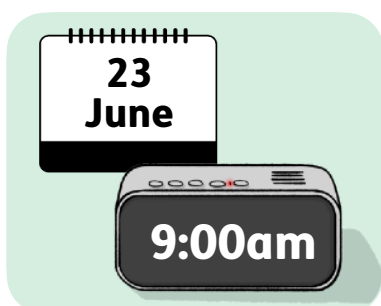
If you need support with applying, we can help you pay for this. There is more information about this on page 51.



# The first round



We will hold information sessions regularly, please see our website to find out when they are.



You must apply for small and medium amounts of money by 9:00am on Monday 23 June 2025.



We will tell you if you have got the Delivery Strand in the week starting on 4 August 2025, for small and medium amounts of money.



We will pay the first part of the money in the week starting 11 August 2025, for small and medium amounts of money.



You can apply for larger amounts of money from September 2025.

## The second round



You can apply for the second round from 20 October 2025, for smaller and medium amounts of money.



We will hold information sessions regularly, please see our website to find out when they are.



You must apply for all amounts of money by 9:00am on 15 December 2025.



We will tell you if you have got the Delivery Strand in the week starting on 23 February 2026, for small and medium amounts of money.



For large amounts of money, we will ask you to meet with us in the week starting on 2 March or 9 March 2026.

We will tell you if you have got the Delivery Strand in the week starting on 16 March 2026.

# Accessibility support



We want to make applying more **accessible**.

**Accessible** process means easy to do and suitable for people with different needs.

We know some people need support with applying because they:



- Find it difficult to talk.



- Have a learning disability.



- Have a physical disability.



- Have health problems.



If you pay for support to help with applying, you can ask us for up to £2000 to cover the costs.



You can ask for this money whilst applications for the Fund are still open.

We will give you the money after:



- You have applied for the Fund.



- You have shown us what support with applying that you paid for.

# Support you could get

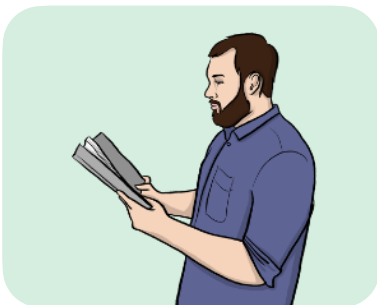
We will cover the cost of:



- Translation services - these are services that can change information to a way that you understand, like Easy Read.



- A British Sign Language (BSL) interpreter.



- Transcription services - these are services that change spoken information into written words.



- Programs or software on your technology.



We cannot cover the cost of:

- Services that help you come up with ideas for your project.



- Support that you can already get from us.



- Support that you do not need or use for applying for the Fund.

## Who can apply?



Any group or organisation that needs help with covering the cost of support when applying for the Fund can get this money.

# How to apply

When you apply, you will need to:



- Say which strand of the Fund you are applying for.



- Say the type of support you need with applying and why.



- Show how much the support you need is going to cost.



If the support service you are using asks you to pay them in smaller payments over time, you will need to prove they asked this.



To apply please visit our website, and click the link of the strand you are applying for.



You must apply online.



If this will be a problem for you, please tell us by emailing or phoning us.



# Find out more

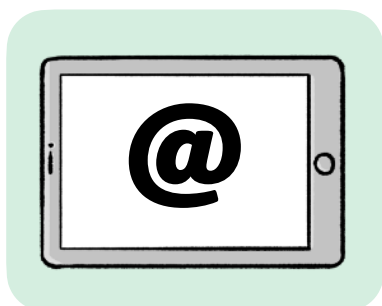


You can look at our website here:  
[www.groundwork.org.uk/london/greenwich-healthier-communities-fund-grants/](http://www.groundwork.org.uk/london/greenwich-healthier-communities-fund-grants/)



You can contact us by:

- Phone: 020 7239 1286



- Email:  
[GreenwichHealthierCommunities@Groundwork.org.uk](mailto:GreenwichHealthierCommunities@Groundwork.org.uk)



You can sign up to our email list here:  
[Greenwich Healthier Communities Fund Email List](#)

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